

# Meridian Recovery Education Center

## Class Descriptions

~~ Some classes may target a particular age, group, or community due to expressed interest~~

### **Accept, Choose, Take Action**

(ACT) is relatively new form of training which helps you relate differently to your anxious feelings, depressed moods, worrying mind, and self-defeating behaviors. The aim of ACT is to limit the ways these run your life and pursue things that are meaningful to you.

### **Art of Emotions or Watch Your Thinking or Facing Your Feelings**

This class is based on the principles of cognitive behavioral therapy. Students develop the ability to understand the thoughts that contribute to depression, anxiety, anger and other emotions. Students learn the eight most common ways in which we create unhelpful thoughts and behavioral changes that reduce emotional suffering. Some classes focus more on thoughts while others focus more on emotions but all utilize cognitive behavioral therapy.

### **Assertive Yourself or Improving Your Assertiveness**

Students will learn more about interacting and connecting within their close relationships (couples, families, close roommates) in a way in which their voice can be heard and their needs can be met in a healthy manner.

### **Back from the Bluez**

This class allows students with information about depression and suggested strategies for how you can manage your mood. Learn how to identify symptoms of depression, it's causes, and effective coping skills for overcoming depression and moving forward in your recovery.

### **Breathing Under Water: Spirituality and the Twelve Steps**

The author of Breathing Under Water says, "We do not think our way into new ways of being; we live ourselves into new ways of thinking." This class is for clients interested in practical ways to "live" into a better understanding of the Twelve Steps as a spiritual path. We will also explore varieties of meditation and contemplative practices as a means of interrupting and healing habitual patterns of stinking thinking. If you are desiring a more connected spiritual life and a more serene internal life, you are invited to participate.

\*Students do not have to be in recovery for substance use disorder to benefit from the Twelve Steps.

### **Creative Recovery or Self-Expression**

Where words fall short, art can help carry us toward our recovery goals. This course is a place to use expressive arts to enhance recovery. A variety of media and creative projects will be offered to help student grow in recovery.

### **Facing Your Feelings or Art of Emotions or Watch Your Thinking**

This class is based on the principles of cognitive behavioral therapy. Students develop the ability to understand the thoughts that contribute to depression, anxiety, anger and other emotions. Students learn the eight most common ways in which we create unhelpful thoughts and behavioral changes that reduce emotional suffering. Some classes focus more on thoughts while others focus more on emotions but all utilize cognitive behavioral therapy.

### **Gifts of Imperfection**

Brene' Brown's best-selling book, the *Gifts of Imperfection: Letting Go of Who You Think You're Supposed to Be and Embrace Who You Are*, provides a framework for this evidenced-based program that offers 10 guideposts to adopt a whole-hearted approach to living your life to the fullest.

### **Gratitude**

Research shows that as one's "gratitude attitude" increases, so does one's happiness, life satisfaction, hope for the future, involvement in hobbies and life interests and even higher GPA! Further, by developing gratitude individuals notice a decline in materialism, depression and envy. Learn new ways to strengthen this way of being in the world.

### **Healthy Boundaries**

This class allows students to learn new ways to establish boundaries with individuals to ultimately create healthier relationships. It also provides the opportunity to learn strategies to verbalize their needs and have them met in a positive manner.

### **Improving Self-Esteem or Self Compassion and Self-Esteem**

There are lots of reasons that many of us do not believe in ourselves. No matter the reason, we can learn to believe in ourselves. This class teaches ways we can develop a healthier self-image, assist in gaining more self-respect and increase self-confidence in our abilities.

### **Journey Into Recovery**

This class is typically a two-session workshop series for students interested in a slightly more intensive opportunity to strengthen addiction recovery insights, skills and actions with other like-minded students. Please plan on attending both classes regularly so that you are able to increase your knowledge while building healthy supports.

### **Life After Loss or Living with Loss or Coping with Grief and Loss**

Grief and loss are a normal--and painful--part of life. Losses have many shapes, including a loved one's death, the loss of a job, a divorce, and even giving up an old habit. In this class we will learn about healthy ways to grieve losses, honor the past, and live our lives more fully.

### **Living in Balance**

This class is geared towards students actively seeking or maintaining abstinence in their addiction recovery and looking to strengthen recovery skills for a long term healthy lifestyle.

### **Living Beyond Chronic Pain or Managing Chronic Pain**

This class provides an opportunity for learning the brain and body connection and tools to reduce emotional and physical pain in recovery.

### **Managing Anxiety or Managing Anxiety Part 2**

Do you consider yourself a worrier? Do you often feel restless, on edge, or anxious? This class teaches effective coping skills to manage anxiety more effectively. (part 2 expands on this curriculum with advanced practice and skills training.)

