



The Power of Personal Medicine: A Pathway to Recovery

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Inner wisdom






We are wounded healers



Personal Medicine

Self-initiated, non-pharmaceutical self-care strategies that serve to give us meaning and purpose in life, and that help diminish distress.



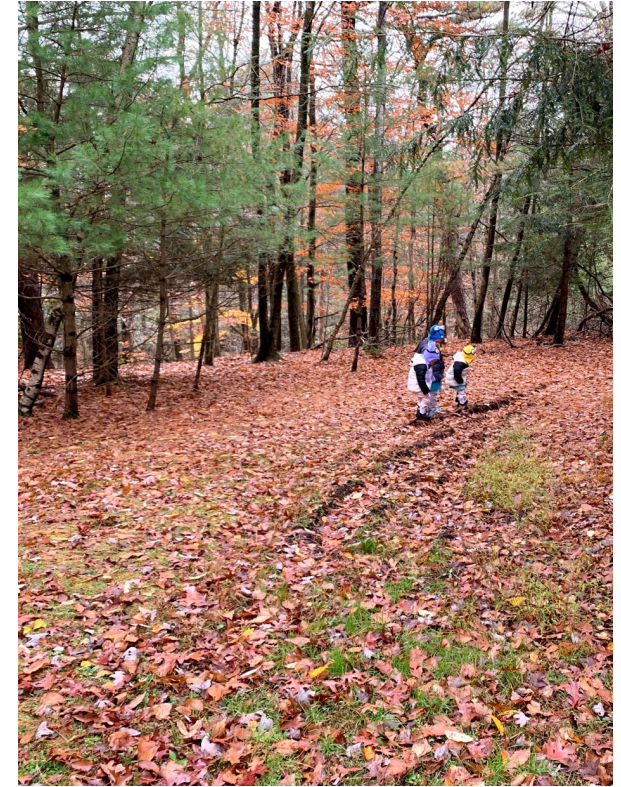
A man wearing a brown hat and a blue and black jacket stands on a large, light-colored rock. A large, light-colored dog is standing on the rock next to him, with its head turned towards the camera. The background shows a vast, hazy mountain range under a blue sky with scattered white clouds. The foreground is filled with green and brown vegetation.

“Hiking with my dog helps boost my mood because my dog is a goofball, and it lowers my blood pressure because we run around so much.”

“Tending my plants helps me focus and it brings me joy to see things I nurture grow.”



My Personal Medicine



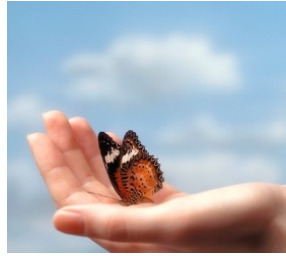
My Personal Medicine



Personal Medicine Cards



Anger



Anxious Feelings



Concentration



Distressing Voices



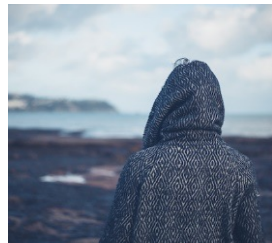
Effective Communication



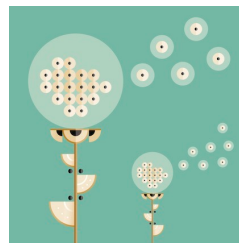
Feeling Depressed



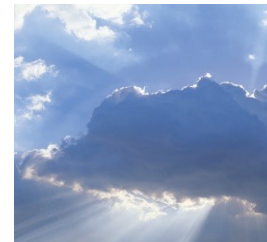
Food Cravings



Grief



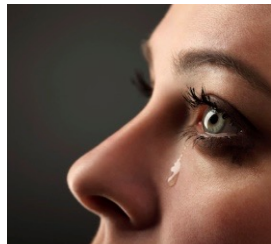
Harm Reduction



Negative Thinking



Oppression



Self Harm



Sleep



Trauma



Troublesome Beliefs



Worry

Refocus on things I can control

When we feel anxious, we often worry about things that are out of our control. Refocusing on what we CAN control in a situation helps us feel less anxious.

When I am anxious about something I have no control over, I say to myself:

I refocus on:

- My breathing
- How I can get support in the situation
- What I can control in the situation
- My reaction to the situation
- My idea:

Does this Personal Medicine work for me?

- Yes – it helps me (*describe*):

- No – I will try another

Stephen



Shrink my inner critic down to size

"You can't do math."; "You're a loser."

Most of us have an inner critic that fuels our negative thinking. Imagining our inner critic as a something small or silly can help.

My inner critic looks like:



Does this Personal Medicine work for me?

Yes – it helps me *(describe)*:

Mr. Cranky Pants makes me laugh, which helps me find my power over my negative thoughts.

No – I will try another

Discover some new Personal Medicine

- There are 6 tables with common challenges we might face
 - Anger
 - Anxious Feelings
 - Feeling depressed
 - Grief
 - Negative Thinking
 - Sleep
- Head to the table of a challenge area you want to explore
- Review the Personal Medicine Cards and take a Card you want to try out
- Time willing, head to another table(s) to continue exploring and grabbing Cards to try
- There are Certified Personal Medicine Coaches to support you and answer any questions you might have

**Our challenge is to be bold and
brave and daring enough to
remain human-hearted
while working in the
human services.**



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Join our conspiracy of hope



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