

A HOLISTIC APPROACH TO SUBSTANCE ABUSE TREATMENT AND THE MIND,
BODY, SPIRIT CONNECTION

A handwritten signature in cursive script, reading "Patricia Burnley". The signature is written in dark ink on a light-colored rectangular background.

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Chapter One: Introduction

Traditional methods for treating substance abuse in the past did not address the individual needs of the client. The integrated, holistic approach to treatment addresses the “total” individual providing many treatment options. Holistic programs promote healing through the integration of mind, body and spirit connections. Drug addiction is a complex illness that affects many areas of an individual’s life. Effective treatment programs target many aspects of the disease and its consequences (NIDA, 2009).

The 2009 National Survey on Drug Use and Health estimates that over 15 million people are dependent on or abuse alcohol and other substances in the United States (Williamson, 2012). The holistic, comprehensive model that addresses the biological, social, cultural, spiritual and developmental needs of the individual is the future focus for treatment (Amodia, Cano & Eliason, 2005). Miller, 2002 (as cited in Weis, 2010) has suggested that holistic treatment that includes the mind, body and spirit is necessary for the recovery process.

The healing process in substance abuse treatment is not simple. Substance abuse affects many areas of an individual’s life. It also creates an imbalance in the individual’s mind, body and spirit. The holistic, integrative approach to substance abuse treatment takes into account the complexity of this disease process (NIDA, 2009). Holistic programs promote healing through the integration of the mind, body and spirit connections. These programs also recognize that one type of treatment does not fit everyone’s needs. What may work in treatment for one individual, may not work for another. Conventional treatments in the past did not recognize the importance of alternative therapies in treating the whole individual. Successful substance abuse treatment programs address all of these areas for healing to take place.

Successful programs are evaluated on their decreased rates of relapse and client satisfaction.

Patients in treatment for substance abuse are in continual recovery with periods of sustained sobriety and relapse. During the stages of recovery a patient experiences emotional, physical and behavioral changes that require a variety of treatment approaches. The holistic approach to treatment addresses these changes and increases the chances for continued recovery and decreases the likelihood of relapse. Many patients in treatment also have mental health issues such as anxiety and depression that need to be addressed (Staiger, Thomas, Ricciardelli, McCabe, Cross & Young, 2011). This treatment approach recognizes the need to address these underlying issues as part of the therapeutic process. Educating patients about their disease, teaching new coping mechanisms and changing their thought patterns and behaviors are also important aspects of treatment. Many individuals entering treatment programs have specific needs. Holistic treatment provides culturally sensitive and gender specific programs that address these needs.

More inpatient and outpatient programs today are recognizing the importance of alternative therapies in the recovery process. Therapies focusing on nutrition, relaxation, meditation, creativity, Chinese alternative medicine and herbs, yoga, acupuncture, spirituality and exercise are offered to treat the “whole individual.” The holistic approach to therapy recognizes the importance of providing a variety of treatments to meet an individual’s needs.

Treatment programs today are moving toward more integrative models because of their success rate. Clients are also more willing to participate in programs that address their individual needs and provide a variety of treatment options. The research presented will show that programs that: meet clients' needs; provide a holistic approach; address underlying issues; acknowledge mind, body and spirit connections; are hope-focused; are genders specific; are culturally sensitive; address relapse prevention; and provide transitional services are the most successful.

Statement of the Problem

What kinds of components or modalities are involved in a holistic treatment program? How do the mind, body and spirit connections promote healing? What makes the components of an integrated approach to treatment successful in reducing relapse rates in substance abuse?

Definition of Terms

Addiction: a strong and harmful need to regularly have something (such as a drug) or do something (such as gamble) (Merriam-Webster, retrieved June 21, 2014).

Alcoholic: affected with alcoholism (Merriam-Webster, retrieved June 21, 2014).

Disease: An illness that affects a person, animal or plant; a condition that prevents the body or mind from working normally (Merriam-Webster, retrieved July 2, 2014).

Treatment: The techniques or actions customarily applied in a specified situation (Merriam-Webster, retrieved June 21, 2014).

Symptoms: A change in the body or mind which indicates that a disease is present (Merriam-Webster, retrieved June 21, 2014).

Relapse: The act or an instance of backsliding, worsening, or subsiding; a recurrence of symptoms of a disease after a period of improvement (Merriam-Webster, retrieved June 21, 2014).

Dual diagnosis: Diagnosis: The art or act of identifying a disease from its signs and symptoms.

Dual: having two different parts, uses, etc. (Merriam-Webster, retrieved June 21, 2014)

Rehab: Program for helping people who have problems with drugs, alcohol, etc.

Holistic: relating to or concerned with wholes or with complete systems rather than with the analysis of, treatment of, or dissection into parts. Holistic medicine attempts to treat both the mind and the body (Merriam-Webster, retrieved July 2, 2014).

Substance Abuse: *Substance*: A drug that is considered harmful and whose use is controlled by law or made illegal. *Abuse*: Improper or excessive use or treatment (Merriam-Webster, retrieved June 21, 2014).

Delimitations of Research

The literature was obtained by using the key terms substance abuse, holistic, mind, body, spirit, alternative treatment, rehabilitation, treatment, dual diagnosis, alcoholism, spiritual, mindfulness and integrative. Research engines used to obtain information include: Psych Abstracts, Medline, Psychology Articles, Alternative Medicine Journals, Criminal Justice Journals, Counseling Journals, Alcohol Treatment Abstracts, and Commercial Books.

