

SUD, Mothers & RIM

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Introduction

This paper is a summary of the project completed for Master RIM Certification from The RIM Institute. The purpose of the project is to investigate the impact of the RIM Method on stress levels of mothers who have a child with substance use disorder (SUD).

The RIM Method (Regenerating Images in Memory) created by Dr. Deborah Sandella has expanded over the years into a distinct body-centered transformational technique that's been shown through clinical experience and research to produce remarkable results for clients. RIM evolved from a synthesis of techniques including Somatic Therapy, Ericksonian Hypnosis and Interactive Guided Imagery which have all been shown through research to aid in managing stress. The Boxwell study in 2006 showed that clients using RIM tools were able to significantly reduce the hallmark symptoms of a stress-related disorder. This information suggests that RIM will have a positive impact on the stress levels of this population of moms.

Criteria and Terms

The criteria to participate included only two requirements: the participants had to be mom's and they had to have a child with substance use disorder.

Why SUD and mothers? According to a Columbia University study, teen substance abuse is an epidemic. One in five high school students meet the medical criteria for addiction, with nearly one-half of them using addictive substances. These statistics clearly show that more and more families, mothers included, are affected by a child's substance use disorder.

A literature review produced very few articles focused on the experience of a mother whose child has SUD. In a 2014 narrative review in the *Journal of Family Nursing*, the authors acknowledged the need for a more specific, in-depth exploration of the Mothers' experience. Smith & Estefan asserted in the review summary that such exploration may advance nurses' understanding of individual, familial, and social complexities of parenting an addicted child. ¹

In the meantime, a grass roots response has emerged among mothers who are dealing with their child's substance use. A number of support groups have developed in the past few years, one in particular is TAM (The Addicts Mom) which began as a social network group about eight years ago. It has since grown into a non-profit advocacy organization with chapters in every state and members numbering 70,000. This is only one example but shows that this group of mothers need of support. The RIM Method may help them deal with the stress that is associated with having a child with substance use issues.

Before going further there is a point of clarification I would like to make about the language used in this paper referencing addiction. The terminology surrounding addiction has been shifting, language accepted and used by some is rejected by others. Terms like "drug abuse" that some consider outdated are still embedded in well-recognized titles of government agencies and scientific journals. As advocates continue to push for language that breaks the stigma, constantly evolving street slang and the general public vernacular continue to muddy the water. For clarity in this paper, I will use the terms substance use disorder (SUD) and addiction because they are defined in the newest revision of the diagnostic manual for mental disorders known at the DSM-5. According to the DSM-5, a substance use disorder describes a problematic pattern of using alcohol or another substance resulting in impairment in

daily life or noticeable distress. The DSM-5 further clarify's that addiction and dependence are components of a substance use disorder where by addiction represents the most severe form of the disorder.

Project Study Design

The study design was simple and consisted of volunteer participants who agreed to receive three individual RIM sessions approximately two weeks apart and to complete a pre-survey and post-survey (see Appendix A for Invitation/Consent and Appendix B for RIM Study Survey).

The pre-survey was the DASS 21 questionnaire, a quantitative measure of distress along the three axes of depression, anxiety, and stress (see Appendix C for further details). The post-survey was the same DASS 21 questionnaire plus seven additional questions to illicit the participants personal experience with the RIM Method. The DASS was found to be a reliable and valid measure. (British Journal of Clinical Psychology, 2003)

Results and Interpretations

The results of the study are presented for each of the participants individually and then collectively as a group. Appendix D shows the collective answers to questions 4 to 7. They have been grouped for ease of interpretation.

