

Addiction Therapy-2014

Chicago, USA

August 4 - 6, 2014



Lacha Rueangkit



12 STEP IN METHAMPHETAMINE RECOVERY : CASE STUDY IN THAILAND

LACHA RUEANGKIT

ADDICTION STUDIES PROGRAM,

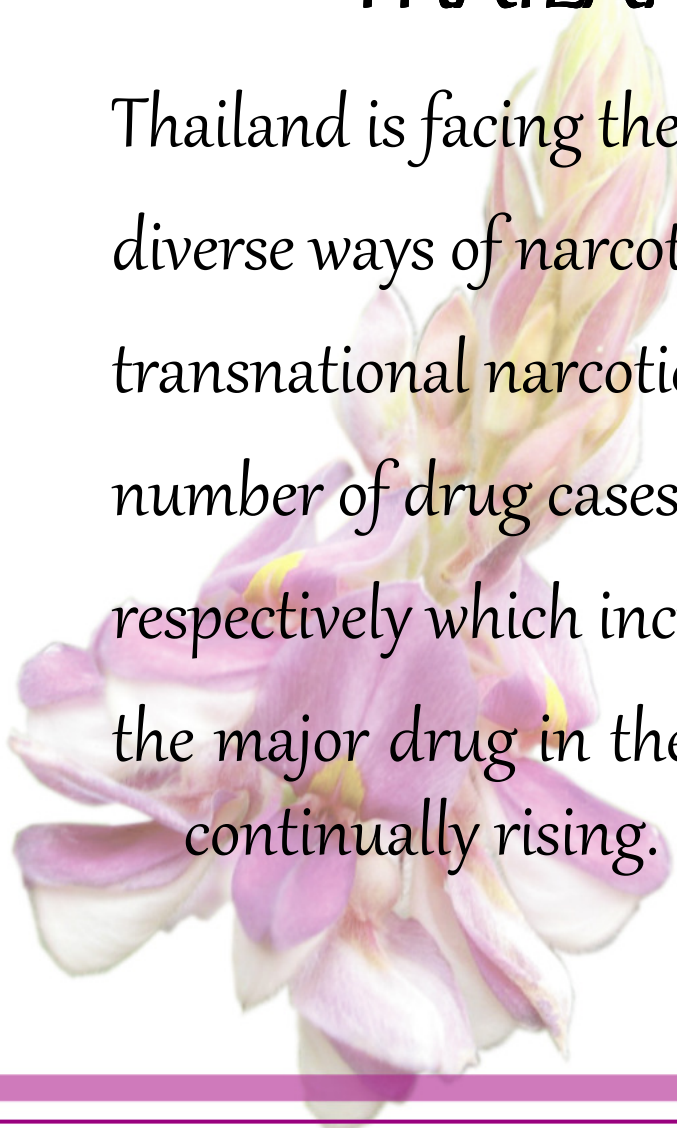
ASEAN INSTITUTE FOR HEALTH DEVELOPMENT, MAHIDOL UNIVERSITY





THAILAND COUNTRY REPORT

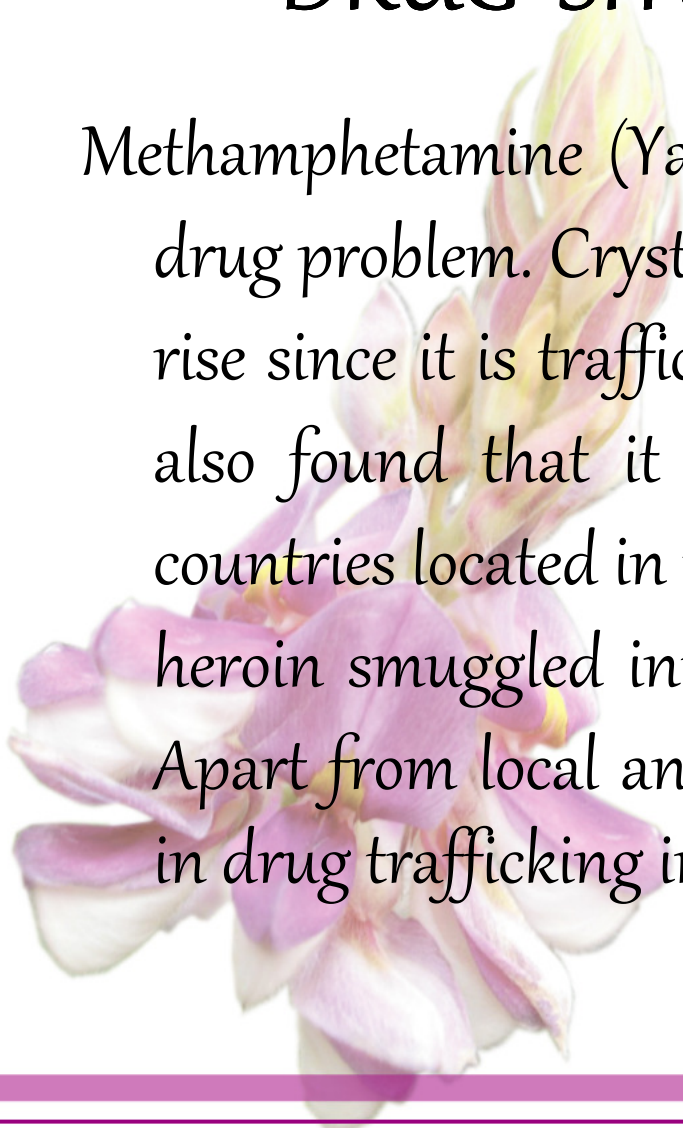
Thailand is facing the aggravating drug problem in term of diverse ways of narcotic drugs abuse, trafficking, and transnational narcotics organized crime. During the year 2012, the number of drug cases and offenders are 378,817 and 367,504 respectively which increases from 2011. Methamphetamine is still the major drug in the country while crystal methamphetamine is continually rising.





