

8<sup>th</sup> International Conference on

# ADDICTIVE DISORDERS AND ALCOHOLISM

May 17-18, 2018 Singapore

## Adopting a holistic approach to overcoming alcoholism

**Ram Dubey**

Registered Clinical Counselor and Accredited Mediator, Singapore

**Statement of the Problem:** There is a lack of awareness about dangers of problem drinking as well as what to do if somebody has become addicted to it. Social acceptance, associated glamour, career and potential life success benefits often encourage indulgence. When the drinking goes overboard the reverse happens. By this time, addiction may have set in and people, family and friends are at a loss what to do.

**Methodology & Theoretical Orientation:** Review of books and research shows that ad hoc attempts to resolve the problem, by adopting a piece meal approach of seeking either medical, support group or counseling help often meets with limited recovery.

**Findings:** One needs to get sober and approach impacts of alcohol on them with honesty, openness, positivity and endurance. They need to take a holistic approach to recovery.

**Conclusion & Significance:** The SPERM model to overcoming alcoholism and leading fulfilling lives encourages people to get a new life away from alcohol. The acronym is to remind people that the new life should go beyond just seeking medical and counseling help and include rebuilding spiritual, physical, emotional, relational and mental health. The model has been put together from the reading of various books and research done in the addiction and alcoholism area. This is not a research book or paper. It is just an effort to demystify the help available for alcohol addiction and an attempt to motivate and encourage people to seek help and take a simple approach to remember and work on all aspects of their recovery.

### Biography

Ram Dubey is a Registered Clinical Counselor, Accredited Mediator and author of the book *From Drunken to Driven*. He provides individual and group counseling as well as mediation and training in private and institutional settings. Being a former Regional Director in a Banking Software House, he now engages in building social awareness about alcoholism and the harm it brings to people, families and communities. His aim is to encourage people to seek help early and get on the path to recovery. He has also been awarded the Abdeali Tayebali Family Trust Gold Medal by the Muslim Kidney Action Association in recognition of his social work and publication of his book to help the community.

dubeyram@singnet.com.sg

### Notes: