


NIROGA

Dynamic Mindfulness
Neuroscience and Drug Courts

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Mindful Moment

- 3 Deep Breaths
- Chest & Abdomen Relaxed
- Chime



Connections: Addiction ↔ Trauma

A history of being abused increases the likelihood of abusing alcohol and drugs. Among addicted women:

- 52% Reported Physical Abuse
- 74% Reported Sexual Abuse
- 72% Reported Emotional Abuse

Women Experience More Dual Abuse Than Men

Addicted women were abused physically, emotionally and sexually by more perpetrators, more frequently, and for longer periods of time than their non-addicted counterparts.

Connections: Justice Involvement ↔ Trauma

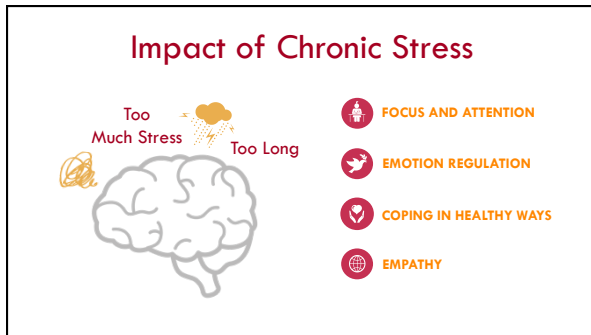
- **89%** of Incarcerated **Men** Had Experienced **Trauma**
- **95%** of Incarcerated **Women** Had Experienced **Trauma**
- **95%** of Detained **Boys** Had Experienced **Trauma**
 - Severity of PTSD Associated with Severity of Delinquency
- 264 Detained Youth: Physical Abuse, Domestic Violence, and Traumatic Neglect Were Independently Associated w/Drug & Alcohol Abuse Risk
- Experiential Measures of Trauma Significantly Predicted Offending and Health-Risking Sexual Behavior Among Adolescent Girls; full and partial diagnostic criteria did not.

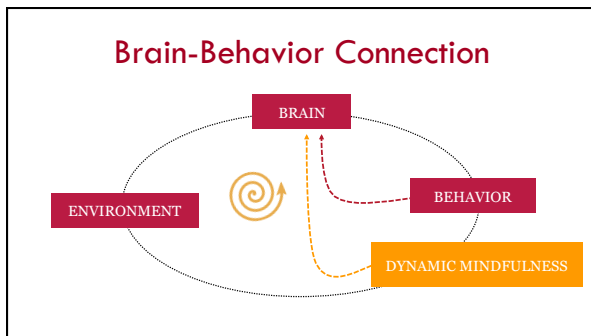
Progression of Trauma-Informed Approaches

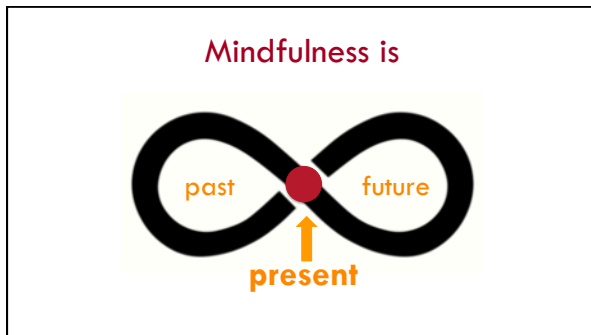
1. What is wrong with you?
2. What is happening to you?
3. How can I help you?
4. How can I help you help yourself?

The Need for Trauma-Informed Systems

- Understand why youth act the way they do, and what you can do about it!
- Develop the Whole Child
- Develop the Whole Adult
- Promote Equity and Inclusion → Whole Community
- "Heal Before You Help!"







