



# An overview of MORE- Mindfulness Oriented Recovery Enhancement

**Kathryn Bottonari, PhD**

Comprehensive Pain Management Clinic  
Ralph H Johnson VA Medical Center, Charleston, SC  
Medical University of SC

# No conflict of interest

Dr. Eric Garland's research and clinical program

► Website:

[Mindfulness Based Cognitive Therapy | MBCT | Dr. Eric Garland, PhD \(drericgarland.com\)](http://www.drericgarland.com)

## MINDFULNESS-ORIENTED RECOVERY ENHANCEMENT

*for Addiction, Stress, and Pain*



ERIC L. GARLAND

## Mindfulness-Oriented Recovery Enhancement (MORE)

### ► Integrates:

- Mindfulness training
- “Third Wave” cognitive-behavioral therapy
- Positive psychology

### ► Therapeutic strategies designed to:

- Reduce addictive behavior
- Reduce emotional distress
- Reduce chronic pain
- Increase healthy pleasure
- Increase joy
- Increase meaning in life

MORE is centered on three key therapeutic processes:



# Research evidence for MORE

- ▶ Reduces opioid craving among pts with OUD/CP (Drug & Alc Dep, 2019)
- ▶ Reduce prescription opioid use (JCCP, 2014)
- ▶ Reduces opioid misuse risk (JCCP, 2019)
- ▶ Reduces pain attentional bias in chronic pain patients (Psychother Psychosom, 2013)
- ▶ Reduces opioid craving by enhancing natural reward sensitivity (Psychopharmacology, 2014)
- ▶ Decreases pain and increases positive mood from moment-to-moment (Drug & Alcohol Dependence, 2017)
- ▶ [Healing the Opioid Crisis with Mindfulness-Oriented Recovery Enhancement \(MORE\): Clinical Efficacy and Neurophysiological Mechanisms | NCCIH \(nih.gov\)](#) (1 hour long talk via NIH that you can watch)

# MINDFULNESS

Patients learn to:

- ▶ Become aware of when their attention has become fixated on addictive cues, stressors, or (physical or emotional) pain
- ▶ Shift from affective to sensory processing of craving, stress, or pain sensations
- ▶ Re-orient attention to the breath via the practice of mindful breathing
- ▶ Encourages access to self-transcendence – a deep sense of connection to something greater than the self.

# REAPPRAISAL

Focus on :

- ▶ Cognitive reappraisal of maladaptive thoughts contributing to negative emotions and addictive behaviors
- ▶ Adaptive coping in the face of stress
- ▶ Increase psychological flexibility
- ▶ Teach mindful disengagement from negative appraisals of stressful events
  - ▶ Then, reframe them into positive reappraisals to promote resilience and meaning in the face of adversity

# SAVORING

- ▶ MORE enhances positive emotion and motivation
- ▶ Provides instruction in **mindful savoring** – the practice of focusing attention on and deeply absorbing naturally rewarding experiences (e.g., enjoying the beauty of nature or the sense of connection with a loved one)
- ▶ Paying attention to the pleasant sensory features of a positive object or event, while simultaneously noticing and enjoying the pleasurable body sensations, positive emotions, and higher-order affective meaning that arise in response to pleasant life experience

# SESSION 1 – What is Pain and Why Can Mindfulness Help?

- ▶ Introductions and ground rules
- ▶ Setting expectations – this is not a support group, it is a skill training program
- ▶ Discuss experience of stigma with chronic pain and opioid misuse – “its all in your head?”
- ▶ Nociception vs. pain vs. suffering
- ▶ Pain is physical, mental, and emotional – therefore a mental therapy can help (mindfulness)
- ▶ Define mindfulness
- ▶ Zooming in and out
- ▶ Body scan
- ▶ Mindful breathing



# SESSION 2 – Automaticity in Chronic Pain

- ▶ Mindful breathing
- ▶ Debrief mindful breathing and homework
- ▶ Active vs. passive pain coping
- ▶ Pain coping on automatic pilot
- ▶ Debriefing mindfulness before medicine to build awareness of automaticity
- ▶ Chocolate exercise – awareness of automaticity!

# SESSION 3 – Mindful Reappraisal

- ▶ Mindful breathing
- ▶ Debrief mindful breathing and homework
- ▶ The story of “Jen”
- ▶ The power of positive reappraisal
- ▶ Demonstrate the reappraisal technique (ABCDE)
- ▶ Pain catastrophizing and reappraisal

# SESSION 4 – Mindful Savoring

- ▶ Mindful breathing
- ▶ Debrief mindful breathing and homework (mindfulness, reappraisal)
- ▶ Negative focus as a survival mechanism
- ▶ Shifting our focus to notice moments when you are not in pain
- ▶ Zooming out
- ▶ The concept of savoring
- ▶ Savoring practice

# SESSION 5 – Mindfulness of Craving

- ▶ Mindful breathing
- ▶ Debrief mindful breathing and homework (mindfulness, reappraisal, savoring)
- ▶ The stigma of opioid use
- ▶ Opioid dependence: tolerance, withdrawal, increased sensitivity to pain
- ▶ Normalizing craving
- ▶ What term would you use to describe craving
- ▶ Automatic habit of opioid use and triggers
- ▶ Mindfulness as the antidote to craving: zooming in, zooming out, contemplating the consequence of giving in to the urge of opioid use – contemplating the consequence of freeing yourself from the urge
- ▶ Chocolate exercise

# SESSION 6 – Stress, Pain, and Craving

- ▶ Mindful breathing
- ▶ Debrief mindful breathing and homework (mindfulness, reappraisal, savoring)
- ▶ How does stress impact pain
- ▶ Reacting versus responding to stress
- ▶ Imaginal stress exposure
- ▶ Mindful relaxation response
- ▶ Body scan

