

# SECRETS TO SUSTAINING HABIT CHANGE *in recovery*

WEDNESDAY, MAY 19, 2021  
10:30 AM - 3:30 PM EDT



FREE ZOOM  
WORKSHOP



REGISTRATION REQUIRED  
[TCONYERS@RCNC.ORG](mailto:TCONYERS@RCNC.ORG)

## WHY THIS WORKSHOP?

We all want to make healthy change at different points in our lives, particularly when we've committed ourselves to the path of recovery. And despite our well-intentioned motivation, success can feel elusive. We can even feel flawed after repeated attempts.

But the neuroscience reveals that we are not inherently unable to make or break habits. In fact, there are science **proven strategies** that set us up for or prevent **success**.

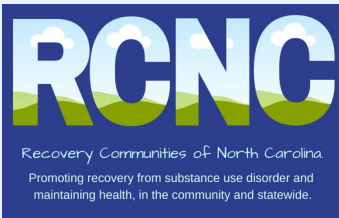
## TARGET AUDIENCE

This workshop is pivotal for any professionals who help guide individuals in making change and how to sustain that change in the long term. You will learn the exact strategies to counsel your clients in as well as the language and framing of advice that sets them up for more success.



**THIS WORKSHOP IS FREE OF CHARGE THANKS TO OUR SPONSORS**





# SECRETS TO SUSTAINING HABIT CHANGE *in recovery*

## LEARNING OBJECTIVES

At the end of this workshop, participants will be able to:

- Explain the neuroscience of how habits are formed and unformed.
- Demonstrate the science proven strategies to form successful habits.
- Explain how self-compassion is a critical foundation for habit change.
- Demonstrate the role of mindfulness in breaking old habits and making new ones.

## FACILITATOR - DR. TANMEET SETHI

### RCNC Integrative Family Physician Consultant

An Integrative Family Physician, writer, and TEDx speaker who has dedicated her career to care for the most marginalized patients, many with substance use disorders and teaching them as well as physicians how to harness their innate potential to heal through the food they eat, the way their minds think and how their bodies move, the most powerful forms of medicine. She has focused this work in the most vulnerable communities including Seattle's refugee, uninsured and homeless populations as well as communities traumatized by manmade and natural disasters like the students of Marjory Stoneman Douglas High School, the wildfire survivors of Northern California and hurricane victims in Puerto Rico. She has taught in residency medical education for the last two decades general family medicine, integrative medicine and anti-racism in medicine.



Dr. Sethi is fellowship trained in Integrative Medicine and has gone on to found and direct an Integrative Medicine fellowship at Swedish Hospital in Seattle, WA. She is presently starting certificate training in Psychedelic-Assisted Therapies and Research as well.

Her most powerful education has come through her own life in which she is a mother to three children, including one with a fatal, neurodegenerative disease. She has a powerful blog where she writes weekly on the wisdom of gratitude and is presently working on her first book.



@tanmeetsethimd



@tanmeetsethimd



wwwtanmeetsethimd.com

**Wednesday, May 19, 2021 10:30 AM - 3:30 PM**



FREE ZOOM WORKSHOP



EMAIL TCONYERS@RCNC.ORG