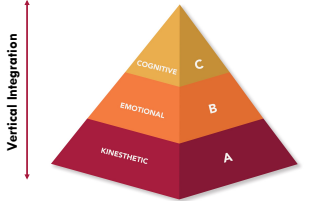
An Optimal Solution



DYNAMIC MINDFULNESS
3 INTEGRATES STRANDS OF RESEARCH

NEUROSCIENCE → MINDFULNESS
TRAUMA → MOVEMENT
SOMATIC PSYCHOLOGY → INTEGRATION

Essence of Emotion Regulation



Vertical Integration

COGNITIVE C
EMOTIONAL B
KINESTHETIC A

Mindful Action, Breathing, Centering (A, B, C's)

Types of Psychological Trauma

- Grief and Loss
- Developmental Trauma
- Historical/Intergenerational Trauma
- Structural Trauma
- Secondary/Vicarious Trauma

Impact of Trauma

- The Body Feels Unsafe
 - Act
 - Breathe
- Sense of Time Becomes Warped
 - Center

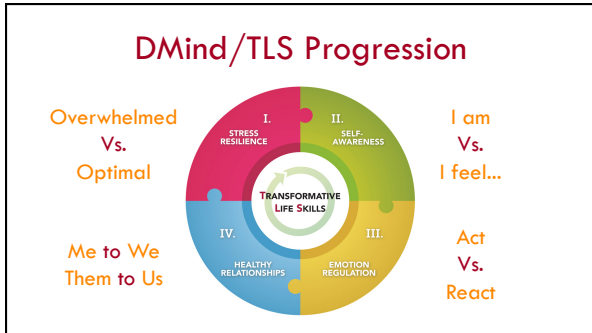
Trauma-Informed DMind

- Dynamic Movements
- Invitational Language
- Choice and Options
- Concrete Sensations
- Connecting with Breath



Experience an A, B, C Practice



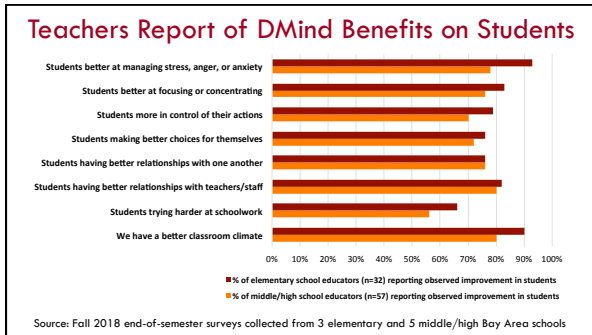


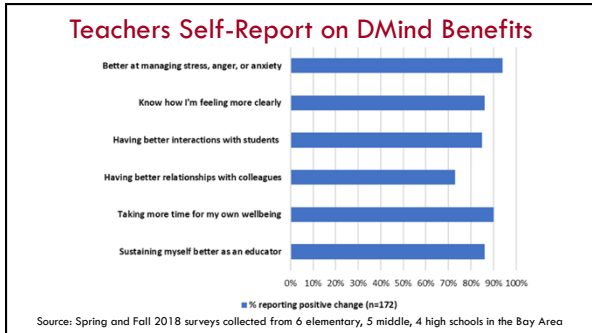
Independent Research Summary

Statistically Significant Reductions in:
unexcused absences, detentions, anxiety, depression, global psychological distress, rumination, intrusive thoughts, physical arousal, emotional arousal, perceived stress, disciplinary infractions, reduced hostility.

Statistically Significant Increases in:
student emotion regulation, positive thinking, cognitive restructuring in response to stress, self-control, and school engagement.


[Two research papers published in peer-reviewed Journals (Frank, et al; 2014, 2017)]





DMind Dosage

- Research Findings
 - o 15 Min/Day x 3 Times/Week
 - o 45 Min/Week = 6 Minutes/Day
 - o *Three 2-Minute Sessions*
 - o Practicing on Own AND Sharing with Others





DMind Implementation Plan

At Home

- Action Items (1-3)

At School

- Action Items (1-3)

DMind Implementation Resources

- DMind (Level 1 & Level 2) Trainings: 6 hours each
- Staff and Parent Training: On-Demand, Live-Online, In-Person
- Staff and Parent Coaching: Exploring barriers and solutions to personal and inter-personal application → Building communities of practice
- Curricular Supports: Book, Video Library, Mood Regulation Poster
- DMind Sessions by Trauma-Informed Niroga Instructors

I alone cannot change
the world,
but I can cast a stone
across the waters that
creates many ripples.

- Mother Theresa