### **Meditation**

Students will learn basic meditation techniques and have the opportunity to listen to a different guided meditation each week. Students will learn about the benefits of meditation for physical and mental health and observe the positive effects within themselves

### **Parenting with Love and Logic**

Students will learn techniques to make parenting easier. The class will teach skills to encourage parents to relinquish control over their children's problems and empower children to learn to solve problems themselves. Students will learn how to prepare their children for the real world while developing a loving relationship with their child.

### **Perfectionism in Perspective or Perfectionism**

Some of us may put off starting tasks or excessively worry that we are inadequate or "not enough." This course helps us overcome our barriers to progress while allowing ourselves to "let go" of any harmful elements of our perfectionistic ways.

### **Procrastination Prevention or Stopping Procrastination**

Learn effective strategies for managing the urge to procrastinate and pitfalls to avoid in this practical, applicable course.

### **Reconnect for Resilience or Resources for Resiliency or PTSD Recovery**

Learn about the impact of trauma and chronic stress on the nervous system and how you can build your resiliency using six key wellness skills. Learn how to soothe your nervous system, improve your sense of wellbeing, and create a self-care plan to use these skills in your daily life.

### **Recovery Discovery**

Students will explore the challenges around addiction and the reasons it is difficult to stop using. Students will learn about the physiological consequences of using and examine skills to assist in successfully navigating through some common obstacles and pitfalls that are associated with early recovery.

### **Seeking Safety**

Students will learn tools to assist them in reclaiming their lives after experiencing trauma or being in the early stages of recovery from substance abuse or abusive relationships. Students will be supported in a safe environment to learn skills for living life in a more helpful, safe manner.

### **Self-Compassion; Self-Compassion & Self-Care or Self-Compassion and Self-Esteem**

Self-Compassion is a particularly important practice for those of us who may have a lot of “self-critical self-talk.” By learning to accept ourselves as we are and actually practice self-compassion and self-care, we discover our true selves and develop healthier outlooks for ourselves and others.

### **Skills Practice / Resiliency Skills / Recovery Skills**

Skills Practice Group is an opportunity to practice wellness and coping skills. We know it can be difficult sometimes to make time or remember to practice skills outside of classes, so this is a great opportunity to explore skills and get into a routine of using them. During class, we check in about our stress level before and after each skill practice, which helps us identify what skills are most helpful and which ones we may want to start using regularly. Participants are invited to talk about their experiences using the skills. Not every skill works for everybody. This group can also provide encouragement when various skills just aren't for you, since members can share about it when a skill wasn't helpful.

### **The Four Agreements**

In the Four Agreements, bestselling author don Miguel Ruiz reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. This class offers this material as a powerful ‘code of conduct’ that can rapidly transform our lives to a new experience of freedom, true happiness and love.

### **Toxic Temperaments**

Explore how intense emotions can create or complicate interpersonal problems and identify effective strategies for managing intense emotions. Develop anger management, assertiveness practice and other ways of coping with stressful emotions.

### **Watch Your Thinking or Art of Emotions**

This class is based on the principles of cognitive behavioral therapy. Students develop the ability to understand the thoughts that contribute to depression, anxiety, and other negative emotions. Students will learn how emotions work, the eight most common ways in which we create unhelpful thoughts, and behavioral changes that reduce emotional suffering.

### **Wellness Recovery Action Plan (WRAP)**

The Wellness Recovery Action Plan (WRAP) is designed to assist you in creating positive changes to increase your enjoyment in life. This class will assist you in managing mental, emotional, and physical health issues through the creation of your own unique wellness recovery action plan. WRAP is a ten-week course; all ten classes must be completed to graduate.

### **What Me Worry???**

This class allows students to learn new ways of managing the “overthinking mind” so that we are no longer held hostage by thoughts that be excessive, overwhelming or otherwise unmanageable.

**Whole Health Action Management (WHAM)**

WHAM is Whole Health Action Management. Come learn about the following dimensions of wellness: Stress Management, Healthy Eating, Physical Activity, Restful Sleep, Service to Others, Support Network, Optimism Based on Positive Expectations, Cognitive Skills to Avoid Negative Thinking, Spiritual Beliefs and Practices, and A Sense of Meaning and Purpose. It's a closed group; talk to a staff member if you are interested.

**Wise Mind**

This class teaches students specific skills to assist in navigating relationships, tolerating stress and regulating their emotions. This class is based on Dialectical Behavioral Therapy (DBT). The practicum portion of class incorporates more hands-on and interactive activities into the curriculum.

**Writing & Poetry for Recovery or Writing for Wellness**

In this class you will be utilizing different creative writing techniques in order to help work through various issues including , but not limited to, repressed anger, fear, hurt, or grief in order to process these emotions and begin the healing process.