Chapter Two: Review of Literature

The Holistic Treatment Model

Substance addiction is a chronic illness involving uncontrollable drug cravings and drug seeking behavior that exists in spite of devastating consequences. Addiction affects the circuitry in the brain involving the reward, learning, motivation, memory and inhibitory control structures (NIDA, 2009). The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition recognizes the major role that this reward system in the brain plays when activated with drug use. A person experiences a euphoric feeling that may be so profound that they neglect normal life activities (APA, 2013). The main characteristics of addiction are: an inability to abstain consistently from a substance; cravings; lack of recognition of behavioral and relational problems and decreased behavioral control. Patients with addictions experience periods of remission and relapse similar to other diseases. It is a progressive disease that without treatment can lead to early death (ASAM, 2011).

Substance abuse and addiction affect every segment of the population and every area of an affected individual's life. Holistic or integrative treatment approaches treat the "whole" individual. Treating the total person- the mind, body and spirit is crucial to the healing process. Holistic treatment is a supportive treatment approach that tries to discover and restore the imbalances in a person's life. Treatment options address the underlying issues that accompany substance abuse. Those who seek treatment from alcohol or substances may also have a mental health disorder such as anxiety or depression (Staiger et al., 2011). A national survey done in 2002 showed that about 22 million Americans above the age of 12 are addicted to alcohol and other drugs. Many of these people are not receiving any help for their addictions (Wesa & Culliton, 2004).

A number of factors contribute to a person not seeking treatment for their addiction. First there is a stigma associated with labels such as “alcoholic” or “drug addict” that cause many to not seek help. Second, some treatment programs do not address gender issues, especially women’s issues. Alcoholism treatment programs in the past were primarily male-focused. Third, there is a need for culturally sensitive programming that recognizes customs and meets the needs of different populations. Finally, individuals may also use alcohol and drugs to self-medicate and mask underlying problems. They may first seek help for a mental health issue such as depression or anxiety, then later be diagnosed with a substance use disorder.

It takes a variety of approaches that address an individual’s needs, for a treatment program to be successful. Traditional or conventional treatment programs primarily consist of cognitive behavioral approaches and those based on the Twelve Steps of Alcoholics Anonymous. They do not design their programs to meet the specific needs of the clients. Many do not address mental health issues and additional aspects that recognize the mind, body and spirit connection. The holistic approach to treatment that treats the total individual and integrates the mind, body and spiritual aspects is more effective than a single approach for all (Prentiss, 2007). Traditional treatment models that include these modalities in addition to behavioral therapy and psychoanalysis create a more inclusive, integrative system for the healing process to take place. Treatment programs must also include relapse prevention plans for their clients as part of the recovery process. Holistic treatments emphasize health, nutrition, exercise, emotional healing, spirituality and relationships (Priester, Scherer, Steinfeldt, Masri, Jashinsky, Jones & Vang, 2009). Integrative programs also recognize the importance of addressing the mental health needs of their clients as part of the total healing process.

Dual Diagnosis in Substance Abuse

Many clients entering treatment programs today have dual diagnoses. Individuals suffering from substance abuse often also have a mental health diagnosis such as anxiety or depression. Studies have shown that more than half of clients in substance abuse treatment also have anxiety or depressive disorders (Staiger et al., 2011). Those diagnosed with mood, anxiety, antisocial personality or conduct disorders also are twice as likely to abuse drugs (NIDA, 2010). Thus, treatment must not only address the addiction, but also underlying psychological problems. Substance abuse or addiction may be a result of not dealing with a mental health issue. Many people with mental health issues self-medicate with drugs and alcohol to ease their inner suffering. Paradoxically, drugs and alcohol can intensify underlying mental illness both during intoxication and during withdrawal (NAMI, 2014). Studies have shown that patients who abstain from alcohol and drugs during treatment of psychiatric disorders have more success than those who continue to use (NAMI, 2014).

There is a particularly high rate of substance abuse in the severely mentally ill population. The rates can be as high as 40% and are greater than those seen in the general population. A randomized controlled trial was conducted by Barrowclough, Haddock, Tarrier, et al., in 2001. It showed the positive outcome of using integrated treatment programs with 36 schizophrenic patients with substance abuse. Motivational interviewing, individual cognitive therapy and family intervention were the approaches added to dually-diagnoses patients' routine care. The results showed that these interventions benefited these patients as to both their mental health and substance abuse. This is a significant finding because substance abuse can be considered a serious risk factor for further complications with the mentally ill population. Complications include an increase of violence, suicide, frequent inpatient stays, and refusal of

treatment (Barrowclough, Haddock, Tarrier, Lewis, Moring, O'Brien, Schofield & McGovern, 2001).

Studies have shown an increase of substance use disorders in youth with comorbid conduct disorder and ADHD. It is suggested that effectively treating youth for ADHD could prevent substance abuse problems in the future. There is a concern that treating ADHD symptoms with stimulant medication reduces some of the behaviors but might increase a child's susceptibility to drug abuse later on. Even though recent studies show no evidence of this increase there is still research needed in this area with adolescents (NIDA, 2010).

Due to the "solo" approach of many traditional substance abuse treatment programs, the clients with mental health disorders find it hard to stay in treatment and be engaged. Providers have indicated a need to improve on these single approach programs (Stagier, 2010). A holistic approach to the "dual diagnosed patient" provides individualized treatment options to address the individual mental health needs.