# SESSION 7 – Meaning and Interdependence

- ▶ Mindful breathing
- ▶ Debrief mindful breathing and homework (mindfulness, reappraisal, savoring)
- ▶ Attachment to chronic pain identity
- ▶ Attachment to opioids
- ▶ Aversion
- ▶ Thought suppression exercise
- ▶ Acceptance exercise
- ▶ Introduce the concept of interdependence
  - ▶ Everything in life has a purpose or meaning, even chronic pain
- ▶ Meditation on interdependence
- ▶ Discussion on meaning in life

# SESSION 8 – Mindful Recovery from Pain and Opioid Misuse

- ▶ Mindful breathing
- ▶ Debrief mindful breathing and homework (mindfulness, reappraisal, savoring)
- ▶ What have you learned in this course?
- ▶ Developing a recovery/relapse prevention plan
- ▶ Future visualization exercise
- ▶ Discuss how you can maintain mindfulness practice on your own

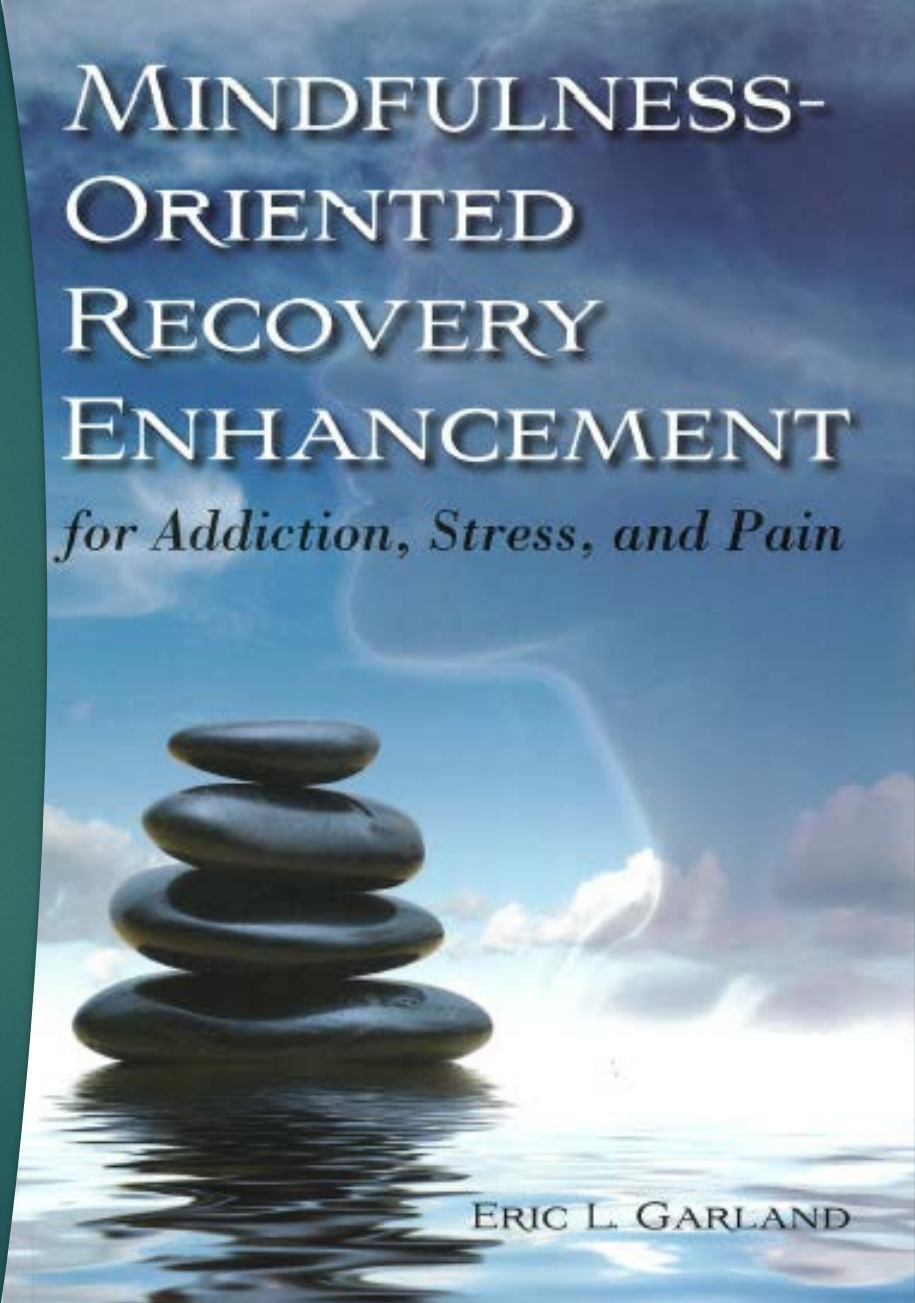
## Interested in offering MORE?

Text: Mindfulness Oriented Recovery Enhancement for Addiction, Stress, and Pain

Podcast: To learn about the history of MORE, listen to this [Mind and Life Podcast interview with Dr. Garland.](#)

Virtual Trainings:  
<https://drericgarland.com/training-in-more/>

\*Next one in Sept-Oct



MINDFULNESS-  
ORIENTED  
RECOVERY  
ENHANCEMENT  
*for Addiction, Stress, and Pain*

ERIC L. GARLAND



# Questions???

Kathryn Bottonari, PhD

[Kathryn.Bottonari@va.gov](mailto:Kathryn.Bottonari@va.gov)

[bottonar@musc.edu](mailto:bottonar@musc.edu)