



Mindfulness Based Relapse Prevention

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ABSTRACT

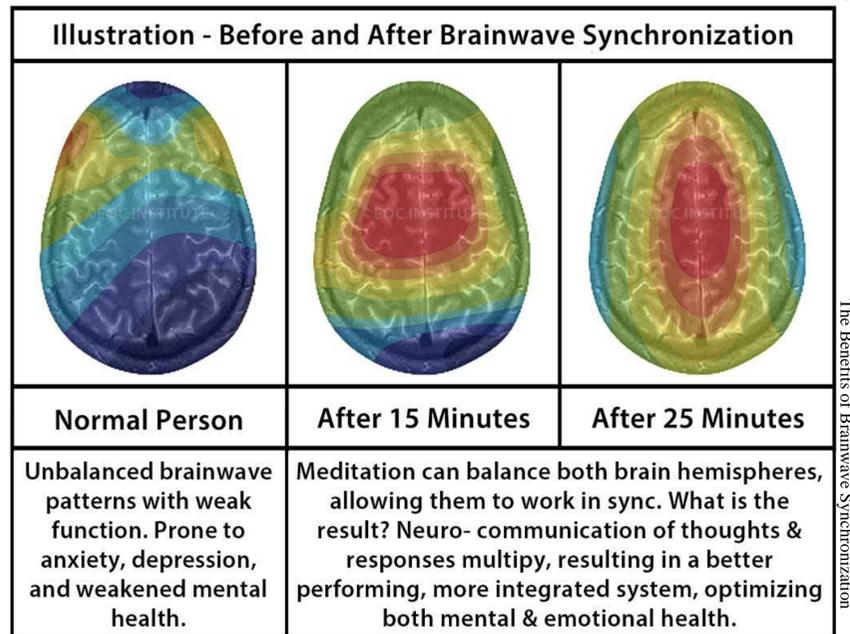
<200 million individuals are currently using drugs illegally in the world, 22.6 million in the U.S.. The costs of drug use and the misfortune of the user's is immeasurable (Carroll, 2017). Relapse rates are high occurring in 50-70% of users (Chiesa, 2013). Researchers have concluded that the typical, 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

MAIN POINTS

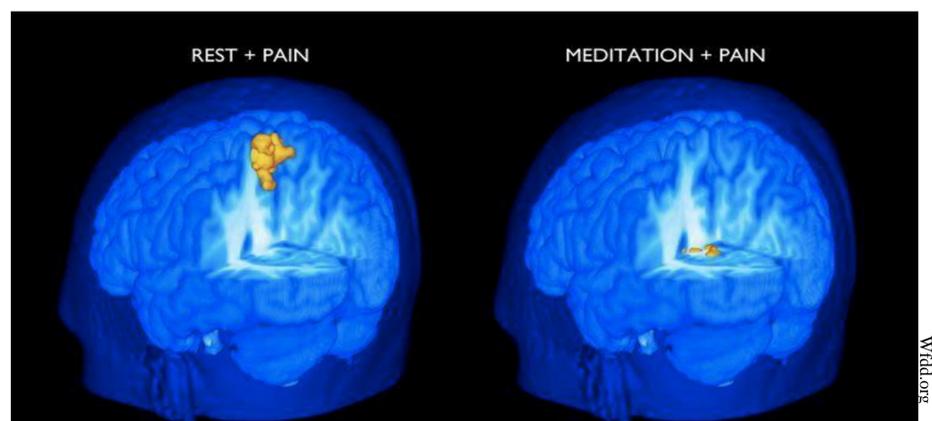
- MBRP studies found that those who relapse suffered more from anxiety, depression, stress and cravings and is found to reduce those emotions as well as weaken habitual responses, judgement attitudes, suppression of emotions, emotional reactivity, disassociation, rumination, and delusion (Zgierska, 2009).
- MBRP is found to heighten awareness, acceptance, relaxation, attention to the present moment, positive attitudes and thoughts, increase overall MH, improve emotional regulation(Yadav, 2017).
- Studies found that less impulse, stress and reactivity correlated with less cravings and usage while mindfulness increased the activity in the regions of the brain involved in processing (Keng, 2011).
- Many participants in the MBRP studies showed greater results concerning SU and cravings at the follow-up evaluations rather than at the baseline (Carroll 2017).
- In one follow up report, participants in MBI's revealed 2.1 days of SU a week whereas non-participants revealed 5.4 days of SU a week, showing that MBI's lessened SU (Chiesa, 2013).
- Further studies investigate the effects of Mindfulness-Oriented Recovery Enhancement (MORE) on reward processing for patients of chronic pain that crave or misuse opioids. Studies found that MORE decreased pain, impairments and craving or misuse (Garland, 2014).

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.



The Center Institute of Psychiatry examined a 36 yo with alcohol dependence post detox. The subject experienced guided body scan meditation for nearly an hour and daily discussions for one week. The subject displayed significant reductions in cravings but also displayed that it was not easy. This reduction is attributed to the subjects reduction in stress, but more importantly, the tests showed that the areas of the brain that activate cravings had reduced activity during meditation (Yadav, 2017).



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