Participant 1 - P1

DASS 21 Scores

Depression Score	Anxiety Score	Stress Score	Depression Score	Anxiety Score	Stress Score
7/10/16			8/29/16		
2	2	20	0	2	8
N	N	Mod	N	N	N

Answers to the seven questions in Part II of Post-Survey

1. P1 has been aware of her child's addiction for **15 yrs**
2. She responded **yes** to support group or counseling but did not specify
3. P1's child is in **recovery self-motivated**
4. Since experiencing RIM, what I've noticed that's different is
More aware of how I can calm myself, meditate, focus on breathing, put myself into a state of relaxation
5. What I liked most or found most beneficial with the RIM method was
How you go into a state of almost hypnosis, yet are aware and then trust your instincts, feelings when prompted by the questions. I also was fascinated by the image of the young me, the innocent, unburdened, unfettered soul.
6. What, if any benefit did you notice from having three RIM session rather than just one
I was too aware during the first session. I let go during the second.
7. If there is anything else you would like to share about your RIM experience that we didn't ask, please share it here
It really prompts a "flushing out" which like a cleanse, is so beneficial.

Comments:

P1's Stress Score decreased from 20 pre-survey to 8 post-survey. The DASS statements that she scored lower on the post survey were:

- I found it hard to wind down
- I tended to over-react to situations
- I felt I was using a lot of nervous energy
- I found myself getting agitated
- I found it difficult to relax

Her response to question four also offers insight into the change in her Stress score. She states that since experiencing RIM she is more aware of how to calm herself and put herself into a state of relaxation. Just to note, breath, body relaxation and the traveling light script were all dips used at some point in P1's RIM sessions. I would also speculate that through the RIM process, she reclaimed the innocent, unburdened, unfettered soul of her youth!

Participant 2 - P2

DASS 21 Scores

Depression Score	Anxiety Score	Stress Score	Depression Score	Anxiety Score	Stress Score
7/10/16			8/20/16		
12	2	8	2	2	8
Mild	N	N	N	N	N

Answers to the seven questions in Part II of Post-Survey

1. P2 has been aware of her child's addiction **since 2013**
2. She responded **yes** to support group or counseling but did not specify
3. P2's child was in **jail** waiting for arraignment at the start of the RIM study, she later learned that her child was placed in court ordered rehab and received 5 years probation
4. Since experiencing RIM, what I've noticed that's different is
More positive things are happening in my life. New opportunities, more play. I am noticing more beauty throughout the day.
5. What I liked most or found most beneficial with the RIM method was
Working with imagination, visualization. Accessing a different part of my brain/ intelligence with the help of a guide.
6. What, if any benefit did you notice from having three RIM session rather than just one
The later sessions were less tiring. The ability to "see" images and colors became much easier. The process can go deeper. One session would seem to just scratch the surface.
7. If there is anything else you would like to share about your RIM experience that we didn't ask, please share it here
I am so grateful for the opportunity to experience this work at this time in my life. I believe it has helped to facilitate a significant shift toward greater joy, ease and a life that is more closely aligned with a deeper sense of purpose, despite the many challenges of having a 'child' who is suffering from substance use disorder.

Comments:

Although P2's Stress score remained the same, her Depression Score decreased from 12 to 2. Her response to the following statements are what affected the Depression score change:

- I couldn't seem to experience any positive feeling at all
- I felt that I had nothing to look forward to
- I felt downhearted and blue
- I was unable to become enthusiastic about anything
- I felt that life was meaningless

She scored each statement -1 on the pre survey and - 0 on the post survey. The above statement shifts and her response to question 7 suggest that she experienced a positive shift related to her RIM experiences.

Participant 3 - P3

DASS 21 Scores

Depression Score	Anxiety Score	Stress Score	Depression Score	Anxiety Score	Stress Score
7/19/16			8/19/16		
6	6	14	2	0	14
N	N	N	N	N	N

Answers to the seven questions in Part II of Post-Survey

1. P3 has been aware of her child's addiction for **for a little over a year**
2. She responded **yes**, and participates in an online support group, previously attended counseling sessions twice per month for ten months
3. P3's child is in **recovery self-motivated**
4. Since experiencing RIM, what I've noticed that's different is **sometimes the visualization/movie comes to my thinking to work to relax or calm me**
5. What I liked most or found most beneficial with the RIM method was **I think visualization with all the senses helps to make RIM come alive. despite needing to practice more and "build out" the movies, concept is encouraging**

6. What, if any benefit did you notice from having three RIM session rather than just one reinforcement of the process to help make it more useful and the ability to try different issues and still use the process....on my own, I wasn't sure how to apply the process

7. If there is anything else you would like to share about your RIM experience that we didn't ask, please share it here

I enjoyed the process and think it could be helpful for families with family members in substance use disorder either active addiction or some part of the journey of recovery....I also think it could be a useful process for the addicts themselves to learn as a coping mechanism/mindfulness technique....thank you for the opportunity to learn about the process.