Mind, Body, and Spirit Connection- Creating Balance

The mind, body and spiritual connection in the holistic treatment approach is vital to the healing process in substance abuse addictions. Individuals tend to self-medicate with food, alcohol, drugs, sex and other diversions when their mind, body and spirit are not working in concert with one another (Prentiss, 2007). The key to recovery is to correct those imbalances. In the holistic approach a client is evaluated individually and given a treatment plan that is specific to his needs. True healing involves discovering the imbalances and providing healing treatment options to restore the body to optimal health. Conventional programs today are moving away from the "one plan fits all" approach to treatment and toward more comprehensive treatment models for those seeking substance abuse treatments. Practitioners today realize that there is not

one single program that that will meet the needs of all their clients. Programs need to focus on the substance abuse addiction, but also address the needs of the “total” individual. Dr. Candace Pert, a mind-body researcher who discovered the opiate receptor in the 1970’s, teaches that everything is connected. She believes that “Your body is your sub-conscious mind. Your mind affects the body, and your body affects the mind (Prentiss, 2007, p. 208)”. When dealing with addictions a clinician must address the emotional, physical, mental and spiritual aspects for healing to take place. The “whole person” needs to be addressed, not just the substance abuse addiction. According to Dr. Pert, programs need to attend to the emotional healing and body imbalances as well as detoxification, to prevent a client from relapsing (Prentiss, 2007). “In the theory of the three treasures” used in traditional Chinese medicine (TMC), the three energies that exist are the shen (mind), qui (body, energy) and essence (core energy). If one of these areas experiences extreme stress then there are more demands on the other areas causing a physical disorder (McPherson & McGraw, 2013, p.46).” The mind and body influence and regulate each other. When an individual is stressed then his or her body releases stress hormones. The body reacts by producing physical symptoms such fatigue and nausea and eventually a weakened immune system. Meditation therapy focusing on being aware of one’s thoughts, breathing and emotions can reduce stress (Mayo Clinic, 2010). The alternative therapies used today such as acupuncture, aromatherapy, herbs ,yoga, nutritional therapy and meditation all aid the healing process and help restore the client’s body to what TCM theorists consider a balanced state.

Modalities of the Mind and Stages of Recovery

Clients involved in treatment need to understand the stages of recovery and the changes taking place physically and mentally. Individuals need to learn coping mechanisms to help prevent relapse. According to the Hazelden Matrix Model, there are four stages in recovery from

substance abuse. Stage one is called the “withdrawal stage” and lasts up to 15 days. A client’s body during this phase is going through withdrawal from the drugs. The brain is depleted of the “feel good” chemicals and changes start taking place in the brain. During this period a patient may experience cravings, depression, anxiety, irritability, low energy, sleep problems, disordered thinking and negative emotions. There is a need for a strong support system and a structured schedule during this time to prevent relapse. In the second phase or “honeymoon phase” (2-6 weeks) the patient starts feeling better and becomes more energetic. The chemicals in the brain increase and the patient will try to make up for lost time and do too much. They become unfocused and overconfident and think they do not have a problem anymore. They may overschedule themselves during this time, causing them to feel overwhelmed and unable to prioritize. It is essential for patients to have a structure in place because they may be resistant to behavior change and eventually relapse. During the third stage or “wall stage” (45-120 days) the patient needs to “work a strong program” (i.e., adhere to a treatment structure) because there is a high rate of relapse during this time. The brain is finding its chemical balance and is healing. This stage is challenging because individuals feel sluggish and their energy is depleted. They experience an emotional roller coaster of feelings and their negative thought and behavior patterns emerge. They experience problems in their relationships, unclear thinking, boredom and isolation. It is important during this time for patients to go to support meetings, groups and therapy. They should journal, exercise and continue participating in regular activities to prevent relapse. The last phases are the adjustment phase (120-180 days) and resolution phase (180+ days). They are adjusting and transitioning back into the new definition of life. Patients often feel “cured” and may relax structure and start using again. They experience normal emotions and their long-term relational issues start to surface. Patients may struggle with the concept of life-

long addiction. They continue or adjust their support systems and may also be in transitional living arrangements (Road Map for Recovery, 2005). Self-help support groups such as Alcoholics Anonymous encourage fellowship and sharing of experiences to strengthen the recovery process. The only requirement for membership is a desire to stop drinking. Members practice the Twelve Steps, which are spiritual in nature, to help them stay sober and live a happy life. Sponsorship is an important aspect of AA. A person who has made progress in sobriety is paired with another person who is trying to maintain sobriety. The sponsor helps the partner by answering questions about relapse, how to stay sober, and how not to take their first drink. These meetings provide the needed support in the community that encourage fellowship and continued recovery (Fisher & Harrison, 2013). There are many supportive housing options for those trying to remain sober and to avoid relapse. There are sober houses, group homes, residential treatment facilities and homes of supportive families and friends (NAMI-Dual Diagnosis, 2014).

Addiction involves periods of multiple relapses following periods of abstinence. Relapse prevention is a primary treatment goal for adolescents in treatment. Recovery for patients is a lifelong journey that never ends. Patients need to understand what people, places, situations, emotions and thoughts trigger their addictive behavior and cause them to relapse. Behavioral programs help them recognize the importance of identifying situations that lead to relapse and develop coping skills (Ramo, Prince, Roesch & Brown, 2012).

The recovery process in integrative treatment involves a variety of therapies. Therapies used in treatment of substance abuse include cognitive behavior therapy (CBT), medication therapy, motivational interviewing, multidimensional family therapy and contingent management programs.

