



INSIGHT ANNUAL GENERAL MEETING

By Jamie Leslie

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Our Outreach Involvement

Many of our benefited members may not be aware of the fact that Three Trails Employee Family Assistance Program (EFAP) is actually a member of a group called Insight EFAP International. The Insight EFAP International started up in 1980 and currently has 5 active Canadian communities and one U.S. community that take part in the organization. It was the Insight EFAP International that developed the model of a non-profit service that provides free counseling for benefited employees. It is different than an Employee Assistant Program (EAP). EAPs will often limit the sessions that benefited employees can have and an EFAP will have unlimited counseling sessions for individuals or families. An EFAP will also provide services to the employee, their spouse or domestic partner, and their eligible dependents. An EAP will generally only provide counseling services to the employee.

Being a member of the Insight EFAP is truly an honor for us here at Three Trails EFAP. We are the only group currently in the United States that is a part of this esteemed group. Every year the Insight EFAP holds an annual meeting. This year Three Trails EFAP hosted the annual meeting in Thermopolis, Wyoming.

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The Mindfulness Workbook for Addiction

by *Rebecca E. Williams, PhD,*
and *Julie S. Kraft, MA*

Book review by Liz Kornkven

This insightful book introduces the concept of Mindfulness in helping to overcome addictive behaviors. Mindfulness is the act of becoming aware. The first three chapters are Emotions, which includes getting to know your feelings. Thoughts and how they are connected to emotions, and Behaviors that are influenced by our emotions and thoughts.

The next chapter is on Mindfulness and encourages the reader to observe your mind without judgment. There are exercises throughout this chapter to practice this concept. One example of an exercise is to study an object thoroughly using all five of your senses; sight, smell, sound, touch, and taste. Learning how to breathe is an important aspect of Mindfulness. If a person is feeling anxious, they are probably breathing from their chest, which limits the amount of oxygen you receive. The goal is to learn to breath from your belly. The authors direct you to put one hand on your chest, over your heart and the other hand on your belly. Now notice which hand rises. If your hand on your chest is moving, you are probably breathing out of your chest. Practice breathing daily from your belly and see if there is decreased anxiety. Radical Acceptance is another tenet of Mindfulness. One aspect of Radical Acceptance is the idea of "It Is What It Is". Accepting situations as they are without judgment is the beginning of Radical Acceptance. It doesn't mean that we agree with the situation but that we can accept the situation for the present time.

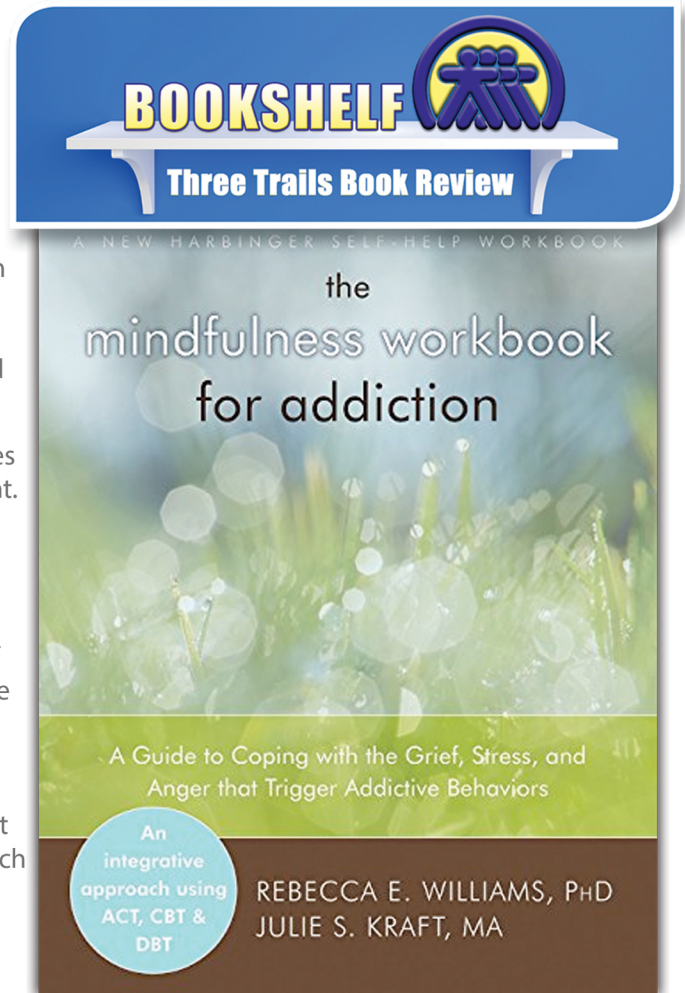
After the introduction of the Mindfulness techniques, the authors introduce the concept of addiction. Addiction is a compulsive need to use a substance or do a troubling behavior despite the consequences to you or others. There is a checklist of the signs of addiction and how addiction influences other behaviors.

The third section of the workbook opens with Mindful Grieving. This chapter contains a Personal Resiliency Quiz and ideas on personal resiliency goals. Throughout this chapter, the authors give various exercises that help implement mindfulness including Leaves Down a Stream, Walking With Words, and Don't Be a Calm Fighter. These exercises sound intriguing don't they? You'll have to check out the book to see what they involve.