Comments:

While P3 stress score remained constant, her depression and anxiety scores decreased. The statements that were scored lower on the post survey that caused the change in scoring included:

- I couldn't seem to experience any positive feeling at all
- I felt I wasn't worth much as a person
- I experienced difficulty breathing
- I was worried about situations in which I might panic and make a fool of myself
- I felt scared without any good reason

Although P3's stress score remained constant, her comments and change in depression and anxiety scores are positive.

Participant 4 - P4

DASS 21 Scores

Depression Score	Anxiety Score	Stress Score	Depression Score	Anxiety Score	Stress Score
7/14/16			8/18/16		
22	8	12	4	10	6
S	Mild	N	N	Mod	N

Answers to the seven questions in Part II of Post-Survey

1. P4 has been aware of her child's addiction for **six years**
2. She responded **yes** mediation, support group, yoga, therapy as needed
3. P4 responded **other** to question three and reported that her child is **stable; housed (after two years homeless) attending college; still using alcohol and cannabis [sic]**
4. Since experiencing RIM, what I've noticed that's different is **diminished level of fear; higher energy level; resumed career activity**
5. What I liked most or found most beneficial with the RIM method was **assigning visual imagery to energy sensations; high level of intention to the hour of practice; "legitimized" intuition as alternative healing modality**
6. What, if any benefit did you notice from having three RIM session rather than just one **By third session, I was much less inhibited about giving voice to the guided scenario in my mind**
7. If there is anything else you would like to share about your RIM experience that we didn't ask, please share it here
The benediction/closing/sealing of the experience is important part of the ritual

Comments:

P4's Depression score dropped from 22 to 4 after she rated the following statements as no longer applying to her on the DASS 21 post-survey.

- I couldn't seem to experience any positive feeling at all
- I felt that life was meaningless
- I was unable to become enthusiastic about anything
- I felt downhearted and blue found
- I found it difficult to work up the initiative to do things
- I felt I wasn't worth much as a person

P4's response to question four clearly shows her perspective shift and the changes she noticed after experiencing three RIM sessions. By the end of the study, P4 decided to return to her work as a magazine editor. During one of her RIM sessions, she visualized jumping off of a merry-go-round that she had been riding with her child. This session was very vivid and powerful for her. The RIM session helped her to see the situation from a new perspective.

Participant 5 - P5

DASS 21 Scores

Depression Score	Anxiety Score	Stress Score	Depression Score	Anxiety Score	Stress Score
7/14/16			9/26/16		
2	0	12	0	0	2
N	N	N	N	N	N

Answers to the seven questions in Part II of Post-Survey

1. P5 has been aware of her child's addiction for **eight years**
2. She responded **no, not presently** but she did go for counseling in regards to child's use several years ago
3. P5 marked **other**, "doesn't live with us, is twenty-eight. I don't know if 'child' is using. Looks and seems sober and I haven't seen 'child' use"
4. Since experiencing RIM, what I've noticed that's different is **RIM helps me visualize possibilities. I have incorporated visualization into my morning ritual**
5. What I liked most or found most beneficial with the RIM method was **I like guided meditation. It is easier to feel as if my own ego isn't in charge so it feels spiritual. Yet I also feel able to decide the speed - direction - the depth etc. of the visualization**
6. What, if any benefit did you notice from having three RIM session rather than just one **Having three made the practice feel less risky. Having more than one helped me anticipate what I wanted to direct my focus towards. Have[sic] three also helped me make it part of my own practice.**
7. If there is anything else you would like to share about your RIM experience that we didn't ask, please share it here **Andrea was expert at using my own words and phrases as she made inquiries so I really felt her voice was my own. She gave me a sense that she was assisting me to ask my own question and following my own lead. Even when I'd say crazy things that were really abstract she seemed to help me make sense of my own words. She was great! It was a wonderful experience in self discover**

Comments:

The responses to following statements in the DASS changed P5's Stress score from 12 on the pre-survey to 2 on the post-survey.

