

The Power to CREATE

A 5-Actions Program™ Webinar

6/12/21

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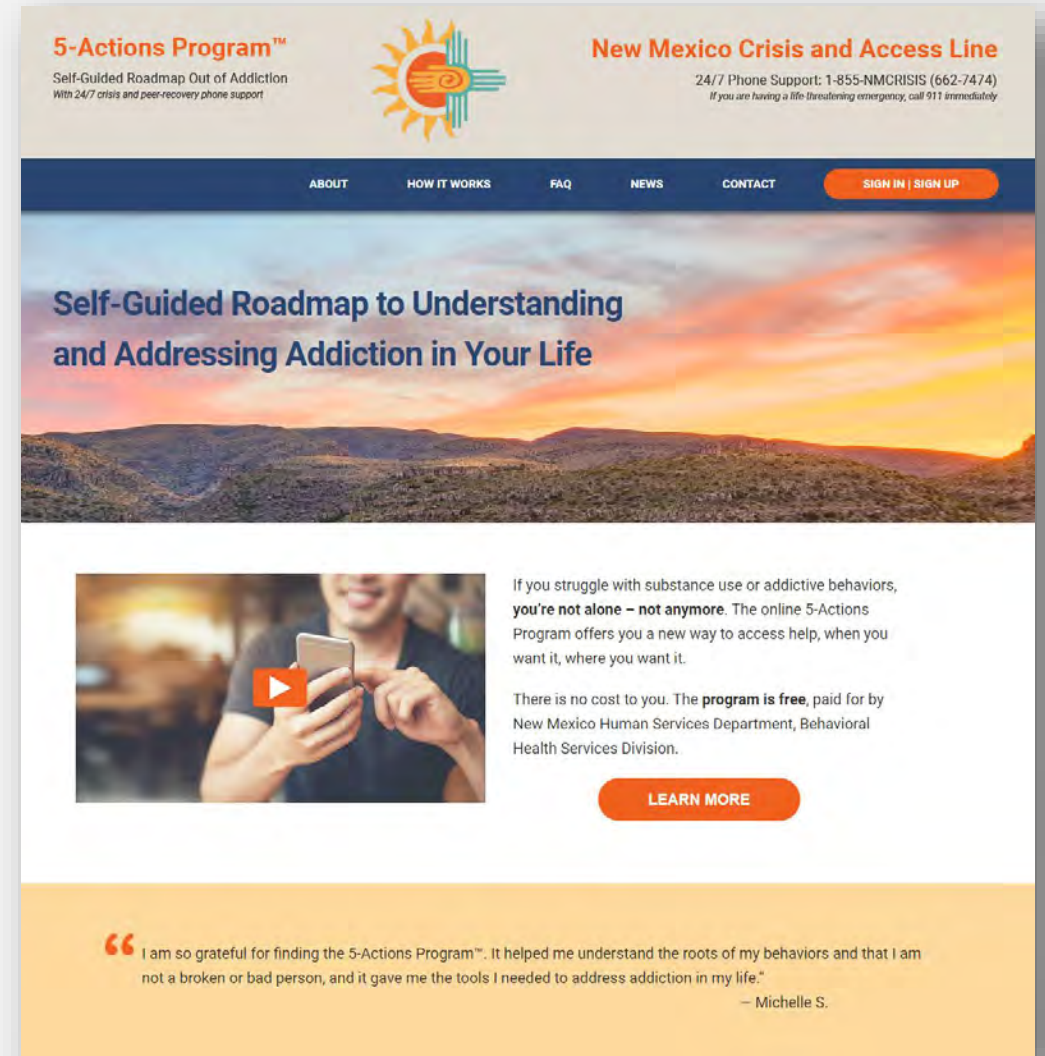


Agenda:

- Understand how problem solving and creating differ
- Discuss the process for creating anything
- Explain the relationship between creating and recovery
- Review the 5-Actions Program™ specific to creating

What is the 5-Actions Program™?

- **November 2020** launched statewide
- **Free to all citizens** in New Mexico, paid for by the Behavioral Health Services Division
- **Self-guided roadmap** to understanding and addressing substance and behavioral addictions (gambling, sex, food, technology)
- **Addresses the underlying drivers** of addiction, including attachment, ACEs, and trauma
- **24/7 phone support** from the New Mexico Crisis and Access Line and Peer Recovery Support



The screenshot shows the homepage of the 5-Actions Program. At the top, there's a header with the program name, a logo, and contact information for the New Mexico Crisis and Access Line. Below the header is a navigation bar with links for ABOUT, HOW IT WORKS, FAQ, NEWS, CONTACT, and a SIGN IN / SIGN UP button. The main content area features a large banner with a sunset over mountains and the text 'Self-Guided Roadmap to Understanding and Addressing Addiction in Your Life'. Below the banner is a section with a video thumbnail of a person using a smartphone, followed by text explaining the program's purpose and availability. A 'LEARN MORE' button is positioned below this text. At the bottom, there is a testimonial from Michelle S. enclosed in a light orange box.

5-Actions Program™
Self-Guided Roadmap Out of Addiction
With 24/7 crisis and peer-recovery phone support

New Mexico Crisis and Access Line
24/7 Phone Support: 1-855-NMCRISIS (662-7474)
If you are having a life threatening emergency, call 911 immediately

ABOUT HOW IT WORKS FAQ NEWS CONTACT SIGN IN | SIGN UP

Self-Guided Roadmap to Understanding and Addressing Addiction in Your Life

If you struggle with substance use or addictive behaviors, **you're not alone – not anymore.** The online 5-Actions Program offers you a new way to access help, when you want it, where you want it.

There is no cost to you. The **program is free**, paid for by New Mexico Human Services Department, Behavioral Health Services Division.

[LEARN MORE](#)

“ I am so grateful for finding the 5-Actions Program™. It helped me understand the roots of my behaviors and that I am not a broken or bad person, and it gave me the tools I needed to address addiction in my life.”
— Michelle S.

