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Self-directed, wellness-driven, emotional disposition therapy in individuals with substance use disorder

Individuals with substance use disorder who utilize Medication Assisted Treatment or who are “loner” types, are often unwelcome to actively participate in traditional abstinence-based mutual aid or do not adapt to the fraternal sponsorship/group dynamic, are left without the psychological benefits of community support and positive external guidance in their pursuit of recovery. This gap necessitates viable options to fill this void and thereby increase long-term recovery outcomes for them. Relying on experiential evidence of the efficacy of mutual aid suggested daily emotional/spiritual practices of prayer, meditation and self-assessment (personal inventory), I created a Self-Directed, Wellness-Driven Emotional Disposition Therapy Recovery Program, initially termed “Emotional Positioning Strategy”. This method defines and expands the concepts of prayer and meditation to specific scripted practices. Additionally, I converted 12-Step Promises to possibility affirmations, adding emotion-control targeted statements. And, then assigned detailed practices to morning and evening day parts in a brief ritualistic framework. The results after 2 months of following the Self-Directed, Wellness-Driven Emotional Disposition Therapy Recovery Program, I published it as “My Daily Alcoholic and Addict P.R.A.H.R. (Prevention, Recovery and Help Ritual) in “prayer or ritual book form”, and followed with a revision 12 months later, entitled “My Daily Recovery Ritual”. The Self-Directed, Wellness-Driven Emotional Disposition Therapy Recovery Program is a daily self-directed on-going intervention designed to cycle the 7 Dimensions of Wellness through the 5 Stages of Change, based on the theory that emotion/mood may be course plotted just as can a geographical destination, through biblio-therapy as well as audio-therapy mood-setting (cognitive/ thought) exercises, resulting in mood-set and maintained (behavioral) actions. Through the Self-Directed, Wellness-Driven Emotional Disposition Therapy Recovery Program, long-term recovery is achievable for Medication Assisted Treatment and “loner” Substance Use Disorder populations outside the traditional mutual aid continuum.

Biography

Lucious was a recovering alcoholic and crack Cocaine addict. Like many recovering alcoholics and addicts, he too have horror stories of drinking and doing things which he is not proud of and would never have done in a sober state of mind. He have spent time in correctional facilities as a result of my drinking. Fortunately, he met a doctor whose compassion and conviction persuaded me to go to in-patient rehab here in New York. After reading the materials, going to meetings and workshops he realized that he was an alcoholic and an addict. But, for him being clean and sober was and is not enough. The program promised a life “serene” “happy, joyous and free”, that’s what he wanted, want and maintain. The challenges of life still remain, but he have the courage and tools to deal with all the unpleasant feelings and events soberly and with my help, so will you!”.

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