- I found it hard to wind down
- I tended to over-react to situations
- I felt I was using a lot of nervous energy
- I found it difficult to relax
- I was intolerant of anything that kept me from getting on with what I was doing

P5's comments and decrease in stress score show that there was a beneficial affect from her RIM sessions.

Participant 6 - P6

DASS 21 Score

Depression Score	Anxiety Score	Stress Score	Depression Score	Anxiety Score	Stress Score
7/13/16			8/15/16		
12	6	14	14	16	18
Mild	N	N	Mod	S	Mild

Answers to the seven questions in Part II of Post-Survey

1. P6 has been aware of her child's addiction for **six years**
2. She responded **somewhat, not regularly** to support group/counseling
3. P6's child is in **recovery - court ordered**
4. Since experiencing RIM, what I've noticed that's different is **I'm less afraid to discuss my feelings regarding addiction to anyone who will listen including my addict 'child'**
5. What I liked most or found most beneficial with the RIM method was **It helped relieve some stress**

6. What, if any benefit did you notice from having three RIM session rather than just one
I'm more aware of what's going on with my thoughts and how they affect me physically

7. If there is anything else you would like to share about your RIM experience that we didn't ask, please share it here

P6 gave no response to this question

Comments:

P6 showed an increase in all score values on the DASS 21. Her response to question six and a comment she made after one of her RIM sessions may offer some insight into the score changes. She wrote in response to question six, "I'm more aware of what's going on with my thoughts and how they affect me physically."

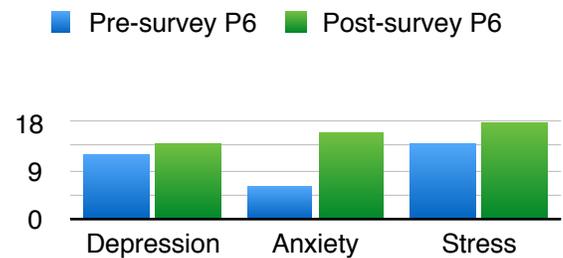
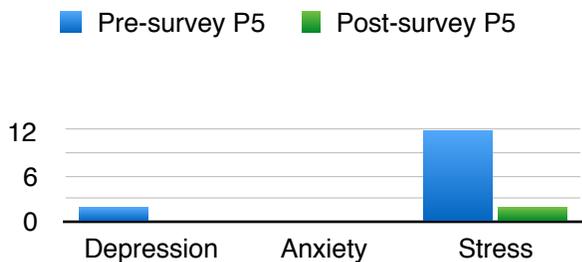
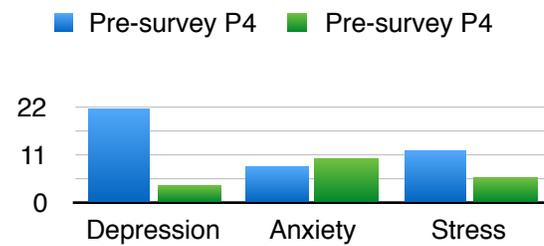
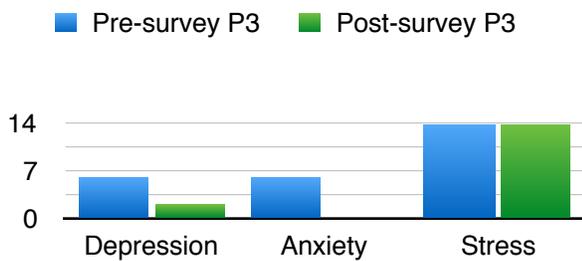
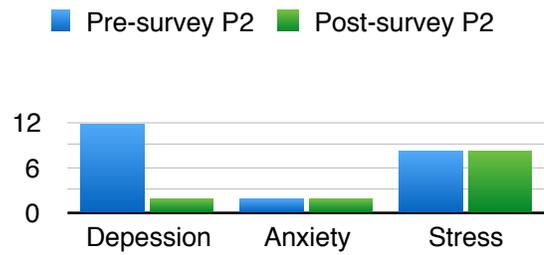
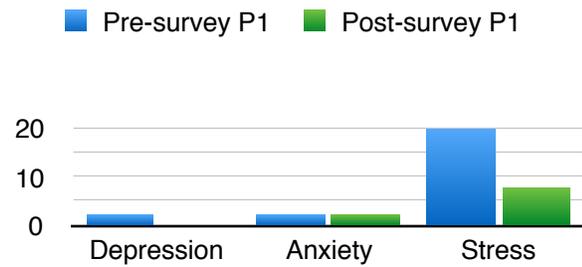
P6 had a strong emotional release in her first RIM session when she connected with her mom who died the previous year. She made this comment after the RIM session was over, "I haven't cried in a long time, I thought I was becoming numb... building those walls to protect yourself you know." In light of her comment and the powerful release she experienced, the RIM sessions may have enabled her to regain the ability to tune into her body. This shift in self-awareness may be the reason that her DASS score values increased. Note: Higher levels of emotional awareness has been associated with increased somatic symptom reports. (Lane, 2011)