We go numb to try to cope with the fact that **we have not been granted what we need to thrive**. The levels of addiction in our society are off the charts, and I'm not just talking about alcohol and drugs; I'm talking about shopping, working, sex.

Addictions are an attempt to cope with intolerable states. The meager lives we are asked to live, in which we are often reduced to "earning a living," are themselves intolerable. We are meant to have a more **sensuous, imaginative, and creative existence**.

Francis Weller



What do we need to thrive?



Good relationships keep us happy and healthier. Period.

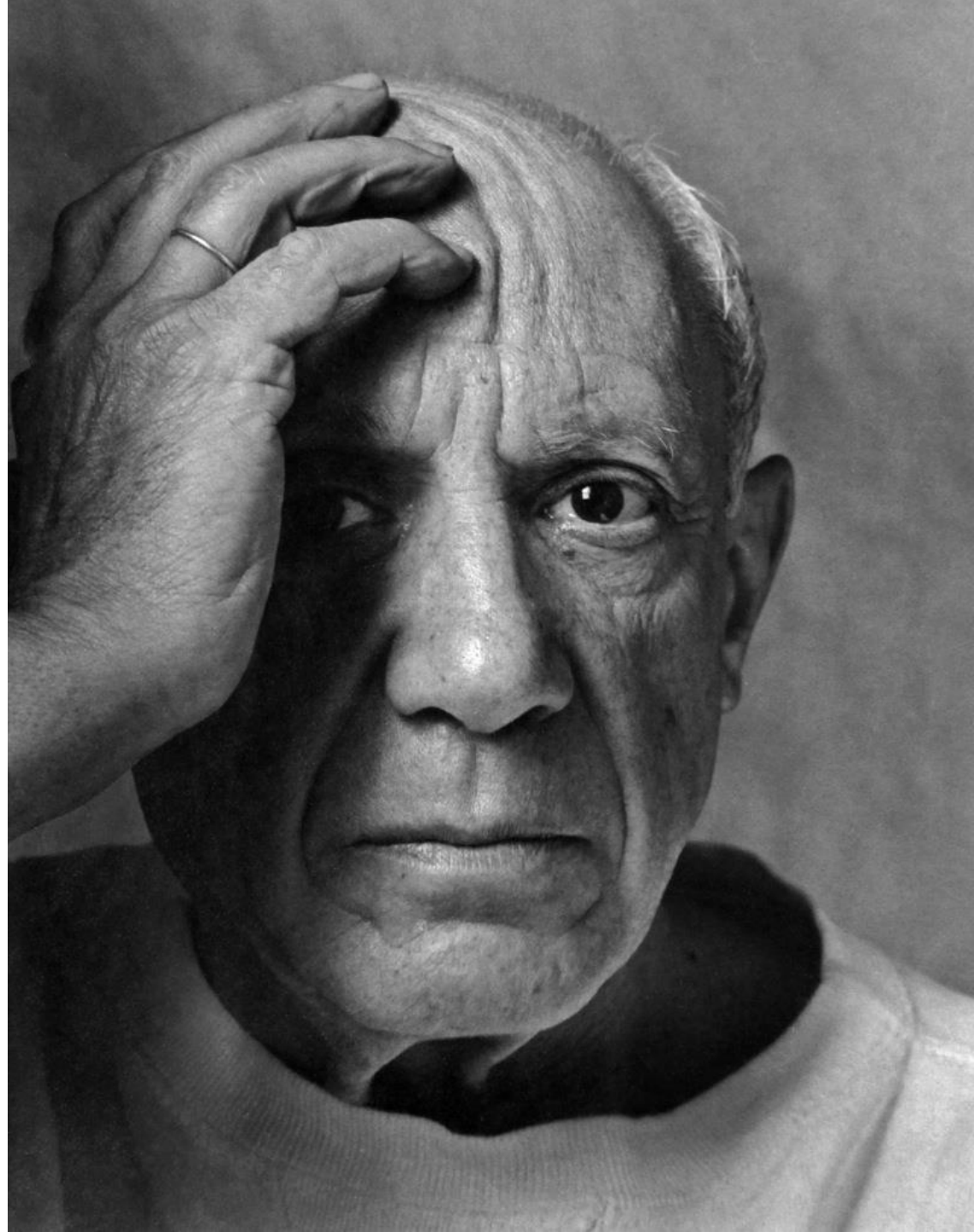
Dr. Robert Waldinger

- Physical protection and safety
- Developmentally appropriate, emotionally attuned experiences
- Love and nurturance
- Parents/caregivers that support our natural talents and passions
- Stable, supportive communities
- A future protected



All children are artists.
The problem is how to
remain an artist once he
grows up.

