

# 3<sup>rd</sup> International Conference and Exhibition on Addiction Research & Therapy

August 04-06, 2014 Hilton-Chicago/Northbrook, Chicago, USA



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### **Addiction treatment alternative in drug rehabilitation program**

Drug and alcohol dependence are health problems. Although some treatment program can be helpful for those problems, but there is no single treatment for everyone. Recently it was shown that alternative medicine is one of the choices. There are interesting interventions which achieves success in rehabilitation. For example herb, acupuncture, massage therapy, yoga and meditation. Alternative treatment is a revolutionary treatment in addiction. Holistic approaches were used. All the alternative treatments were concerned and connected between body, mind, and spirit. The aspect of alternative treatment is based on natural way. Additional, Nutritional Therapy was used in rehabilitation program. Because the addiction clients become malnourished, e.g., vitamin B deficiency in alcoholics, we designed an appropriate meal based on cultural style in individual case. Tai-Chi for exercise and for meditation intension and duration for individual client were designed. After completion of the program it was found that the clients are physically healthy including heart rate. They can relax, balance and remove their negative thoughts. Furthermore, the result of satisfaction on program treatment showed >85%, respectively. All the clients successfully completed their program treatment. Unexpectedly, increase in self-esteem was found in the clients.

### **Biography**

Prapapun Chucharoen has completed PhD in Neuroscience at the age of 38 years from Mahidol University. She is the director of Master of Arts program in Addiction Studies, ASEAN Institute for Health Development, Mahidol University, Thailand. This is the only Master Program in addiction studies in Southeast Asia. This program aimed to create social leader/ practitioner in the field of addiction studies. Those who graduate from the program will be capable of practicing as well as conducting research in this discipline in order to support the social environment of a country with respect to the prevention and alleviation of narcotics and others addiction problems. The therapy and rehabilitation of addicts is also included in the curriculum. She has published more than 25 papers in journals and serving as an editorial board member of Journal of Public Health and Development Thailand.

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