In addition to the above, P6's child was in crisis. Her child overdosed in the back seat of a police car just prior to the start of the study. The mounting legal issues after being revived added to her stress. Her child was in the hospital, jail and eventually was placed in a treatment center over the course of the study. These issues may have also affected P6's DASS 21 scores.

Survey Analysis

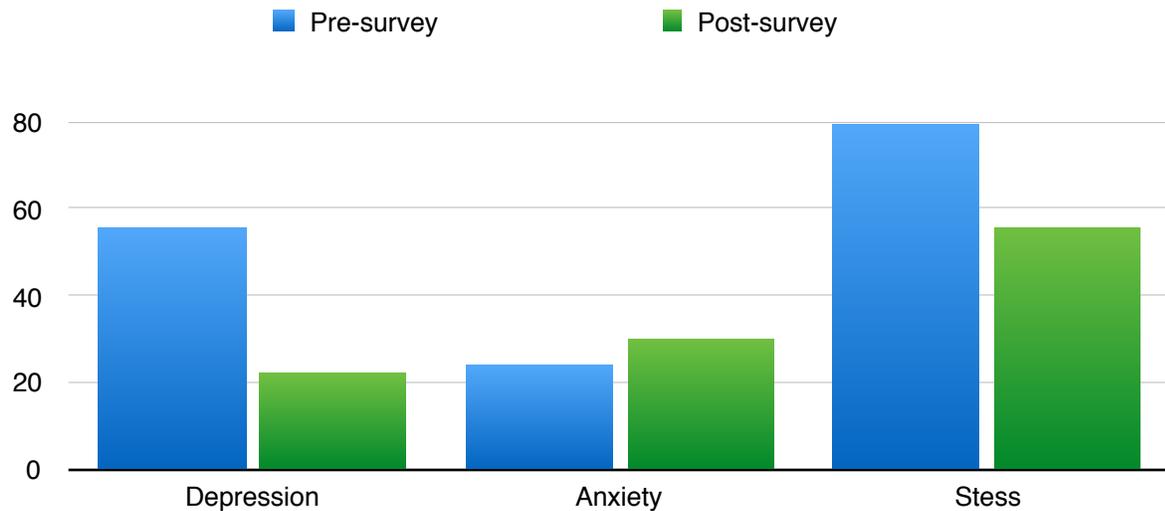
RIM Study Survey Scores (DASS 21)							
Participant Number	Pre-Survey Scores & Date				Post-Survey Scores & Date		
	Depression Score	Anxiety Score	Stress Score		Depression Score	Anxiety Score	Stress Score
1	7/10/16				8/29/16		
	2	2	20		0	2	8
	N	N	Mod		N	N	N
2	7/10/16				8/20/16		
	12	2	8		2	2	8
	Mild	N	N		N	N	N
3	7/19/16				8/19/16		
	6	6	14		2	0	14
	N	N	N		N	N	N
4	7/14/16				8/18/16		
	22	8	12		4	10	6
	S	Mild	N		N	Mod	N
5	7/14/16				9/26/16		
	2	0	12		0	0	2
	N	N	N		N	N	N
6	7/13/16				8/15/16		
	12	6	14		14	16	18
	Mild	N	N		Mod	S	Mild
group totals	56	24	80		22	30	56