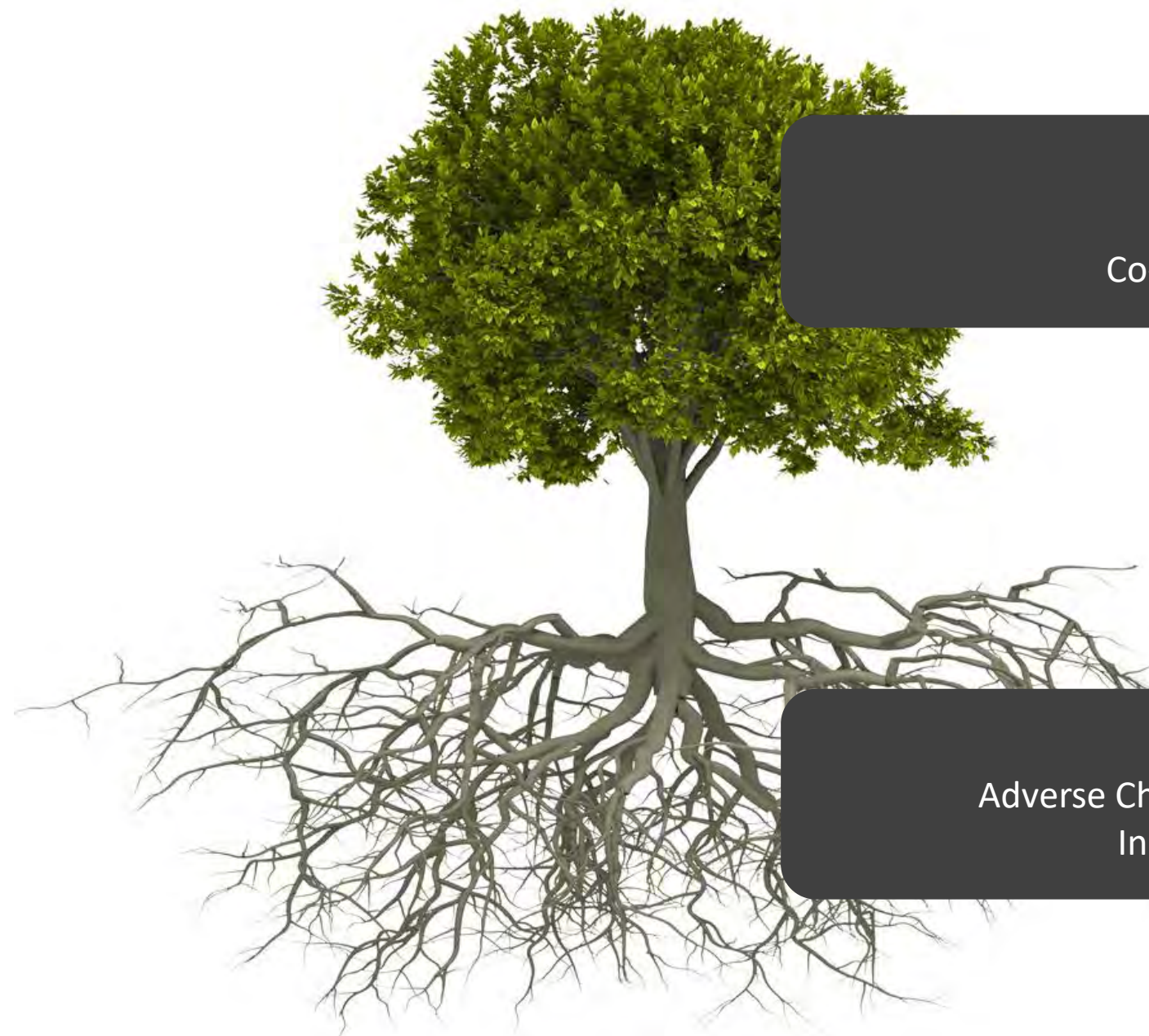
Picasso



As children we are
**enchanted with the
world**, yet as adults we
end up, as poet Mary
Oliver said, “breathing
just a little, and calling it
a life.”

Francis Weller





Symptoms

Addiction
Co-occurring Disorders



Trauma

Adverse Childhood Experiences (ACEs)
Insecure Attachment

What accounts for positive treatment outcomes?

The Contextual Model (Wampold & Imel, 2015)

Initial Therapeutic Bond



Three Change Pathways

1. Real (Healing) Relationship
2. Expectations (problem-solution)
3. Intervention Actions (EBPs)



Good Outcomes

Better Quality of Life

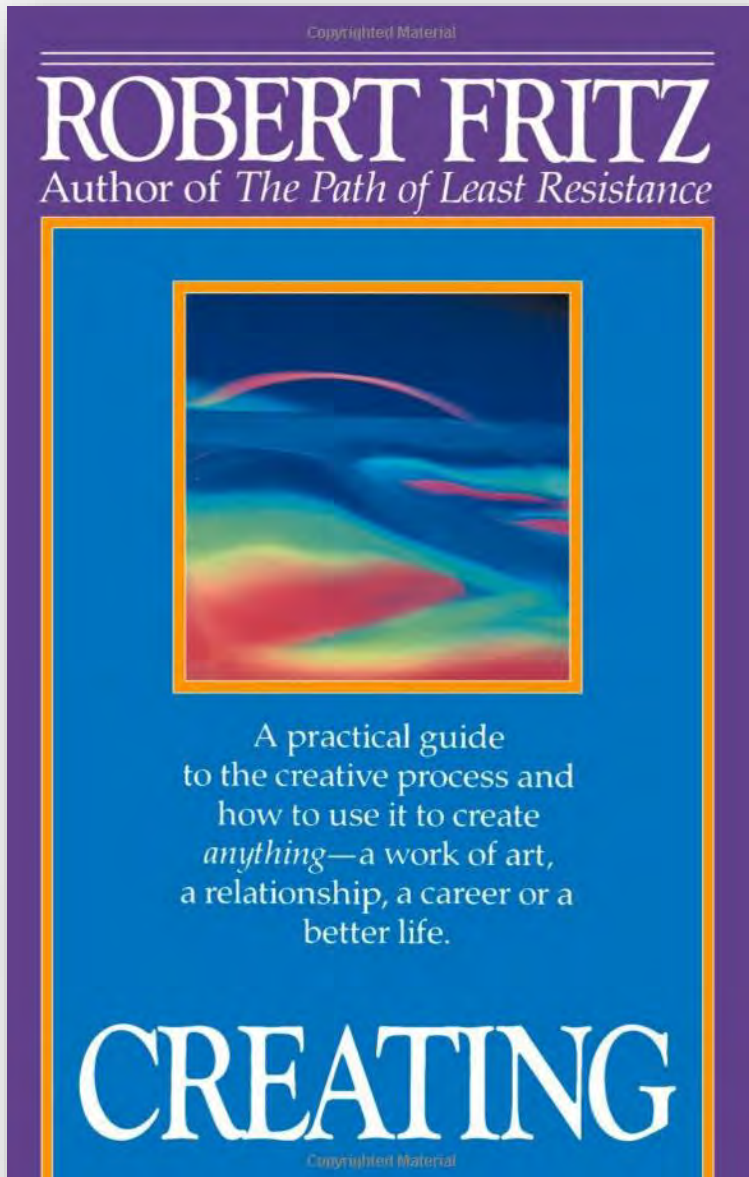
Symptom Reduction



Action 5

C **r** **E** **A** **T** **E**

The word "CREATE" is displayed using cut-out letters pinned to a corkboard. The letter 'C' is on a red piece of paper with a white outline, pinned with a white pushpin. The letter 'r' is on a white piece of paper with a black outline, pinned with an orange pushpin. The letter 'E' is on a white piece of paper with a red outline, pinned with a blue pushpin. The letter 'A' is on a white piece of paper with a grey outline, pinned with a yellow pushpin. The letter 'T' is on a white piece of paper with a black outline, pinned with a green pushpin. The letter 'E' is on a white piece of paper with a grey outline, pinned with an orange pushpin.



