Mindfulness for Addiction Recovery: A Cognitive Disciplinary Preventive Approach to Avoid Relapse into Substance Abuse
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Abstract
The present paper is based on a literature review and a pilot study that observed a small group of participants in a bi-weekly substance abuse treatment program that employs mindfulness training to help subjects avoid relapse into substance abuse. “Mindfulness” is defined as a state of non-judgmental self-awareness. The program that we propose combines three treatment modalities: 1) yoga practice, 2) silent meditation practice, and 3) self-reflection, a peer-led discussion on issues affecting recovery from substance abuse. Discussion of issues affecting substance abuse employs “cognitive disciplines” derived from the 12 Steps of Alcoholics Anonymous and Buddhist teachings on “mindfulness” and “relief from suffering”. The pilot study examines the effect of combining stress reduction and mindfulness of the body, induced by yoga practice; mindfulness of mental processes, aided by silent meditation, and self-awareness of one’s emotional and behavioural responses to stress, learned using the “cognitive disciplines”. This multi-disciplinary process is applied to influence one’s experience of stress and addictive patterns of behaviour. The present case study examines whether the combination of the three treatment modalities improves the participants’ ability to avoid relapse into substance abuse. This study follows an approach similar to the one used by Bryan and Zipp (2014) in their research involving the effects of mindfulness meditation during yoga and cycling from a physical-behavioural perspective and Groves’ (2014) approach to mental wellness. Our preliminary findings of the participants’ observations resulting from the pilot study and our literature review were combined into a theoretical framework which is comprised of a Three Pronged Cognitive Behavioral Therapy (TPCBT) for addiction recovery.

Keywords
Mindfulness as a non-pharmacological method; transcendental meditation and yoga; addiction, recovery and relapse; cognitive discipline; 12-step recovery and spirituality/religiousness.

Refbacks
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employs “cognitive disciplines” derived from the 12 Steps of Alcoholics Anonymous and Buddhist teachings on “mindfulness” and “relief from suffering”. Mindfulness-Based Relapse Prevention (MBRP) in The Treatment Of Addiction. Mindfulness-Based Relapse Prevention (MBRP) in the Treatment of Addiction. What is Mindfulness-Based Relapse Prevention (MBRP)? Using MBRP with 12-Step Approaches. Mindfulness-Based Relapse Prevention (MBRP) is a treatment for preventing relapse in addictive disorders that integrates mindfulness meditation with standard relapse prevention practices, generally based in various cognitive-behavioral therapies (CBT). Developed by some truly exceptional patients at a recovery facility nearly 20 years ago, these three simple concepts help to begin one’s journey of recovery. Video: Using Mindfulness to Cope with Cravings. Mindfulness-Based Sobriety: A Clinician’s Treatment Guide for Addiction Recovery Using Relapse Prevention Therapy, Acceptance and Commitment Therapy, and Motivational Interviewing. Nick Turner MSW. This excellent book integrates two rich traditions—mindfulness and relapse prevention—into a promising new clinical approach. “I’m very impressed by the systematic approach to recovery that Bowen et al. offer. This book gives clear guidance on how to blend mindfulness, a sometimes vague topic, with addiction treatment, a notoriously slippery enterprise. It provides an excellent example of a manual-guided approach to mindfulness training that can be used in clinical practice and evaluated in research studies.”, PsycCRITIQUES Published On: 2010-11-11. The Relapse Prevention (RP) model has been a mainstay of addictions theory and treatment since its introduction three decades ago. This paper provides an overview and update of RP for addictive behaviors with a focus on developments over the last decade (2000-2010). Major treatment outcome studies and meta-analyses are summarized, as are selected empirical findings relevant to the tenets of the RP model. The continued influence of RP is evidenced by its integration in most cognitive-behavioral substance use interventions. However, the tendency to subsume RP within other treatment modalities has posed a barrier to systematic evaluation of the RP model.