The following charts show the pre and post-survey scores for each of the six participants in the study. Five of the six participants showed a decrease in one or more of the three categories measured. Participant 6 showed an increase in each area with anxiety showing the greatest increase.



Overall, the DASS 21 results show marked improvement from the pre-survey to post-survey for five out of six participants. This data suggests that RIM was beneficial for the majority of study participants.

The following chart shows the change in total group scores from pre-survey to post-survey



The Depression group score decreased by 60%

The Anxiety group score increased by 25%

The Stress score decreased by 30%

Post-survey Questions with Implications for RIM Facilitator:

1. How long have you been aware of your son/daughters addiction?

15 yr 3 yr 1+ yr 6 yr 8 yr 6 yr

The time frame that the participants reported 'being aware' of their child's addiction ranged from one-plus to fifteen years. This did not seem to affect the data. The issue that had more influence on the mom's is this study was related to whether their child was stable or in a crisis situation.

The Implication for RIM facilitators: RIM may be beneficial for individuals who are dealing with both immediate and long standing life stressors,

2. Do you participate in a support group or other counseling support services, please specify?

Yes as needed	Yes	Yes 2 x monthly for 10 months	Yes as needed	No - sought counseling several years ago	Yes
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Though all six participants who completed the study were currently or had previously participated in a support group or other counseling support services, each expressed positive benefit from the RIM Method.

The Implication for RIM facilitators: RIM may be beneficial even if/when clients in this population are tapped into other support services.

3. Is your son/daughter currently

- a) in active addiction,
- b) in recovery self-motivated,
- c) in recovery - forced or court ordered,
- d) other?

recovery self-motivated	other jail court ordered	recovery self-motivated	other using alcohol	other seems sober	recovery
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The study participants children were in varied treatment/recovery/use circumstances, yet each participant expressed some personal benefit with RIM. Although, none of the mothers reported that their child was in active addiction.

The implication for RIM facilitators: This leaves open the question of whether RIM could provide benefit or relief to mothers whose children are actively using drugs?

Question 4 to 7

The collective responses to the final four questions are shown in Appendix D. The participants experienced a variety of life-enhancing benefits including:

- Aware of how I can calm myself
- More positive things are happening in my life
- I am noticing more beauty throughout the day

- New opportunities, more play
- Diminished levels of fear
- Higher energy level
- RIM helps me visualize possibilities
- I'm less afraid to discuss my feelings regarding addiction
- It helped relieve some stress

Each of the participants favored having three sessions compared to one.

The implication of RIM facilitators: Clients new to the RIM process may find benefit in having more than one session, consider offering a three session Introductory package to new clients.

Summary

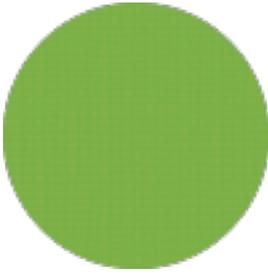
In summary, while this project was small with six participants, the RIM Method proved to be beneficial as evidenced by the decrease in group DASS 21 stress and depression scores. In addition, the participants comments suggest that the RIM Method is a useful technique that improves quality of life and aids in stress management.

The RIM Method is worthy of further study to explore the benefits on a larger scale .

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Appendix A



Invitation and Consent to Participate

You are invited to participate in an exploratory research project designed to investigate the impact of the RIM method on the stress levels of mother's who have a child with substance use disorder. The study is being conducted by Andrea Kneier, RN candidate for master level certification from the RIM Institute.