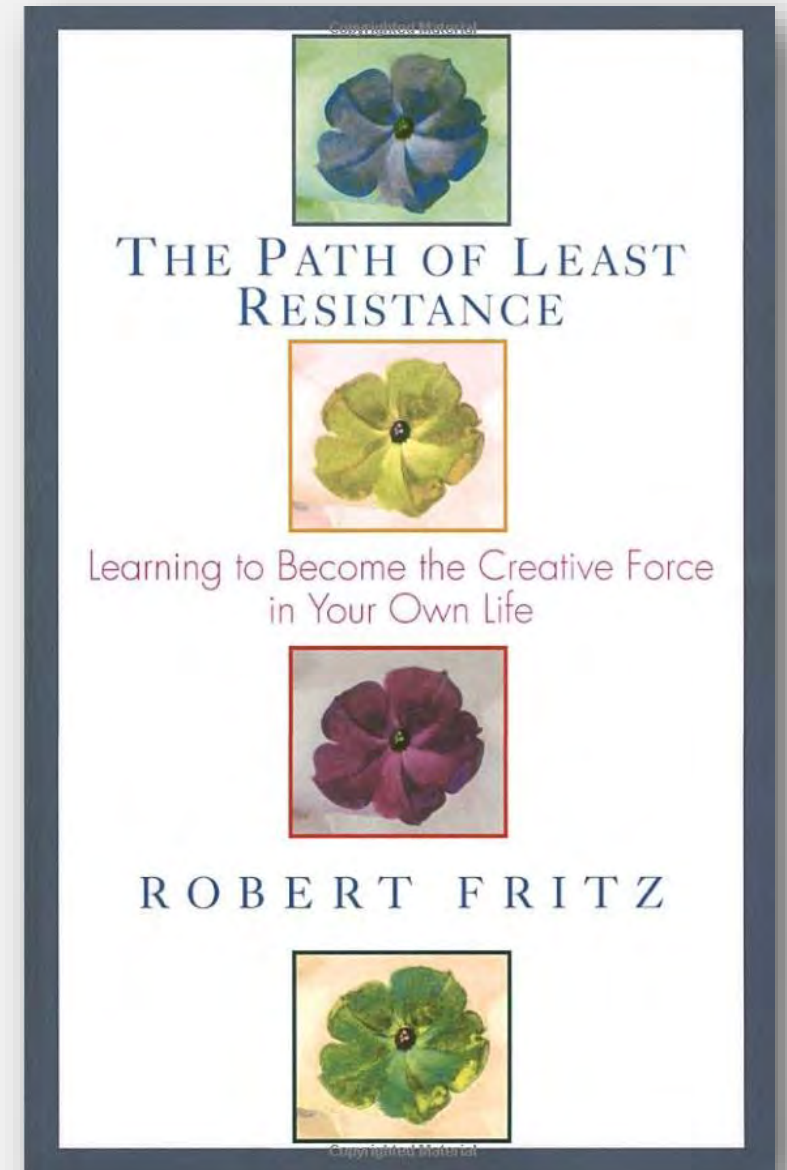
Creating is not designed to heal you, fix you, or satisfy you, but a way in which you can bring your talents, energies, actions, imagination, reason, intuition, and yes, even love to the creation you desire...

Love is what creating is all about.

There is a **profound difference between problem solving and creating**. Problem solving is taking action to have something go away – the problem. Creating is taking action to have something come into being – the creation.

It doesn't help when some “experts” talk about “creative” problem solving. They think that the creative process and problem solving are the same. They are completely different.

