

8th International Conference on

ADDICTIVE DISORDERS AND ALCOHOLISM

May 17-18, 2018 Singapore

The role of mindfulness in treating addictive disorders and rehabilitation

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Statement of the Problem: Mindfulness was originally introduced as a participatory medicine and complementary therapy in hospital settings in the 1970s. Since then, countless research experiments on mindfulness practices have shown positive results in the areas of physical and cognitive challenges with a strong impact on the latter.

Methodology & Theoretical Orientation: The connection between rehabilitation in the areas of addiction and mindfulness has also become dominant discussion since the advent of Mindfulness-Based Cognitive Therapy (MBCT) and Mindfulness-Based Relapse Prevention (MBRP) which are variants of mindfulness practices. Research findings suggest positive effects on relapse prevention for addiction and other associated dysfunctions.

Findings: While the results from these research findings appear to suggest that Mindfulness can be favorable to positive change, it is important to: (1) Distinguish between the practices related to mindfulness and MBCT/ MBRP, (2) Understand the uniqueness of this alternative treatment and relief and (3) Review early results from trials and other studies.

Conclusion & Significance: Hence a review and discussion about both mindfulness and MBRP can provide significant insights into the uniqueness of mindfulness interventions in helping people with addiction. The different perspectives to addiction could also be examined according to mindfulness traditions. Without such discussions, the effectiveness of mindfulness in addictive disorders cannot be adequately appreciated in spite of its growing success.

Biography

Kathirasan K is the Founder and Director of Centre for Mindfulness, Singapore. He is also the author of the book *Mindfulness in 8 Days*. He is an established mindfulness teacher and practitioner, with a background in yoga, yoga philosophy, organizational development, leadership and education. He has been teaching contemplative practices and philosophy for more than a decade. He is currently a Doctoral candidate with the Hindu University of America researching in the subject of Yoga Philosophy and Meditation. He is also a certified Yoga Instructor. He has completed Master's degree in Business Administration (MBA) from the University of Wolverhampton.

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