

# Remembering Who You Are

The Direct and Indirect Paths to True Self

with

**Kimberly Carson, MPH, C-IAYT**

Live Webinars Supporting  
5-Actions Programs™

8/27/22

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Principal, Digital Therapeutics Group, LLC



# 5-Actions Programs™

- **Self-guided roadmap** to understanding and addressing addiction (substance and behavioral)
- **Launched November 2020** in New Mexico, 2022 in Alaska
- **Mobile-friendly online platform**, free for all who sign up to use the program
- **Over 125+ videos**, screening tools, and links to resources
- **24/7 phone support** from trained clinicians

## New Mexico

New Mexico  
5-Actions Program™

In partnership with New Mexico Crisis and Access Line  
24/7: 1-855-662-7474

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Self-Guided Roadmap to Understanding and Addressing Pre-Addiction and Addiction

The New Mexico 5-Actions Program™ is free, paid for by New Mexico Human Services Department, Behavioral Health Services Division.

HOW IT WORKS

Powerful Tools To Support You On Your Journey

- 24/7 phone support
- Substance & behavioral
- Over 6 hours of video
- COVID-specific resources
- Tools to help loved ones
- Evidence-based tools

[www.nm5actions.com](http://www.nm5actions.com)

## Alaska

Culture Heals™ Crisis & Access Phone Support  
(907) 468-7305

How It Works FAQ Webinars Contact SIGN UP

Culture Heals™

Self-Guided Roadmap to Understanding and Addressing Pre-Addiction and Addiction

Culture Heals™ is a free program, supported by the Central Council of the Tlingit & Haida Indian Tribes of Alaska.

HOW IT WORKS

Tlingit & Haida President Richard Chalyee Eesh Peterson

Powerful Tools To Support You On Your Journey

- 24/7 phone support
- Addressing both substance and behavioral addictions
- Over 8 hours of video to address addiction
- COVID-specific resources
- Tools to help loved ones
- Learn about evidence-based tools for change

[www.cultureheals.com](http://www.cultureheals.com)

# 5-Actions Program™ Webinars: 2022

- **Monthly webinars** to address timely topics that are linked to the 5-Actions Program
- **One-hour format** in which we do our best to optimize your time
- **Guest experts** from the community with lived experience and working as professionals
- **Community discussion** where you can ask questions and connect with speakers

<https://5actionswebinars.com>

## 5-Actions Webinars™

[Upcoming Webinars](#) [Webinar Library](#) [About Us](#) [Contact](#)

### Webinars on Demand

Our webinars feature thought leaders in addiction and behavioral health. Learn about emerging research, best practices and topics related to using the 5-Actions Program™ (Culture Heals™ in Alaska), starting or restarting an addiction-free, healing relationships, trauma, indigenous healing practices, and more.



#### Addressing Addictions to Technology

Technology has found its way into almost every aspect of our lives. Seeing the degree to which our relationship with technology is unhealthy isn't so easy. Learn why addressing technology addiction is not so different from other addictions and get guidance on how to address overconsumption.

WATCH

September 17, 2022



#### Growing Up Emotionally: Learning to Live from Your Head and Heart

A good life is built around nurturing relationships, and emotional attunement is necessary for healthy relationships. Learn how to grow up emotionally, self-regulate difficult feelings, and negotiate the difficult but rewarding terrain of relationships.

WATCH

July 16, 2022



#### Learn What's New in the 5-Actions Program™ (Culture Heals in Alaska)

Get a guided tour of what's new, including search functionality, a personalized roadmap tool, and over 30 new videos. Learn what makes the program unique and why using the free phone support enhances outcomes.

WATCH

June 24, 2022



#### Coping with Pandemic Fatigue and an Uncertain Future

Learn factors driving pandemic fatigue, grief and excessive worry, and how COVID has led to continuous traumatic stress (CTS). We'll take on this challenging time with evidence-based tools to enhance resiliency and empower your own health and wellbeing.

WATCH

January 22, 2022



#### Embracing Your Internal Family

We are conditioned to believe we have one mind and one personality, but this idea does not reveal the complete picture. Our mind is better understood as an internal family of parts, and addiction is behavior of one part, not the essence of our being.

WATCH

December 18, 2021



#### Evaluating My Behaviors

Addiction is a symptom that emerges from various roots that need to be identified for long-term success. Learn the process of evaluating your life to uncover leverage points for change, how to access screening tools, and when to seek a professional evaluation.