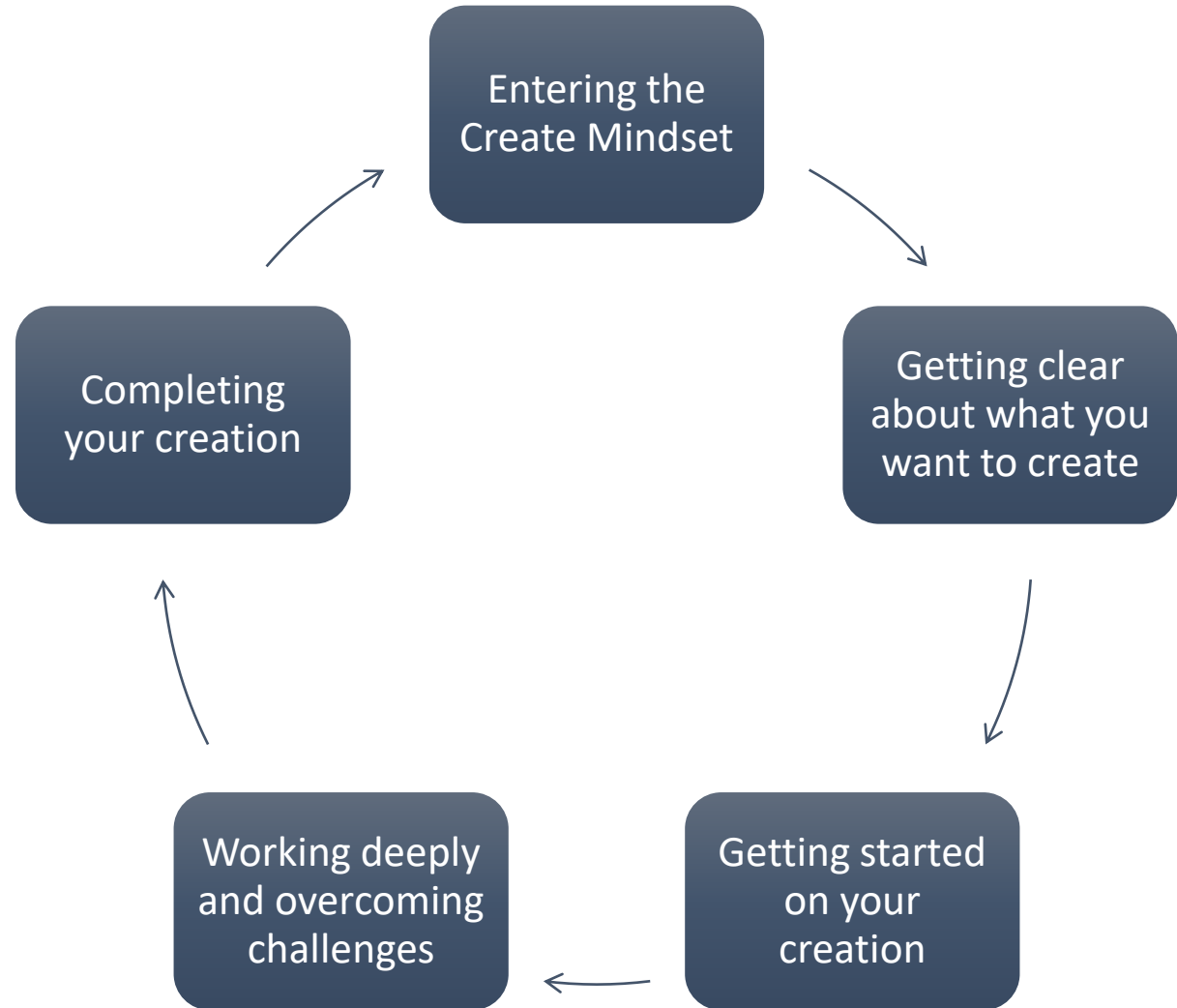
Robert Fritz



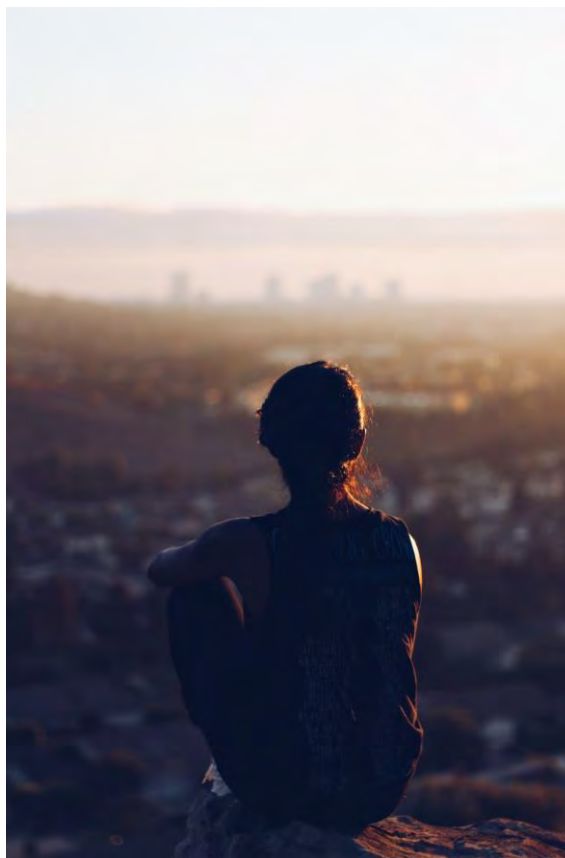
Overview of the Creative Process

It is important to recognize that **this is not a formula**, but rather a form.

Robert Fritz, Creating



Entering the Create Mindset



What to Create?



What are you naturally gifted at?

What did you enjoy doing as a child?

What are you passionate about?

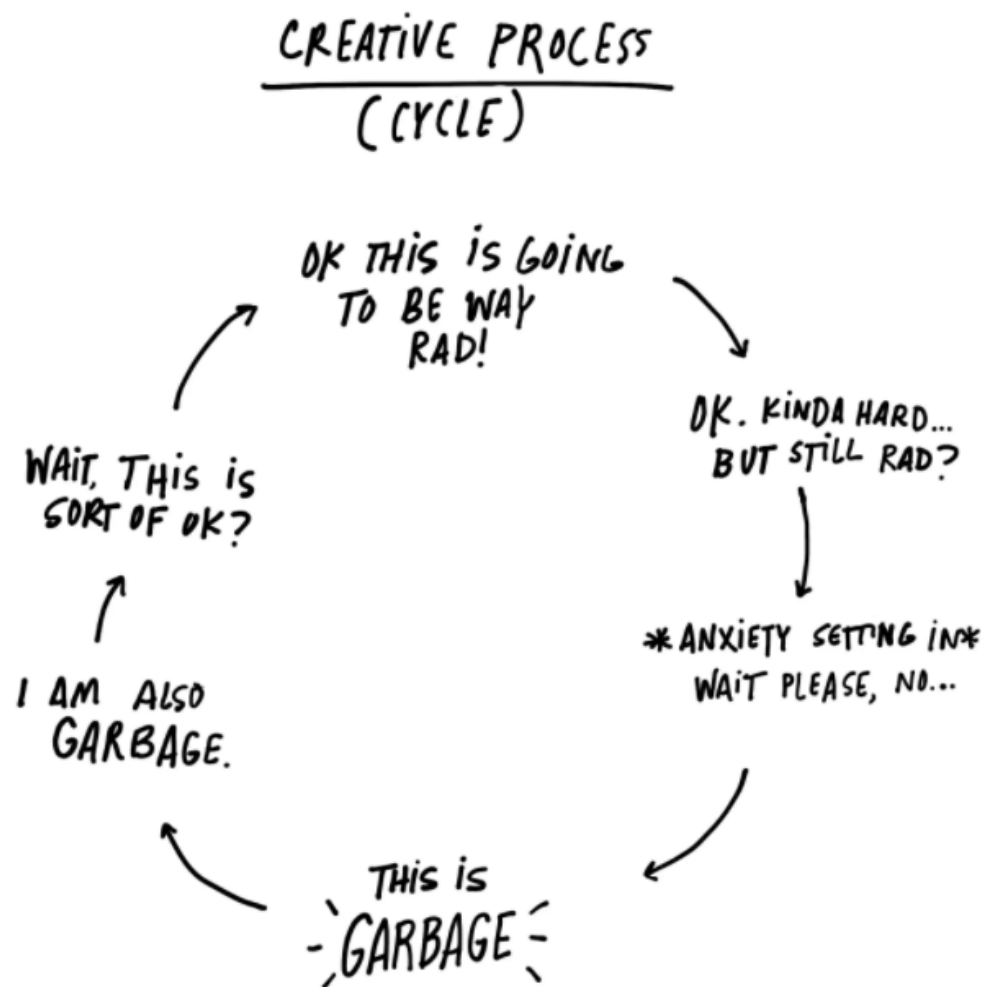
What would you do if money were no issue?