DRUG SITUATION IN THAILAND

Methamphetamine (Yaba tablet) use remains the most serious drug problem. Crystallized methamphetamine (ICE) is on the rise since it is trafficked into the country from Iran and it is also found that it is produced in Thailand's neighboring countries located in the Golden Triangle. Several shipments of heroin smuggled into the country are destined for overseas. Apart from local and sub-regional drug smugglers, involved in drug trafficking in this region.



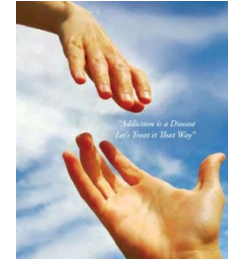


Methamphetamine is the most common drug of abuse in the country. Most of Yaba is produced in neighboring countries and smuggled across the borders of Thailand and countries. In 2012, a record-breaking amount of 73.7 million Yaba tablets was seized.

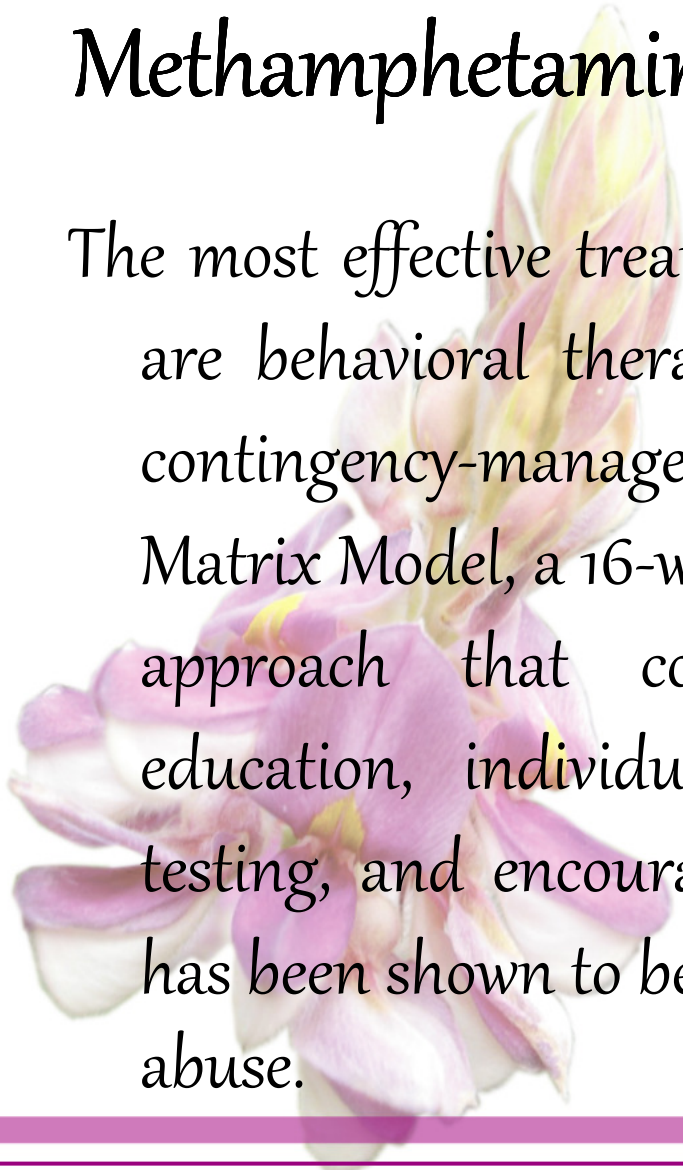




Methamphetamine Treatment



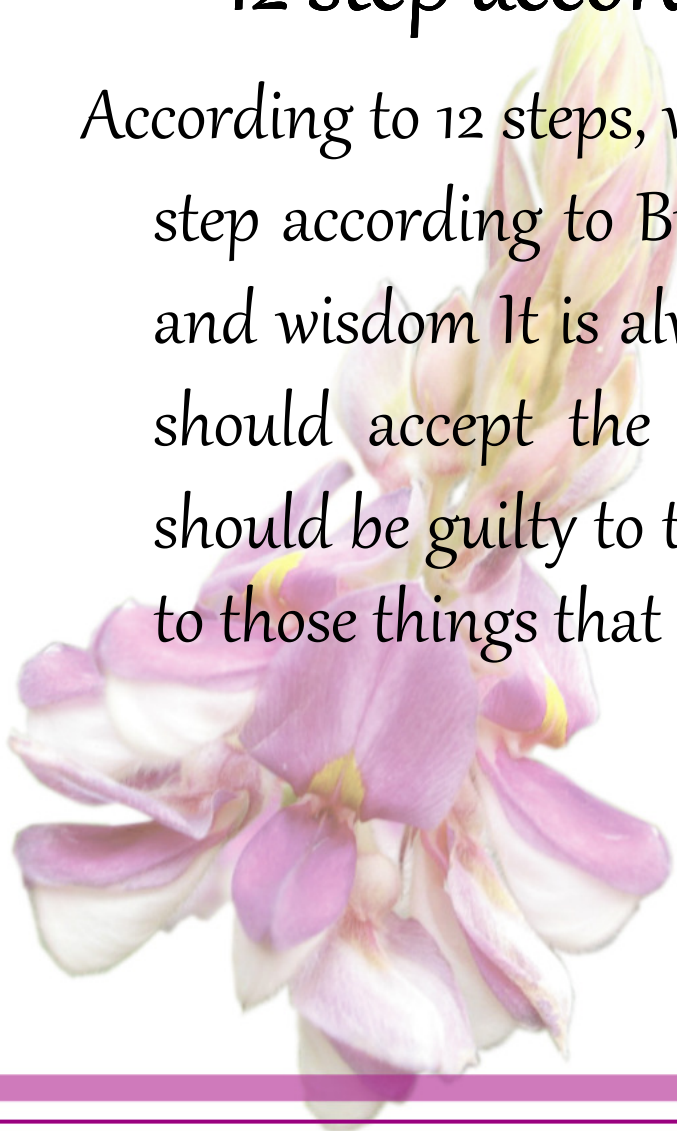
The most effective treatments for methamphetamine addiction are behavioral therapies, such as cognitive-behavioral and contingency-management interventions. For example, the Matrix Model, a 16-week comprehensive behavioral treatment approach that combines behavioral therapy, family education, individual counseling, 12-Step support, drug testing, and encouragement for non-drug-related activities, has been shown to be effective in reducing methamphetamine abuse.





12 step according to Buddhist principles

According to 12 steps, we applied the Buddhist principles. The 12 step according to Buddhist principles, it is focusing on faith and wisdom It is always review your past actions. The clients should accept the mistakes of the past. Beside that they should be guilty to the person in respect. Therefore, apologize to those things that have wronged.



