

Addiction Therapy-2014

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Addiction Treatment Alternative in Drug Rehabilitation Program



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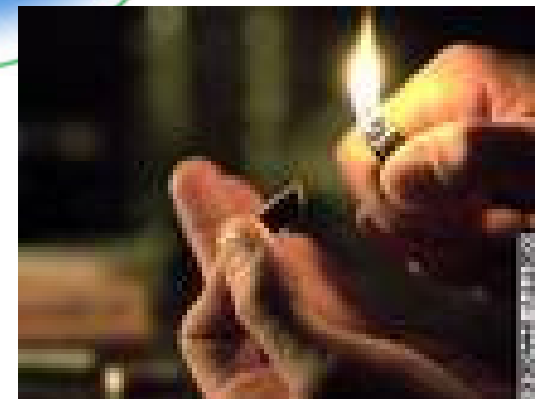
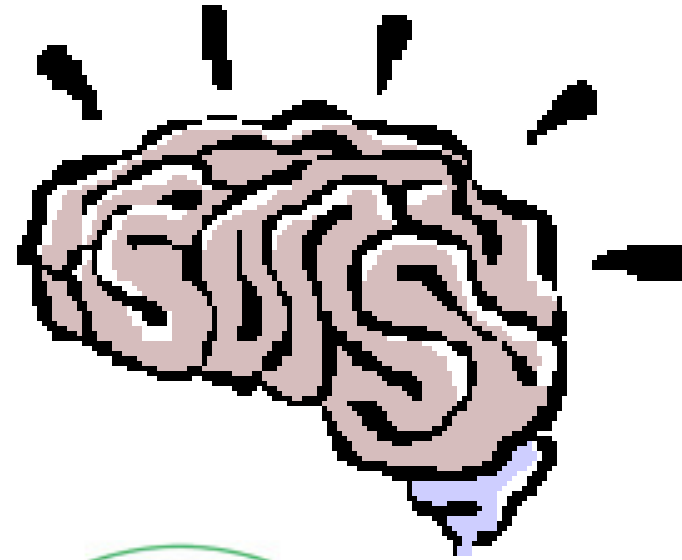
- Drug abuse is a major health and social problem throughout the world
- Although drug trends may differ from region to region.
- It causes crime, illness, violence and death.
- Regarding crime, 50-60% are drug-related .



Yaba tablets



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- Drug and Alcohol dependence are health problem.
- Although some treatment program can be helpful for those problems, but there is no single treatment for everyone.





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“No single treatment is appropriate for everyone”





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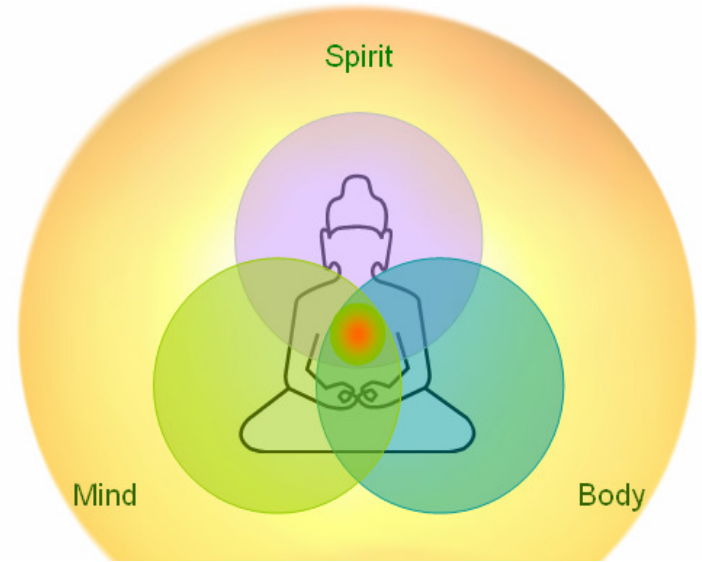
- Recently show an alternative medicine is one of choice.
- There are interesting interventions which success in rehabilitation. e.g. herb, acupuncture, massage therapy, Yoga and meditation

(Yeh GY et al.,2011)





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- Alternative treatment is a revolutionary treatment in addiction
- All of alternative were concerned and connected between body, mind, and spirit



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- The aspect of alternative treatment based on natural way
- Additional, Nutritional Therapy was used in rehabilitation program. Because of the addiction clients become malnourished e.g. vitamin B deficiency in alcoholics





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- We designed an appropriate meal base on cultural style in individual case.





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- Whereas Exercise and Meditation, we designed an appropriate exercise
- Including intension and duration for individual client





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- After finish program found that the clients have physical healthy including heart rate. They can relax, balance and remove their negative thoughts.





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- Furthermore, the result of satisfaction on program treatment showed $>85\%$, respectively. All of clients were complete program treatment. Unexpected, we found strength and self-esteem in the clients.





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Recommendation from studies

- Ratio of practitioner/Client
- Technique & Process
- M&E
- Certified therapist







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Thank you for your
attention, SAWASSDEE



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