Accepting this invitation means that you:

- Receive three, free, confidential private RIM sessions over a period of approximately two months
- Sessions will start in July and are to be complete no later than mid- August
- Agree to complete all three private sessions as well as the pre and post survey

Each session typically lasts between sixty and ninety minutes and will be conducted by telephone, Skype or in person if that is possible. Your individual replies to the surveys will be anonymous. Completing the survey indicates your consent for use of the answers you supply.

When you accept this invitation, I will contact you in the coming days to confirm your participation and schedule your first session.

Questions? Should you have any questions prior to or during the study, you can contact the primary investigator, Andrea Kneier, at 440-429-2431, or akand4@gmail.com, using RIM study in the subject line.

Appendix B

The Pre-Survey and Post-Survey was sent to participants from google drive forms. The questions below are the exact survey but the formatting is different from what the study participants received. If you would like to see the live google form, please send me a request. RIM Study Survey II is referenced in this paper as the Post-Survey.

RIM Study Survey II

DASS 21

Please read each statement and select a number 0, 1, 2 or 3 which indicates how much the statement applied to you over the past week. There are no right or wrong answers. Do not spend too much time on any statement.

The rating scale is as follows:

- 0: Did not apply to me at all
- 1: Applied to me to some degree, or some of the time
- 2: Applied to me to a considerable degree, or a good part of time
- 3: Applied to me very much, or most of the time

- 1. I found it hard to wind down *
- 2. I was aware of dryness of my mouth *
- 3. I couldn't seem to experience any positive feeling at all *
- 4. I experienced breathing difficulty (eg, excessively rapid breathing, breathlessness in the absence of physical exertion) *
- 5. I found it difficult to work up the initiative to do things *
- 6. I tended to over-react to situations *
- 7. I experienced trembling (eg, in the hands) *

8. I felt that I was using a lot of nervous energy *
9. I was worried about situations in which I might panic and make a fool of myself *
10. I felt that I had nothing to look forward to *
11. I found myself getting agitated *
12. I found it difficult to relax *
13. I felt down-hearted and blue *
14. I was intolerant of anything that kept me from getting on with what I was doing *
15. I felt I was close to panic *
16. I was unable to become enthusiastic about anything *
17. I felt I wasn't worth much as a person *
18. I felt that I was rather touchy *
19. I was aware of the action of my heart in the absence of physical exertion (eg, sense of heart rate increase, heart missing a beat) *
20. I felt scared without any good reason *
21. I felt that life was meaningless *

Part II

Your responses to the following 7 questions are voluntary and will be confidential. Responses will not be identified by individual. All responses will be compiled together and analyzed as a group.

1. How long have you been aware of your son/daughters addiction?
2. Do you participate in a support group or other counseling support services, please specify?
3. Is your son/daughter currently
 - in active addiction
 - in recovery - self-motivated
 - in recovery - forced or court ordered
 - Other :
4. Since experiencing RIM, what I've noticed that's different is
5. What I liked most or found most beneficial with the RIM method was
6. What, if any benefit did you notice from having three RIM sessions rather than just one?
7. If there is anything else you would like to share about your RIM experience that we didn't ask, please share it here

Appendix C

DASS 21

The following notes on the DASS 21 are from The University of New South Wales in Sydney, Australia

The DASS 21 is a set of three self-report scales designed to measure the negative emotional states of depression, anxiety and stress. Subjects are asked to use 4-point severity/frequency scales to rate the extent to which they have experienced each state over the past week. Scores for Depression, Anxiety and Stress are calculated by summing the scores for the relevant items.

As the scales of the DASS have been shown to have high internal consistency and to yield meaningful discriminations in a variety of settings, the scales should meet the needs of both researchers and clinicians who wish to measure current state or change in state over time (e.g., in the course of treatment) on the three dimensions of depression, anxiety and stress.

The DASS in research

The DASS may be administered either in groups or individually for research purposes. The capacity to discriminate between the three related states of depression, anxiety and stress should be useful to researchers concerned with the nature, aetiology and mechanisms of emotional disturbance.

As the essential development of the DASS was carried out with non-clinical samples, it is suitable for screening normal adolescents and adults. Given the necessary language proficiency, there seems no compelling case against use of the scales for comparative purposes with children as young as 12 years. It must be borne in mind, however, that the lower age limit of the development samples was 17 years.