Addiction impacts relationships. Chapter nine gives ideas how to improve your relationships including enhancing communication with "I" statements. The format is to use an "I" statement (stating how you feel or felt). Here is an example: when you (the other person's behavior), because (explain what causes you to feel this way, without placing blame on the other person). This is a powerful communication tool. The authors give you opportunity to practice "I" statements. There are exercises to practice listening skills, too.

The final chapter of the workbook deals with Relapse and Recovery. The authors discuss the importance of nutrition, sleep, and exercise in the recovery process along with the encouragement to engage in pleasant activities that don't include addictive substances.

I enjoyed this book because it gave common sense ideas to help overcome addiction but the exercises in the book can also be used from a Mindful perspective to overcome other life concerns. The exercises are easy to understand and apply to one's lifestyle. Overall, I recommend this book for those interested in implementing a Mindful approach to life. You can check this book out along with others at the Three Trails EFAP lending library.



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Meet Liz!

Three Trails EFAP is excited to introduce Elizabeth (Liz) Kornkven as the new part time counselor! Liz Kornkven graduated from the University of Alaska Fairbanks with a Master of Education in Community Counseling. She has a Bachelor of Science in Animal Science and a Bachelor of Science in Secondary Science Education from the University of Wyoming. Liz is a Licensed Professional Counselor (LPC) in Wyoming.

Liz worked in community mental health in Fairbanks, Alaska. Before moving to Casper, she completed three years of ministry school. Liz uses Cognitive Behavioral Therapy, Emotion Focused Couples Therapy, and Dialectical Behavior Therapy from a client centered perspective. Liz likes to integrate the client's spiritual identity into the counseling relationship.

Liz is excited to be back to Wyoming. She enjoys reading and learning, the out-of-doors (including fishing and driving back country roads), spending time with her family, and solving mysteries on television.



LIZ KORNKVEN



Are You Getting Enough Oxygen?

By Charles McBride, MA, NCC, LPC

There is a saying "An Ounce of Prevention is Worth a Pound of Cure". Here at Three Trails we strongly believe that people who come in for counseling when a problem or issue is just surfacing can not only resolve it more quickly but save themselves the possible heartache, stress and/or anxiety that come with putting off getting help. A key component to prevention is a concept we call wellness.

Emotional wellness includes self-care, relaxation, stress reduction and the development of inner strength. It is important to be attentive to both positive and negative feelings and be able to understand how to handle these emotions. Emotional wellness also includes the ability to learn and grow from experiences. Emotional well-being encourages autonomy and proper decision making skills. It is an important part of overall wellness.

I often share with my clients the analogy of the oxygen mask on an airplane. If you've watched the flight attendants' safety demonstration before take-off (and of course we all do!!), you recall that they say to put the oxygen mask on yourself before you help others, even your children, put theirs on. The reason is simple: if you are out of oxygen, you are of no help to anyone. But how often do we put ourselves last on the list of things to take care of (or leave ourselves off the list entirely)? Whether it's a lack of time or a misplaced sense of our own importance, not practicing self-care can have severe drawbacks.

When I'm working with clients who are emotional or physically exhausted, I always ask what they are doing to take care of themselves. The response is often "nothing". If you are constantly giving and giving and doing nothing to "refill your cup", doesn't it make sense that you are going to run dry? At that point, unfortunately, you are no good to anyone, including yourself. If this describes you, why not call and make an appointment to see one of our therapists? We will be more than happy to help you learn how to take care of yourself so that everyone can receive the best you have to offer.



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Five staff members from Three Trails were able to attend including myself (Jamie Leslie), Charles McBride, Trish Hussian, Bonda Zeller, and former part time counselor Dr. Lesley Travers. At least five board members were also able to attend the annual meeting. Board members attending were Mary Facciani (Board Chair and Treasurer of Insight), Cyndi Magee (Board Vice Chair), Gayle Schnorenberg (Secretary for Insight) Doreen McGlade and Dirk Andrews. At least two guests from Canada were able to attend. We were delighted to have Gary Reed (President of Insight) from Powel River and Resource Service, Wayne Moriarty (Serving as Treasurer with Mary for Insight) from West Yellowhead Counseling Services. Luckily technology gave us the opportunity to have Francine Wilson (Vice President of Insight International) from West Yellowhead Counseling Services attend as well as Joelle Beaupre from Northern Corridor Assessment and Resource Services. Ruth Putnam who is an Administrative Specialist from Natrona County School District and part of the EFAP Steering Committee was in attendance as well.

It was an extremely insightful trip. There were two workshops the first day. Lesley Travers led a workshop on Anger, Addiction and Trauma and Melanie Connell from Life Transformation Counseling Center presented on Mental Health and Nutrition. On the last day of the meeting, Executive Directors reported statistics on their EFAP and shared some marketing tools. A fun team scavenger hunt was experienced by the attendees at the end of the day. Next year we look forward to attending the annual general meeting for Insight in Canada.



Out & About – Three Trails Recent Outreach Involvement

June 14 – 16

Three Trails hosted the annual Insight General Meeting in Thermopolis, Wyoming.

August 28

Orientation presentation at Lincoln Elementary

August 29

Orientation presentation at Summit Elementary and Mountain View Elementary

September 1

Orientation presentation at Frontier Middle School, Casper Classical Academy, and CY Middle school

October 17

Orientation presentation at Casper College



Three Trails EFAP would love the chance to present a workshop or present an orientation for your worksite. Talk to your Human Resource representative if there is a workshop that we could do for your worksite!