What makes your heart sing?

Getting started...



How things actually go...



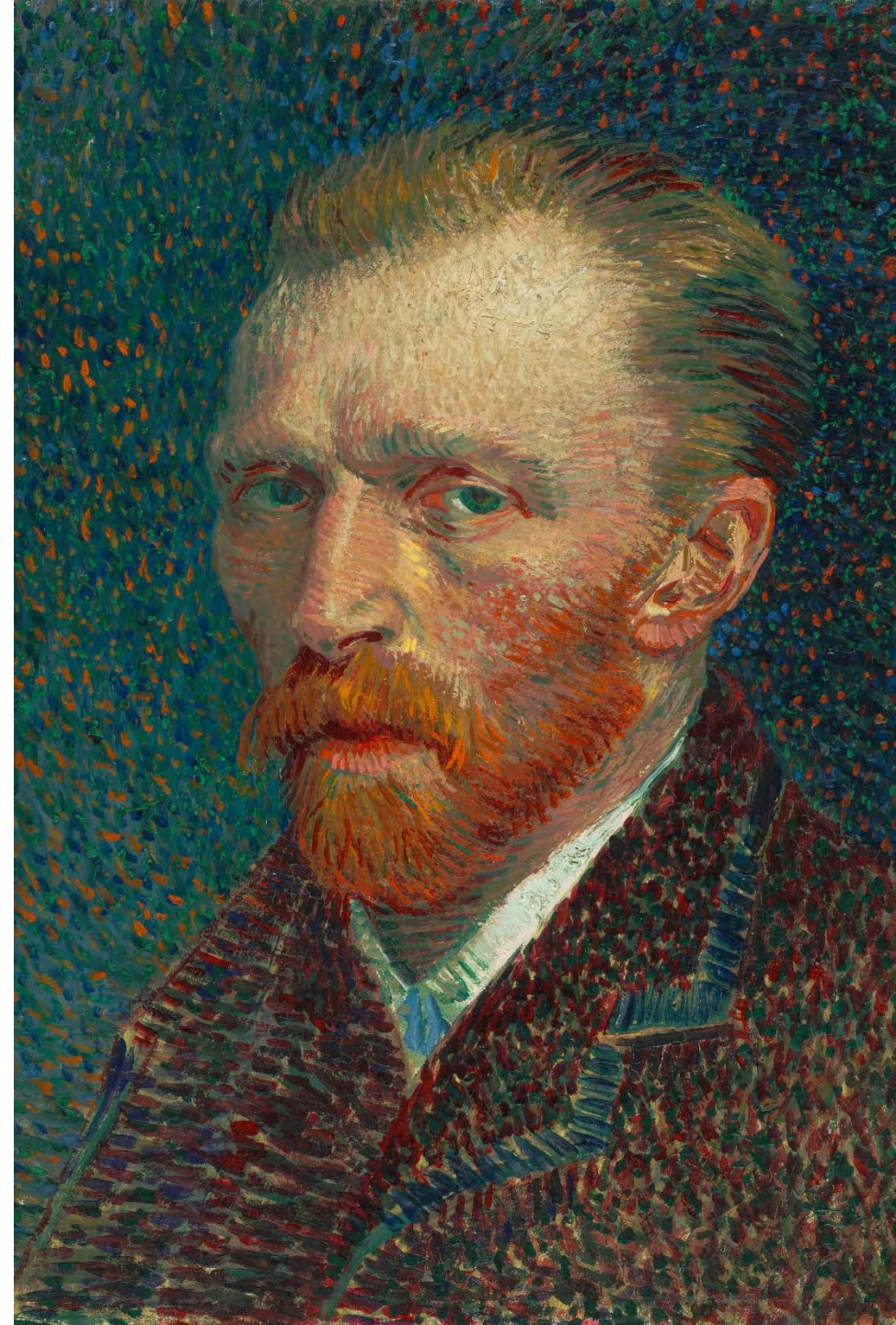
Nothing in the world is worth having or worth doing unless it means effort, pain, difficulty... I have never in my life envied a human being who led an easy life. I have envied a great many people who led difficult lives and led them well.

— *Theodore Roosevelt*



He **transformed the pain** of his tormented life into ecstatic beauty. Pain is easy to portray. To use your passion and pain to portray the ecstasy and the joy and the magnificence of our world, no one had ever done that before... perhaps no one ever will again.