WATCH

July 24, 2021



# 5-Actions Program™ Webinars: 2022

## Upcoming Webinars

**September 17: 8 am (Alaska), 9 am (PST), 10 am (MST)**  
**Addressing Addictions to Technology**

**October 22: 8 am (Alaska), 9 am (PST), 10 am (MST)**  
**From Rat Park to the Adaptive Paradigm of  
Addiction: Insights from Dr. Bruce Alexander**

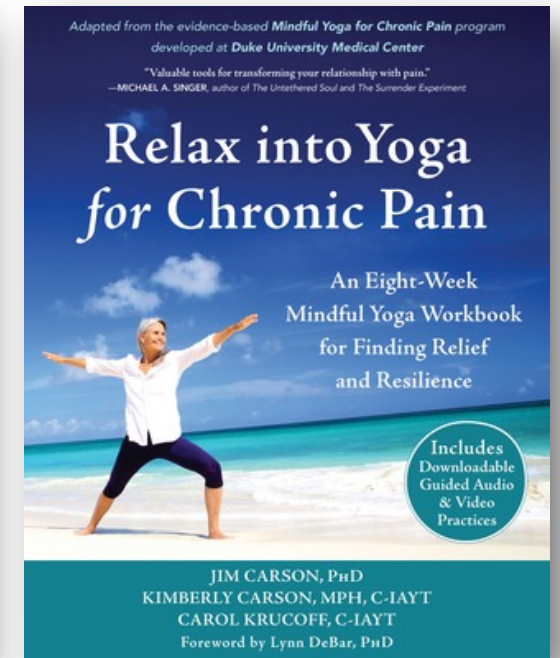
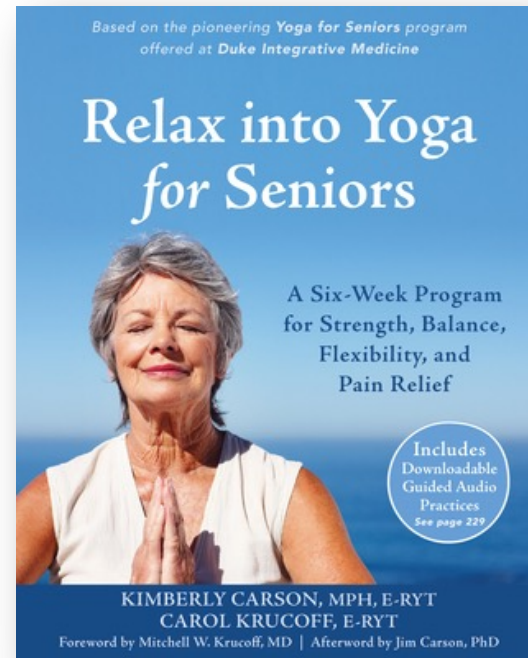


# Kimberly Carson, MPH, C-IAYT

Kimberly Carson, MPH, C-IAYT, has worked as a mindfulness educator and yoga therapist specializing in the therapeutic use and scientific study of mindfulness and yoga for people with medical challenges for close to 25 years. She has taught Mindfulness-Based Stress Reduction, an indirect path model, for over two decades, and was a founding member of the Duke Integrative Medicine Center, a part of Duke University Health Systems. She has co-authored dozens of peer-reviewed articles, including the first clinical trials of a mindfulness for couples' protocol and the first loving kindness for low back pain intervention.



With Carol Krucoff, Kimberly co-authored *Relax Into Yoga for Seniors*. Her new book, *Relax Into Yoga for Chronic Pain* was published in January 2020.



[www.mindfullyogaworks.com](http://www.mindfullyogaworks.com)

# Circle of Life Elemental Meditation

Gently close your eyes, or  
if you're more comfortable you  
may keep them open.





# Remembering Who You Are: A Direct & Indirect Path to True Self



When do you feel the **most authentic**  
and the **most at ease?**





There's not one right expression of **true self.**

Or one right way **to name it.**





# *Sense of Connection*



# The Tool of Attention



The power of **Attention.**

Our attention is one of our **most valuable assets** that we often don't tend to much.



## *Indirect Path*



The indirect path is **object-focused.**

Utility of **Mindfulness.**





# Indirect Path



Being in the 'now' is **Our birthright.**

Help us return to what we **already know.**



Gently close your eyes, or  
if you're more comfortable you  
may keep them open.



## Indirect Path

Our attention often is compelled primarily by the realm of **thought.**

By nature, we're **Storytellers.**





## Indirect Path



Our attention is oriented to the story about the experience, which is different

from the experience itself.



## *Indirect Path*



Being able to recognize and distinguish between the thought, the label, the comparison, the judgment of experience, distinct from the experience itself, is one of the

**great processes of this practice.**



## *Indirect Path*



The medicine of these indirect paths is to see the difference between the event, the experience, and the commentary about the experience.

These self-defining thoughts, are also

**Coming and going.**

**Coming and going...**





## Indirect Path

What is the **true self?**

We are not the thought. It's a dimension of us  
but it's not fundamental to **who we are.**



## Direct Path

The direct path is

**subject-focused.**



## *Direct Path*



There is immense power in the direct path of letting attention relax back **into its source.**

Both the indirect and direct paths are pointing us in the same direction and help us **find our way home.**



# Direct Path Meditation

Gently close your eyes, or if you're more comfortable you may keep them open.