Medication and behavioral therapy together can be effective treatment during the process of recovery. Medications can be used during withdrawal to suppress symptoms. Opioid medications such as methadone and buprenorphine relieve cravings and symptoms while targeting opioid areas in the brain. Other medications such as naltrexone are opioid blockers that are used after detoxification. Medications used for alcohol dependence include naltrexone, acamprosate, and disulfiram. Acamprosate helps reduce symptoms of alcohol withdrawal and disulfiram produces a negative reaction if a patient drinks (NIDA, Drug Facts, 2009). Medications can be effective in the initial stages of treatment for withdrawal and to establish normal brain activity. Continued care involves an integrated approach combining medications and therapeutic approaches to prevent relapse.

Cognitive behavioral therapy (CBT) helps patients in treatment recognize situations and triggers that encourage them to use. They learn coping mechanisms as they relate to their feelings, situations and behaviors, to prevent relapse. Cognitive Behavior Therapy requires a trusting relationship with the therapist. The client must be willing to set and work toward goals, and focus on current problems and situations. This mode of therapy is both educational and empowering; the techniques of identifying and changing dysfunctional beliefs change thinking, mood and behavior (SAMHSA, 2001).

Motivational interviewing is another behavioral treatment used to help patients in the change process. The therapist enhances change by expressing empathy through reflective listening. The patient in therapy may experience ambivalence about substance use and change. This ambivalence may be resolved by the therapist working together with the client on internal motivations and values. It is a supportive, collaborative technique that encourages self-efficacy but holds clients accountable (SAMHSA-Treatment Improvement Protocols).

Multi-dimensional family therapy (MDFT) addresses improving family functioning in families of adolescents with substance abuse and behavior problems. The therapist works individually with the adolescent, parents and the whole family to encourage relationship building and new solutions as they relate to current functioning. This approach has several components that include assessment and intervention in key areas of the adolescent's life (APA, 2009).

The integrative approach to treatment includes behavioral programs to help the client work on the addictive behaviors and thought processes that need to be changed. They also gain new skills and coping mechanisms. These techniques may be used in individual therapy or in group settings. These therapies focus on present and future goals, not past mistakes.

A positive hope-focused approach is often used in behavioral therapies in substance abuse treatment. Hope is the foundation of recovery and the belief that one can overcome the challenges ahead. Recovery involves the whole person and is built on the person's strengths, talents and abilities (SAMHSA, Recovery). The secret ingredient in successful therapy and major life transition is hope. Clients come into treatment feeling hopeless and depleted. They need to be assured that change is possible and that there is hope for the future. Healthcare workers caring attitudes and behavior can positively affect clients in treatment (Koehn, O'Neill & Sherry, 2011). It is challenging for substance abuse treatment counselors to maintain a hopeful attitude when their clients repeatedly relapse. This positive approach to treatment needs to be modeled by the healthcare providers. Such positive behaviors are learned and clients can develop a positive mindset over time.

Contingency management programs (CMP) and non-drug social and recreational activities (NDSRA) are being used as another behavioral approach to replace drug use. These types of programs are promising because they help clients engage in fun real world activities as

alternative sources of reinforcement (Siporin & Baron, 2010). Clients are exposed to recreational activities in the community that help them develop new interests and encourage a sober lifestyle. In contingency management programs (CMP) clients are rewarded with social recognition each month for reaching recovery benchmarks (Siporin et al., 2010). Many substance abuse clients' only recreational activities have been drug related.

These behavioral approaches help clients learn to have fun and make lifestyle changes for a drug-free life. Studies with college undergraduates found that young adults engaging in exercise or creative behaviors reported less drug use (Correia et al., 2005, as cited in Siporin & Baron, 2010). Treatment programs that encourage social and recreational activities to promote lifestyle changes are helping clients continue to maintain a drug-free lifestyle. Contingency management is also used to positively reward clients for attending programs and taking medications (NIDA, 2007). In addition to the self-help approaches presented, the following sections present other interventions that make the treatment holistic.

Modalities of the Body- Physical

The body is capable of repairing itself and reestablishing balance even after the damaging effects of substance abuse. Treatment that tends to the nutritional, neurobiological and physical needs will restore the body and promote healing. Physical exercise is essential in the recovery process. When a person exercises he feels in control of his body and increases his strength and confidence. Exercise increases the blood flow in the body, promotes healthy sleep, and improves bone density and health. Aerobic exercise or exercise that involves breathing hard such as jogging or bike riding is essential. Those in recovery experiencing low energy and depression will benefit from improving their cardiovascular health through exercise (Prentiss, 2007). Exercise also relieves stress which can be a factor contributing to relapse. It improves

mental alertness, concentration and cognitive functioning, which also can be affected during the recovery process. The “feel good” chemicals in the brain called endorphins are produced during exercise. Endorphins induce sleep and are also natural pain killers (ADAA). People who exercise have also been shown to be less anxious and depressed than those who don’t exercise (De Moor, Beem, Stubbe, Boomsma, De Geus, 2006). Since anxiety and depression are co-occurring mental health issues with substance abuse, exercise programs can be instrumental in the healing process.

In recovery if the body is not functioning properly, then it will negatively affect the mind. The mind-body connection is vital to substance abuse recovery. Prolonged use of drugs can have damaging effects on the body. Physical exercise can help restore the balance of the body and promote healing. The practices of yoga and meditation provide both physical exercise and relaxation benefits.