Dr. Who: Vincent and the Doctor – Series 5, Episode 10



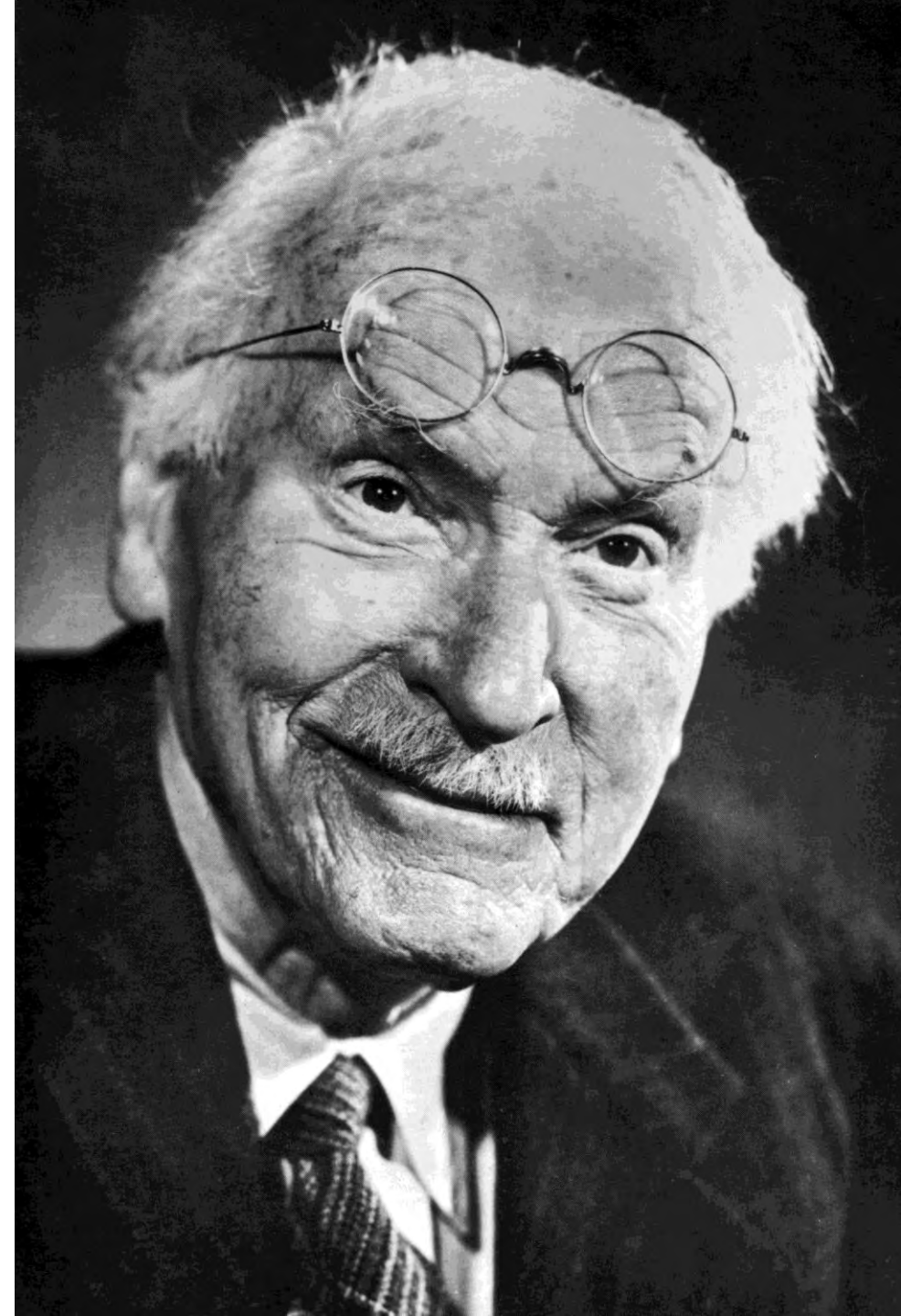






All the greatest and most important problems of life are fundamentally insoluble.....They can never be solved, but only outgrown. This “outgrowth” proved on further investigation to require a new level of consciousness. Some **higher or wider interest** appeared on the patient’s horizon, and through this broadening of his or her outlook the insoluble problem lost its urgency. It was not solved logically in its own terms but faded when confronted with a **new and stronger life urge**.

Carl Jung



We excel at making a living
but often fail at making a life.

We celebrate our prosperity but
yearn for purpose.

We cherish our freedoms but
long for connection.

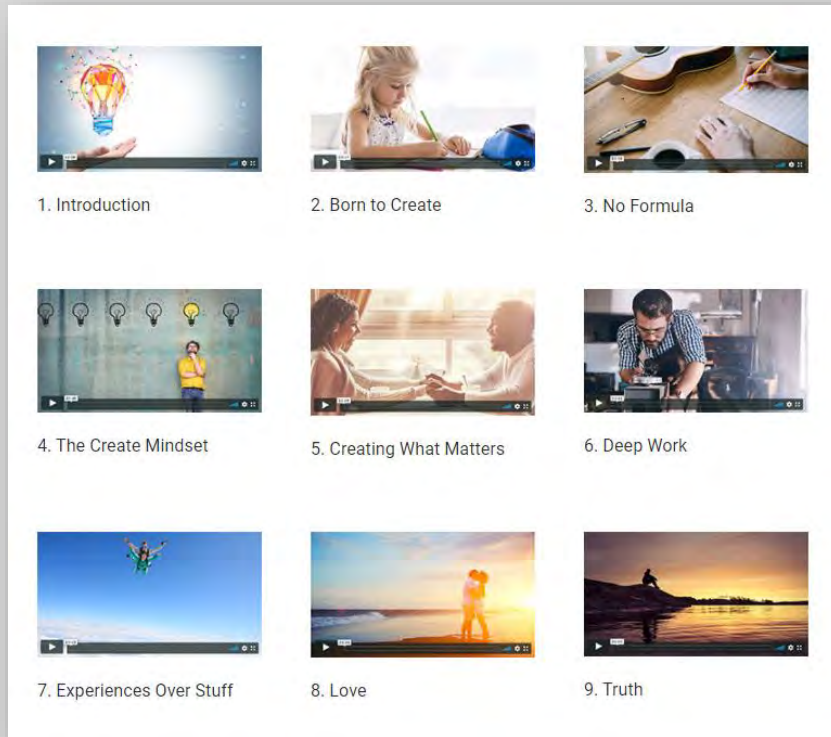
In an age of plenty, we
feel spiritual hunger.