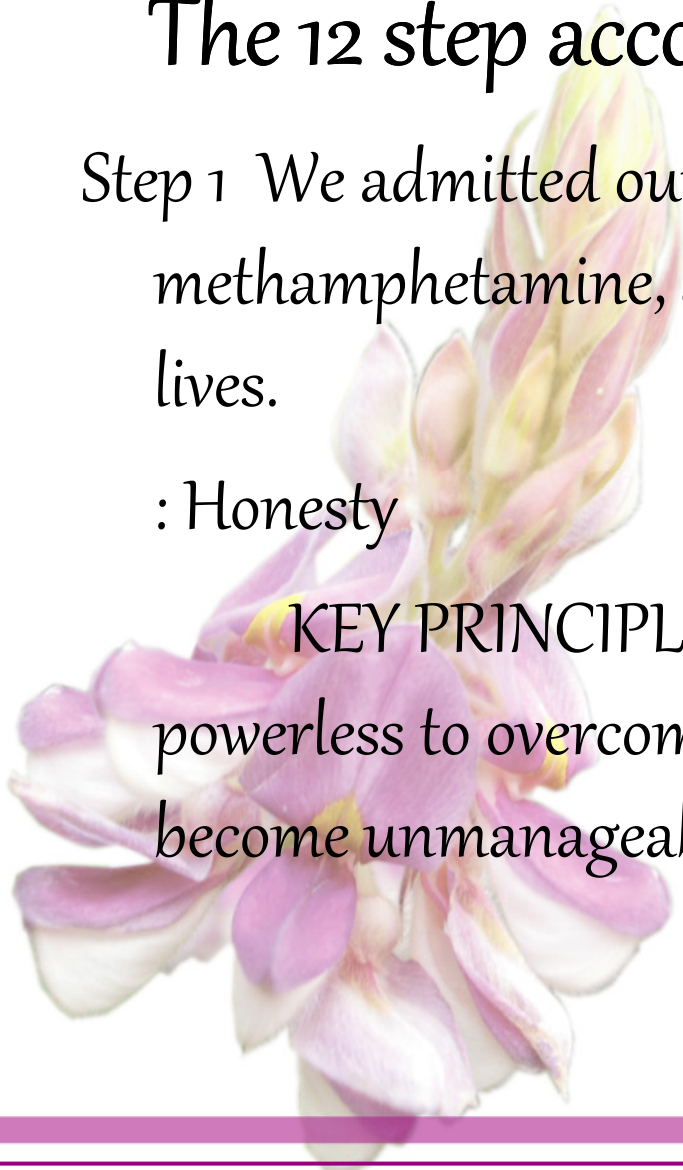


The 12 step according to Buddhist principles

Step 1 We admitted our addictive craving over methamphetamine, and recognized its consequences in our lives.

: Honesty

KEY PRINCIPLE: Admit that you, of yourself, are powerless to overcome your addictions and that your life has become unmanageable.





Step 2 Came to believe that a power other than self could restore us to wholeness.

: Hope

KEY PRINCIPLE: Come to believe that the power of God can restore you to complete spiritual health.





Step 3 Made a decision to go for refuge to this other power as we understood it.

: Faith

KEY PRINCIPLE: Decide to turn your will and your life over to the care of God the Eternal Father and His Son, Jesus Christ.





Step 4 Made a searching and fearless moral inventory of ourselves.
: Courage

KEY PRINCIPLE: Make a searching and fearless written moral inventory of yourself.

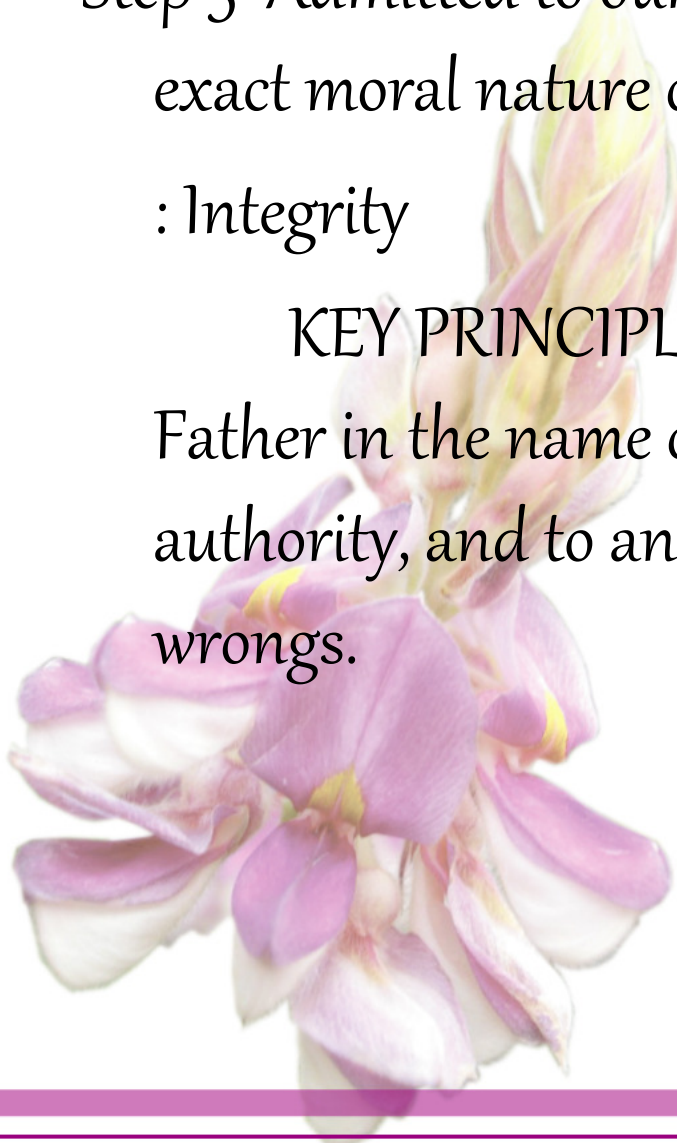




Step 5 Admitted to ourselves and another human being the exact moral nature of our past.