Yoga has been used in substance abuse treatment for many years. It helps restore the mind-body connection that is lost with substance abuse (Wesa & Culliton, 2004). Yoga practice consists of breathing exercises, different postures and meditation. Such practices have been shown to reduce stress, depression and anxiety, increase well-being, produce a higher state of consciousness, and improve both self-awareness and self-esteem (Sat Bir, Gurucharan, Hargopal & Mukta, 2008). “Yoga was developed thousands of years ago in India. Yoga means to unite the mind, body and spirit in harmony (Bowling & Stewart, 2006 p.54).” Meditation helps quiet the mind and develops self-worth to enhance the healing process. Patients in recovery need to learn new approaches to quiet their minds in the present moment to relieve stress.

Mindful Awareness in Body-oriented Therapy (MABT) is a mind-body approach that primarily involves massage and mindfulness training for recognizing and managing stress.

Mindfulness training involves being aware of the present and acceptance of the self (Price, Wells, Donovan & Brooks, 2012). This mind-body approach has shown to be important in relapse prevention in substance abuse. A study involving women in substance abuse treatment using MABT methods showed positive results in increased mind-body awareness. The women also felt that it was beneficial to recovery even though focusing could be challenging (Price et. al., 2012).

Therapeutic massage has shown to be effective in promoting blood and lymphatic circulation, increasing relaxation, increasing endorphins, decreasing edema, releasing muscle spasms and decreasing pain. Massages can reduce blood pressure and anxiety. They can also help provide another option for those going through withdrawal- related anxiety in treatment (Black, Jacques, Webber, Spurr, Carey, Hebb & Gilbert, 2010). Decreasing anxiety during treatment is essential to the mind- body healing process of recovery.

Nutritional deficiencies are common in clients who have substance addictions. Substance abuse causes toxic changes in the body and nutrient deficiencies over time. Since patients neglect their health due to their addiction, they need to focus on healing their bodies. Deficiencies in B vitamins, magnesium and vitamin C are found in those abusing alcohol. Clients can replace these depletions by taking a multivitamin. Measuring neurotransmitter levels in the body and balancing these with amino acids can help in recovery. Replacing depleted amino acids can promote sleep, decrease anxiety and improve energy levels (Prentiss, 2007). Restoring the balance in the body by using nutritional supplements helps the body function properly. If a person's body is depleted of nutrients, then his or her mind is unable to function properly. The mind-body connection is important, as it relates to optimal health and nutritional needs. Patients

in recovery benefit from replenishing their bodies with nutrients so they may be in optimal health to focus on their treatment and healing.

The practice of Traditional Chinese Medicine (TCM) in substance abuse treatment is an alternative, complementary approach to treatment. Drinking problems are historically deep rooted in Chinese culture and society. When drinking disorders increased in China, so did the need for more effective treatment. Traditional Chinese Medicine treatment for alcohol involves restoring the balance in the body (Liu, Lawrence & Liang, 2011). Chinese medicine is rooted in ancient Chinese philosophy that suggests that a balance between Yin and Yang is essential to optimal health. The disruption of energy flow by chronic drinking causes disease in the body (Liu et.al. 2011). Herbal medicine and acupuncture are popular therapies in treating of substance abuse.

Acupuncture has been used in Eastern countries for thousands of years and is gaining greater acceptance in the Western world. Acupuncture involves the Chinese philosophy of balancing the opposing forces in the body-Yin and Yang. Metal needles are inserted into the skin stimulating specific pressure points relieving blockages in the body. Results from research suggest that acupuncture is an effective treatment option in directing nerve pathways and regulating neurotransmitters that affect the release of dopamine (Yang, Lee & Sohn, 2008). Acupuncture can help decrease relapse in recovery. Restoring balance in the body through redirection of nerve pathways and regulating chemicals in the brain is the goal of Chinese alternative methods. Acupuncture can be effective in patients in the stages of withdrawal in helping regulate chemicals in the brain. It aids in the stimulation of endorphins and helps regulate pain and emotions (Prentiss, 2007).

Chinese herbal medicine is used in the United States today because of its powerful healing properties. A combination of a proper diet and herbal medicines can bring nutritional deficiencies in balance. Individuals are given a unique blend of herbs that work together to bring optimal health. The herbs are absorbed easily by the body and provide a holistic ingredient that brings their bodies back in a balanced state. They also rid the body of toxins by promoting urination, unblocking bowels, and promoting blood circulation. Herbs can prevent relapse by producing a calming effect, restoring endorphin, increasing relaxation, and decreasing depression (Prentiss, 2007).

Spiritual Modalities

Spirituality is an important modality in substance abuse treatment programs. The healthcare field is starting to recognize its role in the healing process. The spiritual components used in holistic treatment include prayer, meditation and the Twelve Step program. Spirituality involves a joy for living; connecting to others, self and nature; and sacrifices and love for others. The spirit works subconsciously and together with the mind and body to perceive what is real upon which our behavior is channeled. Spirituality also involves understanding why we exist and the source of our existence. This spiritual understanding can lead to life changes and fulfillment. Religion is more theological, and is viewed differently than spirituality (Lodewyk, Chunlei & Kentel, 2009).