David G. Myers



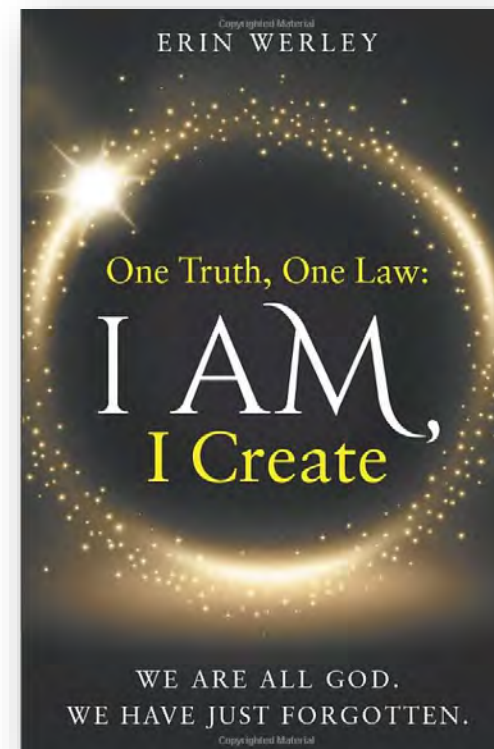
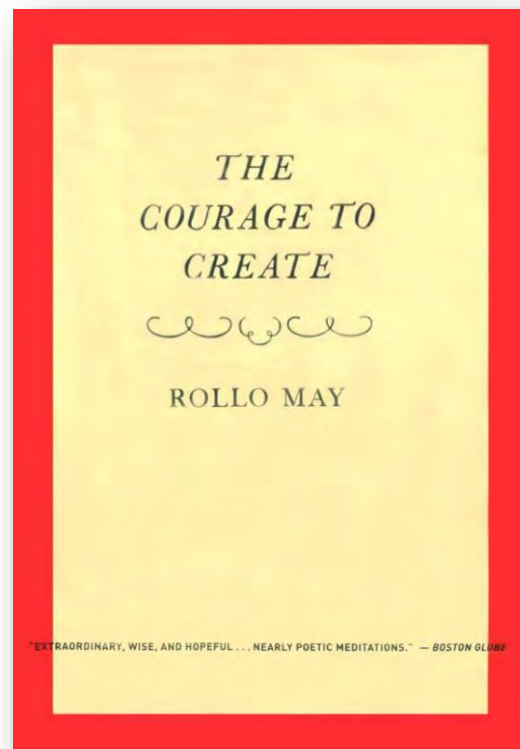
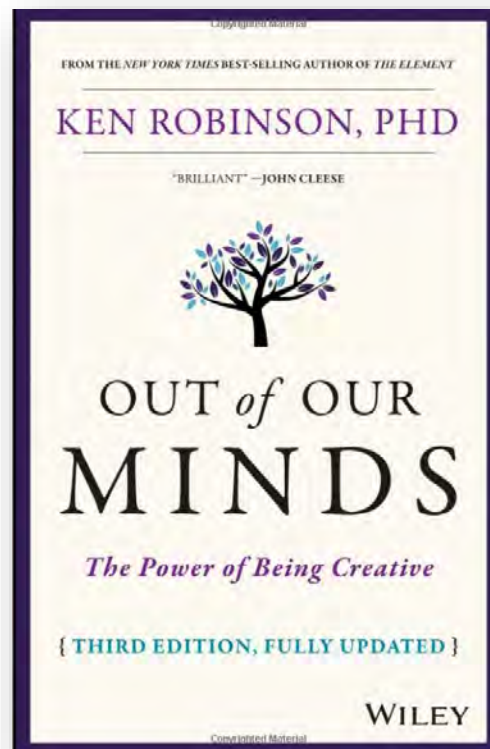
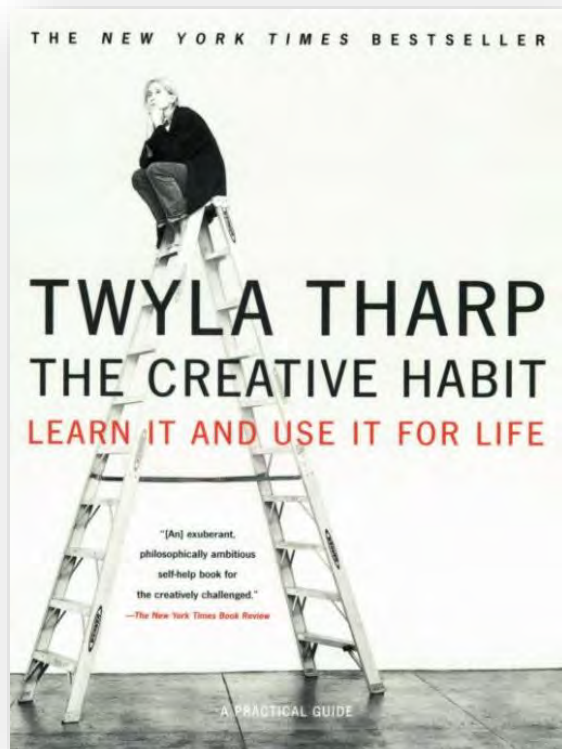


Create Your Best Life: Action 5



- **We are all born to create**, but problems with attachment, trauma, ACEs and addiction get in the way.
- **No one formula for creating**, but many have outlined stages that are useful .
- **Align the creative process** with your natural talents, interests, and passions.
- **Create life experiences**, including intimate relationships, and your own spiritual awakening.

Learn more about creating...



Questions and Discussion
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