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Integrating scientific modalities in addiction discovery: Use your brain for a change

Statement of Problem: Every day at least 115 Americans die from opioid use and the rates of substance use disorder related deaths are continuously on the rise in the United States. Properly addressing this growing crisis starts with understanding the nature of addiction, and the prevention, treatment and recovery opportunities available (National Council).

Methodology & Theoretical Orientation: Science has shown that the brains of addicts are physiologically different; that they work differently than normal brains. In neuro-scientific terms, pleasure, or the feeling of well-being, is a distinct neurological function linked to a complex reward and reinforcement system. Creating new neural pathways; neurotransmitter rebalancing and stress release and detoxing the body is the answer to achieving sustainable recovery. During a 12 month study, 178 clients participated in the seven components of care for at least 30 days. Each entered the program with some degree of anxiety and depression; a dependence on illicit drugs; alcohol and prescription medications. Upon entry each completed the Beck Anxiety Inventory (BAI) and Beck Depression Inventory (BDI II). As the clients transitioned they completed their exit Inventory. Participants received neuro-feedback (LENS); neurotransmitter rebalancing; spiritual-experiential therapies; evidence-based therapies (CBT, DBT, Psychodrama, EMDR, Yoga) and a lifetime recovery plan.

Findings & Conclusion: As 178 participants transitioned from the integrated therapeutic regime, only one reported a low level of anxiety and no one reported depression. All had titrated from prescriptions and were functioning at an all-natural level. Frequency distribution data related to the mid-prefrontal cortex EEG sites present an interesting analysis of how LENS training can be related to the actual prefrontal cortex functioning. It is exciting to expect that LENS can be a great contributing factor to expect that prescription medication therapy can actually be replaced with holistic and integrated therapy.

Biography

Judith Miller, PhD, CAC III, Registered Psychotherapist, LENS Adv. Certified, QMAP, EMDR CEO, Founder of Soaring Hope Recovery Center in Monument, Colorado. She received her Doctorate in Human Developmental and Family Relations and has decades of experience in Family Therapy and Cognitive Behavioral Therapy, with a focus on addictions. Her last ten years' experience is in the area of neuroscience. She provides science-based addiction recovery opportunities to those afflicted with the brain disease of addiction. This state-of-the-science recovery regime includes "Using the brain for a change", i.e., neurotransmitter rebalancing, brain imaging, and neurofeedback to treat addiction, depression, anxiety, sleep disorders, trauma, PTSD, PMS and other afflictions controlled by the brain.

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