There are three main types of meditation used in substance abuse treatment programs. Devotional meditation is based on Christian beliefs and involves reflection on meaningful passages. It can be used in Twelve Step meetings. The second type of spiritual meditation involves both thinking and contemplation. Patients are taught to reduce conscious activity and reach a state of alert and relaxed awareness. This type of meditation is found in the context of an

organized Eastern religion such as Buddhism. The last type of meditation is secular in nature but uses the Eastern meditation approaches of relaxed awareness and focused attention without the spiritualism. These approaches are known as mindfulness meditation and relaxation response training (Priester et al., 2009).

Lay studies on Zen Meditation in addiction treatment found that 99% of patients stopped drug use following treatment because of a changed perspective. Qigong meditation is an ancient Chinese practice that involves combining the mind, breath and body to reach a tranquil state. This technique involves slow abdominal breathing to relax the body and mind, focused inward attention, breathing through the skin and guided imagery. There has been success using this treatment with addiction in China. The benefits of meditation include improved physical health, concentration, sense of purpose, and self-control, and tension reduction (Chen, Comerford, Shinnick, & Ziedonis, 2010).

Dr. Benson, a western pioneer in mind- body research, showed that meditation increases relaxation which results in decreased heart rate and breathing and slower brain waves. Meditation causes changes to take place in the autonomic nervous system. An increase in brain activity produces positive emotions and improvement to the immune system (Prentiss, 2007). The practice of meditation has a profound effect on the body. The relaxation that results in decreased heart rate and breathing causes the body to react in a positive way. Meditation with mindfulness breathing can produce positive changes in the brain that help change behavior and enhance recovery (Prentiss, 2007). Spirituality can also be found in support programs that incorporate a higher power and prayer.

The Twelve Step approach to treatment has a spiritual foundation and is a modality used in comprehensive treatment programs. Alcoholics Anonymous, founded in 1935, is a well-known

worldwide mutual help organization. The Twelve Steps which are the foundation of the program call for a spiritual transformation. Most steps in the program mention a “higher power” in the role of recovery. Members seek a spiritual awakening because they have become “powerless” over alcohol and appeal to a “Higher Power” with prayer and meditation. Steps 2, 3, 5, 6, 7, 11 and 12 all mention a “Higher Power” in the role of recovery. Alcoholics Anonymous is not a religious organization even though the teachings refer to God. The “Higher Power” that they talk about can be interpreted any way participants want (Harvard Medical School, 2007). This program’s history and success shows the importance that spirituality plays in the recovery process (Priester et al., 2009).

The practice of prayer is considered to be at the core of spiritual belief. Prayer is a main part of the Twelve Step program and is used in meetings. There is evidence that suggests that those in Twelve Step groups who remained sober had prayed more frequently than those who had relapsed. Not all healthcare practitioners agree on the importance of spirituality in the healing process (Priester et al., 2009). The holistic approach to treatment recognizes the importance that spirituality plays in the recovery process and the mind, body and spirit connection in treatment.

Creative Therapies

Art and Music Therapies are modalities that are increasingly being incorporated in integrated substance abuse treatment programs. Art therapy allows clients to express their feelings visually through art. Some clients find it difficult to express their feelings verbally so the art process helps facilitate this. The process and the creating are important, not the end product. Art therapy has been a successful intervention used with incarcerated clients because of the limitations that the setting puts on the expression of emotions. They can express their emotions through the art process without being viewed as weak or a threat to others.

Improvement has been shown in the mental health, attitude and behaviors of addicted individuals. Prison inmates participating in art therapy show their creativity through crafts, portraits and greeting cards that are often traded for personal items (Erickson & Young, 2010). Group art therapy has been effective in helping clients build self-awareness and self-esteem. Group members are able to work together and support each other verbally, sharing their feelings from their illustrations. The creative process encourages self-expression and hope for a positive future. This process allows participants to admit their life is out of control.

Horay's (2006) case study of David illustrates how art therapy was successfully used within a motivational interviewing framework to foster change. He used a collaborative non-aggressive approach when dealing with David's issues of substance abuse and sustained recovery. Horay became aware of David's ambivalence to change through the visual creation of a pro-con collage he made. Therapists use drawings to foster admission of addiction and its challenges, to encourage further treatment. Art therapy, like music therapy, encourages expression of emotion. This is essential in the healing process.

Music is an emotional language that affects us mentally, physically and spiritually. In treatment for substance abuse, music can be a motivational tool. Music creates a natural high that can be a reward, replacing abuse rewards (Moe, 2007). Music in addicts' lives can have a destructive or healing potential. Music can become more enjoyable when the client's listening habits are changed. Music therapy can also help patients engage more in group treatment. Results of a trial by Dingle, Gleadhill, and Baker (2008) with 24 substance abuse patients in music therapy and cognitive behavior therapy showed that almost half felt more of a part of the group with the music therapy (as cited in Moe, 2007).

Receptive music therapy or music listening was developed by Helen Bonny in the 1970's. This therapy helped substance abuse clients connect with healthy resources within themselves through music. Participating in music therapy helps clients gain greater self-awareness, self-esteem and social competence (Moe, 2007). Music therapy can play a significant role in the recovery process by promoting self-expression and healing.

Cultural Aspects in Programming

Substance abuse affects all types of people from different cultures, religions and socioeconomic backgrounds. Treatment programs addressing these unique differences are more effective than those which do not. The integrative, holistic approach provides treatment options that take into account differences.