Clinical use of the DASS

The DASS may be administered and scored by non-psychologists, but decisions based on particular score profiles should be made only by experienced clinicians who have carried out an appropriate clinical examination.

Note: the severity labels are used to describe the full range of scores in the population, so 'mild' for example means that the person is above the population mean but probably still way below the typical severity of someone seeking help (ie it does not mean a mild level of disorder.)

Appendix D

Collective answers to questions 4 to 7 on post-survey

4. Since experiencing RIM, what I've noticed that's different is

Participant 1 -

“More aware of how I can calm myself, meditate, focus on breathing, put myself into a state of relaxation.”

Participant 2 -

“More positive things are happening in my life. New opportunities, more play. I am noticing more beauty throughout the day.”

Participant 3 -

“Sometimes the visualization/movie comes to my thinking to work to relax or calm me.”

Participant 4 -

“diminished level of fear; higher energy level; resumed career activity”

Participant 5 -

“RIM helps me visualize possibilities. I have incorporated visualization into my morning ritual.”

Participant 6 -

“I'm less afraid to discuss my feelings regarding addiction to anyone who will listen including my addict son.”

5. What I liked most or found most beneficial with the RIM method was

Participant 1 -

“How you go into a state of almost hypnosis, yet are aware and then trust your instincts, feelings when prompted by the questions. I also was fascinated by the image of the young me, the innocent, unburdened, unfettered soul.”

Participant 2 -

“Working with imagination, visualization. Accessing a different part of my brain/intelligence with the help of a guide.”

Participant 3 -

“I think visualization with all the senses helps to make RIM come alive. despite needing to practice more and "build out" the movies, concept is encouraging.”

Participant 4 -

“assigning visual imagery to energy sensations; high level of intention to the hour of practice; "legitimized" intuition as alternative healing modality”

Participant 5 -

"I like guided meditation. It is easier to feel as if my own ego isn't in charge so it feels spiritual. Yet I also feel able to decide the speed - direction - the depth etc. of the visualization."

Participant 6 -

"It helped relieve some stress."

6. What, if any benefit did you notice from having three RIM sessions rather than just one?

Participant 1 -

"I was too aware during the first session. I let go during the second."

Participant 2 -

"The later sessions were less tiring. The ability to "see" images and colors became much easier. The process can go deeper. One session would seem to just scratch the surface."

Participant 3 -

"reinforcement of the process to help make it more useful and the ability to try different issues and still use the process....on my own, I wasn't sure how to apply the process"

Participant 4 -

"By third session, I was much less inhibited about giving voice to the guided scenario in my mind."

Participant 5 -

"Having three made the practice feel less risky. Having more than one helped me anticipate what I wanted to direct my focus towards. Have[sic] three also helped me make it part of my own practice."

Participant 6 -

"I'm more aware of what's going on with my thoughts and how they affect me physically."

7. If there is anything else you would like to share about your RIM experience that we didn't ask, please share it here

Participant 1 -

"It really prompts a "flushing out" which like a cleanse, is so beneficial."

Participant 2 -

“I am so grateful for the opportunity to experience this work at this time in my life. I believe it has helped to facilitate a significant shift toward greater joy, ease and a life that is more closely aligned with a deeper sense of purpose, despite the many challenges of having a daughter who is suffering from substance use disorder.”

Participant 3 -

“I enjoyed the process and think it could be helpful for families with family members in substance use disorder either active addiction or some part of the journey of recovery....I also think it could be a useful process for the addicts themselves to learn as a coping mechanism/mindfulness technique....thank you for the opportunity to learn about the process.”

Participant 4 -

“The benediction/closing/sealing of the experience is important part of the ritual.”

Participant 5 -

“Andrea was expert at using my own words and phrases as she made inquiries so I really felt her voice was my own. She gave me a sense that she was assisting me to ask my own question and following my own lead. Even when I’d say crazy things that were really abstract she seemed to help me make sense of my own words. She was great! It was a wonderful experience in self discovery.”

Participant 6 -

gave no response to this question