<200 million individuals are currently using drugs illegally in the world, 22.6 million in the U.S. The costs of drug use and the misfortune of the user’s is immeasurable (Carroll, 2017). Relapse rates are high occurring in 50-70% of users (Chiesa, 2013). Researchers have concluded that the typical, clinical methods of treating SUDs may not be as effective and have tested methods of MBI’s for SUD. The qualities that mindfulness offer are believed and proven to decrease the sensations that trigger substance use and increase the sensations that allow people to experience more pleasant mental states. Mindfulness has the ability to correct dysregulated reward processing which can be a cue for SU, but also can decrease the potential pain that cues opioid use. The goal of MBRP is to reduce triggers and emotions that can lead to SU and/or relapse.

CONCLUSION

The ability to experience more pleasant moments in life and experience less reactivity and negative feelings can enhance emotional responses and decrease negative reactions to emotional stimuli in order to reduce misuse and relapse. Overall, MBRP is found to change addictive behavior completely and provide an alternative craving and replacement behavior. These skills can then be used to effectively cope and handle stimuli that would traditionally lead to relapse. Mindfulness is associated with higher quality of life as well as satisfaction, friendliness, conscientiousness, self-esteem, longevity, empathy, autonomy, optimism and competency.

REFERENCES