There has been a marked increase in alcohol consumption and problems in China in recent decades. In China, cultural norms promote social drinking but discourage drinking alone. It is common practice for men to drink alcohol in business meetings for camaraderie and positive working relations (Cochrane, Chen, Conigrave & Hao, 2003). The Chinese are experienced in grain-made alcohol production so a large amount of alcohol is available to be consumed in China. Alcohol is part of many traditional festivals and celebrations. Traditional Chinese Medicine places importance on the medicinal effects of alcohol, so moderate drinking is considered healthy to the Chinese (Liu, Lawrence & Liang, 2011).

Another group that consumes a significant amount of alcohol is the Native Americans. The Native American community has a higher rate of drug and alcohol use than other ethnic population. Many theories exist which try to explain the reason for the increased use of alcohol in this culture. The most notable theory maintains that the Native Americans are reacting to the stress and demands to acclimate to American society. Alcohol is used as a means of covering the

pain and mourning the loss of their culture (Fisher & Harrison, 2013). The Native American Health Center (NAHC) in California provides mental health and substance abuse services for urban American Indians. This program uses a culturally based, holistic treatment approach incorporating traditional Native American healing practices. The Native American practices that are integrated into this program are the pow-wow, talking circles, sweat lodge ceremony, smudging and traditional healers (Wright, Nebelkopf, King, Maas, Patel, Samuel, 2011) Providing a program that includes a groups' worldview and culture as it relates to the healing process is important. The challenge in providing holistic cultural programs is trying to incorporate the modalities so there is a balanced outcome. The NAHC uses models linking prevention, treatment and recovery. The Native American Culture is integrated into the treatment by acknowledging the “spiritual” aspect, harmony in life, exposure to positive role models, and participation in ceremonies. This program is successful because it respects the Native American traditions that are so ingrained in their lives and combines them with mainstream treatment options. This holistic approach to treatment emphasizes the restoration of balance in the tribal member’s lives. The Native Americans strive for harmony and balance in both the environment and in their relationships (Wright et al., 2011). The mind, body and spiritual connections are evident in this culturally based treatment program.

Gender Specific Issues in Treatment

The majority of research has been done on men and alcoholism in the past. There is a need to have more research conducted on woman and substance abuse. The holistic approach to treatment considers gender differences and addresses the specific needs of women. On average, women start their drinking patterns much later than men; their drinking is more tied to life events. They are more solitary drinkers. Women are more likely to attempt suicide; they usually

have low self-esteem and depression and they are twice as likely to be dependent on prescription drugs along with alcohol dependence (McDonough & Russell, 1994). Women may not seek help for their problems because of the stigma of alcoholism and feelings of shame. Alcoholism is also stereotyped mainly as a male disease. Many women do not admit that they have a drinking problem when seeking medical help and identify other problems instead. In many cases a woman will be diagnosed with depression rather than substance abuse and given medication. Women may also drink because of their many roles and conflicting expectations. There is a need for early screening of alcohol problems in women for early identification of the disease (Fisher & Harrison, 2013).

Providing gender-specific holistic chemical dependency treatment for women may improve retention and treatment outcomes (Linton, Flaim, Deuschle & Larrier, 2007). Women have special needs to be addressed in treatment that are different from those of men. The factors that have been identified as being important to women's chemical dependency treatment include: relational aspects of dependency; interpersonal group communication; trauma history; childcare, employment and transportation issues; co-occurring disorders; women's health issues; and parenting issues. Programs for women also need to focus on issues of empowerment since many women have low self-esteem and have been victims of trauma and abuse. An exploratory study done by Claus and colleagues found that women in gender specific programs stayed in treatment longer and continued to take part in aftercare services (as cited in Linton, et al., 2007). When a treatment program is more specific in its treatment options and focuses on gender-specific programming for both men and women then it will experience more success.

Transitional Services and Relapse Prevention

Integrative treatment programs address relapse prevention as the client transitions back into family and community life. The continuation of services is vital to substance abuse treatment prevention. “The working definition of Recovery from Mental Disorders and Substance Use Disorders is: A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential (SAMHSA News Release, 2011).” Effective treatment involves helping the client end their drug use, live a drug-free lifestyle and function productively in work, family and society. Because clients are not cured when leaving treatment, they strive for sustained sobriety and recovering their lives. Integrative programs help make these transitions smoother by providing assistance and preparation. Many patients in recovery have to rebuild their lives because they have lost family, relationships, homes, jobs and a place in their community. When transitioning back into the community they need support services to help them connect with resources to help them in the rebuilding process. Community or non-profit human service organizations and case management are available for those clients who desire services. The transitional phase of their recovery in holistic programming recognizes the importance of continuation of support and services. The Substance Abuse and Mental Health Services Administration has listed four major areas that support a life in recovery. These areas include: Living healthy; a safe and stable home; living a purposeful life with meaningful activities, and having a supportive community with relationships, friendships, hope and love (SAHMSA News Release, 2011).

To prevent relapse and avoid triggers clients need to develop new positive relationships and stay away from situations and places where they previously used substances. Groups such as Alcoholics Anonymous, Celebrate Recovery, Smart Recovery and Narcotics Anonymous provide

support and accountability that help clients maintain sobriety. Recreational and leisure activities need to replace drug related activities and boredom. Individual and/or family therapy may help clients to continue working on relational and behavioral issues. Some clients may move into transitional housing, group homes, sober living housing, and residential housing or stay with a supportive friend or family member. Clients may receive job training or return to school. Medical services and medication management are also important services to continue in aftercare.