: Integrity

KEY PRINCIPLE: Admit to yourself, to your Heavenly Father in the name of Jesus Christ, to proper priesthood authority, and to another person the exact nature of your wrongs.





Step 6 Became entirely ready to work at transforming ourselves.

: Willingness

KEY PRINCIPLE: Become entirely ready to have God remove all your character weaknesses.





Step 7 With the assistance of others and our own firm resolve, we transformed unskillful aspects of ourselves and cultivated positive ones.

: Humility

KEY PRINCIPLE: Humbly ask Heavenly Father to remove your shortcomings.





Step 8 : Made a list of all persons we had harmed.

: Forgiveness

KEY PRINCIPLE: Make a written list of all persons you have harmed and become willing to make restitution to them.





Step 9 : Made direct amends to such people where possible, except when to do so would injure them or others. In addition, made a conscientious effort to forgive all those who harmed us.

:Justice

KEY PRINCIPLE: Wherever possible, make direct restitution to all persons you have harmed.





Step 10 : Continue to maintain awareness of our actions and motives, and when we acted unskillfully promptly admitted it.

: Perseverance

KEY PRINCIPLE: Continue to take personal inventory, and when you are wrong promptly admit it.





Step 11 : Engaged through the practice of meditation to improve our conscious contact with our true selves, and seeking that beyond self. Also used prayer as a means to cultivate positive attitudes and states of mind.

: Spiritual Awakening

KEY PRINCIPLE: Seek through prayer and meditation to know the Lord's will and to have the power to carry it out.





Step 12 : Having gained spiritual insight as a result of these steps, we practice these principles in all areas of our lives, and make this message available to others in need of recovery.

: Service

KEY PRINCIPLE: Having had a spiritual awakening as a result of the Atonement of Jesus Christ, share this message with others and practice these principles in all you do.



12 STEP IN METHAMPHETAMINE RECOVERY

Preliminary Data

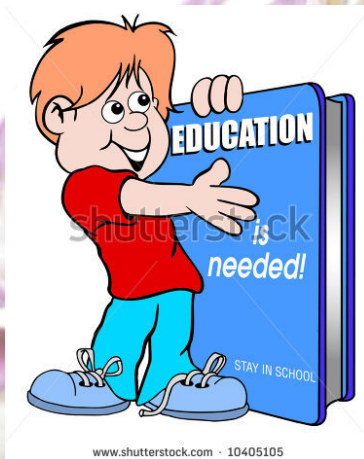
- N = 10 Age (years) = 24 – 32 Gender - Male 10 (100%)
- Religion -Buddhism = 10 (100%)
- Status - Single = 2 (20%) - Married = 5 (50%) - Divorced = 3 (30%)
- Education - Primary and lower = 2 (20%) - Secondary = 8 (80%)
- Occupation - Self Employ = 10 (100%)
- Salary income – less than 5,000 baht = 10 (100%)





The role of the therapist

- Education
- Facilitation
- Remind the sober living or one day at the time



Don't Miss



The role of the patients

- Come to treat every time.
- Not drunk while be treated.
- Always do Personal Journal.
- Honesty
- Sober living or one day at the time





Structure of hours to treatment

- Individual 1/week total 12 weeks
- Review 10 -15 minutes
- New Materials 30 minutes
- Recovery task 10 minutes
- Summary 5 minutes





ACKNOWLEDGMENT

- Prof.Prapapun Chucharoen. Ph.D.(Neuroscience)
- Prof.Bung-on Theptian. Ph.D. (Behavioral)
- Staffs from KAO-KHO drug rehabilitation center
- All Staffs and my friends from Addiction Studies Program
- Faculty of Graduate Studies Mahidol University
- Mr.Roland & Mr.Martin Peters (DARA Rehab,Thailand)





THANK YOU



Meet the eminent gathering once again at

Addiction Therapy-2015

Florida, USA

August 3 - 5, 2015

Addiction Therapy – 2015 Website:

addictiontherapy.conferenceseries.com