The substance abuse treatment community has recognized that a relapse is a normal part of the recovery process and should not be looked on as a failure (Sun, 2007). Many people with substance use addictions experience repeated cycles of abstinence and relapse. To disrupt this cycle, many clinicians are utilizing continuing care interventions. Interventions include group counseling, behavioral therapies and other approaches. There are several factors that interfere with participation in services. Clients may be dissatisfied with options available and may not agree with the stance on abstinence of the program. They may be uncomfortable sharing feelings in group settings and with the religious focus in AA Twelve Step groups. The location of services, lack of childcare and job conflicts may also be deterrents in seeking help. (McKay, Hiller-Sturmhofel, 2011).

Individuals with substance abuse face many challenges in their recovery. Addiction is a chronic illness with repeated periods of sobriety and relapse. The holistic approach to treatment addresses the many obstacles clients face while continuing treatment. It integrates the mind, body and spiritual components that work together to promote the healing process. Integrative programming strives to meet individual needs. It takes into account clients' work, family needs, and programming preferences. The creative therapies help clients express emotions and promote

a greater sense of self-expression. Holistic programs also recognize the importance of aftercare in the recovery process and the continuation of services.

Chapter Three: Conclusions

The research presented identifies the modalities and aspects that are present today in comprehensive, holistic treatment programs for substance abuse. It has further examined the effectiveness and importance of these programs in the recovery process. An integrative approach to treatment takes into account the individual needs of its patients and provides a program that fits those needs. The mind, body and spirit are all interconnected and the holistic approach addresses this relationship as it relates to recovery in substance abuse.

There needs to be more integration of mind, body and spiritual modalities in substance abuse treatment programs. Recognition of this connection provides additional avenues to promote the healing process. People in recovery need programs that address their individual needs. Recognition of cultures, genders and mental health issues in the treatment process is crucial to recovery. If programs are not culturally sensitive then individuals may not continue in treatment. Treating the underlying issues and not just the addictive behavior is important in treating the whole individual, not just the “disease.” For female clients, providing programs that address the needs of women raises the success rate and targets the issues that cause them to abuse substances. Substance abuse addictions are on the increase and there needs to be treatment planning that is successful, individualized and relevant.

Healthcare costs are rising and there is a need to have effective programs in place to promote healthy lifestyle change and prevent relapse. More individuals will seek treatment if programs are convenient and address their personal array of individual needs. Prevention and education are the keys to breaking the cycle of addiction. By educating our children on how these substances affect their minds, bodies and emotional well-being then we may prevent another generation of addictions. Promoting positive self-images and positive peer relationships

in the early developing years may decrease the need to use drugs. There is a need to educate families on the signs and symptoms of substance abuse and mental health issues, for prevention and awareness. If mental health issues are diagnosed and treated earlier, individuals will be less likely to self-medicate with other substances. In addition, substance abuse can increase the incidence of mental health issues such as anxiety and depression. Drug use can change the brain and interfere with the circuitry and lead to addiction. If we prevent young people from experimenting with substances, then they will not have to struggle with a lifelong addiction. Also, the likelihood of drug abuse increases with life challenges. When situations become distressing (e.g., divorce, death, or loss of employment), there is often an increase in substance abuse. Teaching individuals coping skills and cognitive behavioral techniques may reduce their need to turn to substances to ease the suffering.

Many teens will give in to peer pressure and take substances to fit in. Some may use illegal stimulant drugs to help them study and do better in school. The adolescent brain is still developing as are judgment and decision making skills. This may limit adolescents' ability to assess the consequences of their drug use. Unfortunately, using drugs can interfere with normal brain functioning and cause poor academic performance, family and social problems, mental health problems and involvement in the legal system (NIDA, 2007). Prevention of adolescent addiction is essential to healthy brain development and positive coping and social skills.

Integrative programs address prevention, education and gender-specific issues by providing relevant programming. These programs provide child-care, transportation options, flexible scheduling and relevant topics that are meaningful to specific populations in recovery. Culturally sensitive approaches to therapy also provide meaningful and effective ways to reach specific

groups of people. Addressing family dynamics in the recovery process helps each family member understand their role and address relational issues.

Holistic treatment options provide an integrative, mind, body, spiritual approach that recognizes dually diagnosed clients and their special needs. These patients need to address their underlying mental health issues in addition to their substance abuse. Patients are given many options today for treatment that fits their individual needs. Programming includes inpatient intensive programs, outpatient intensive programming and outpatient programming. There are a variety of therapy options available such as cognitive behavioral therapy, motivational interviewing, contingency management and family and group therapy. Holistic programs combine these therapies with medication therapy, exercise, spiritual components, acupuncture, creative therapies, meditation, herbal therapy and yoga.

Holistic programs acknowledge that recovery in substance abuse is an ongoing process with repeated periods of abstinence and relapse. Addiction is a chronic disease that affects people from all socioeconomic and cultural backgrounds. Each stage of recovery has its own unique challenges that need to be addressed and supported by mind, body and spiritual therapies. Integrative treatment options provide the tailor made programs that work to accommodate individual needs and address the total individual.

Most traditional treatment programs used a one size fits all approach to recovery treatment. Patients' mental health issues were not always diagnosed, so patients were unable to address underlying issue that may have been related to their substance abuse. These programs also did not recognize the importance of the mind, body and spirit modalities in the healing process. Modalities such as meditation, creative therapies, exercise, yoga, massage, acupuncture and nutrition all play an important role in recovery and the healing process. Holistic programs

provide the treatment options that promote health and healing through the mind, body and spirit connection.

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