

*Effect of Transpersonal Psychotherapy in Reducing Symptom of Craving and the
Level Dependency in People with Substance Use Disorder*

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Abstract

The numbers of young people who addicted to drugs in Bali has been increasing every year and it has reached a very concerning numbers. Not only the prevention of spreading drug use that need to be focused on but also the management for those who already using drugs, so they can be productive and free from their addiction. The healing process for the people with substance use disorder is a difficult process. Relapse could occur during the process. With the support from family and friends and high motivation and will from the patients, the relapse will be able to minimize. This study aims to determine the impact of the Transpersonal Psychotherapy in people with substance use disorder. The intervention given to reduce the symptoms of craving so they continue to decreasing the level of dependence on the addictive substances. The study will also aim to accelerate and facilitate the healing process. The method of this study is using the experiment method with single case experiments approach. There is 10 subject's research and the interventions administered for 5 weeks. Intervention given is Transpersonal Psychotherapy, healing trough Pure Awareness. The expected outcome of this research is that the pain is reduced when patients going through the withdrawal conditions and it will affect the level of dependence on the drug. Detailed results and implication will be discussed further in a comprehensive manner.

Keywords: Addiction, Craving, Substance Use Disorder, Transpersonal Psychotherapy

I. BACKGROUND

The population of young people who use narcotics, psychotropic and other addictive substances (drugs) becoming alarming. According to the data from National Narcotics Agency (BNN), the number of drug addicts in Indonesia has reached between 3.8 – 4.2 million people. The actual number is greater than the data reported because many addicted people have not been detected. This figure is predicted to continue growing, considering the money circulating in the drug business is so huge that more parties want to get involved.

Drug abuse usually begins with an offer from a friend for free and used to forget problems until finally the level of dependence on the drug has increased and he/she becoming a drug addict (Yusinta, 2004). Various preventive efforts against drug trafficking among the young generation have been done, but the numbers of drug addicts keep increasing. The drug problems are very complex, not only about the prevention but most important is the treatment for those who are addicted to drugs. There has not been an instant or magic treatment to free people from drug addictions, according to BNN RI (2009) there are stages of change that will be developed by a drug addict to be totally free from drug abuse. The stages are:

1. Pre-contemplation
On this stage, the addicts may not aware of their addiction. They deny their problem being addicted to drugs.
2. Contemplation Phase
The addicts understand the problem they are facing, and want to do something about it but do not know how to start.
3. Preparation
On this stage the addict ready to take action. They feel that they can face the challenge and the obstacles.
4. Action
This stage shows how the addict have taken the decision to stop using drug and start the treatment program that offered or chosen for them. Relapse will likely happen on this stage. The addicts struggle to cope with the withdrawal condition.
5. Maintenance Phase
The addict has sober and healing process to maintain this condition continues. Social support will play the most crucial role in helping them to stay in the sober stage.

Resource: Book of *Pencegahan Penyalahgunaan Narkoba Sejak Usia Dini*, BNN RI, 2009

Based on those stages of recovery which is not easy to go through, the researcher intend to help addicts in the 4th stage where the person have taken the decision to stop using drugs and show serious behavior to reduce the use of drugs. One of the indicators that show drug addicts have taken the decision to stop taking drugs is to go and seek treatment or rehabilitation for them to be free from the addictive substances. Considering this stage is a critical stage and they need as much help they can get to keep them motivated and managed their emotions in order to survive in achieving their goal to be free from drug addiction, the researcher intends to help them by providing Transpersonal Psychotherapy during the process.

II. RESEARCH METHODS

The research method that will be used is an experimental method; ABAB single case where A1 and A2 are Baseline 1 before patients receive psychological therapy and B1 and B2 is an Intervention 1 and Intervention 2. (Barlow & Hersen, 1984; Myers & Hansen, 2002 in Nurlaila EF, 2008).

A1: Baseline 1 (basic 1) B1: Intervention 1 (Therapy 1): Transpersonal Psychotherapy

A2: Baseline 2 (basic 2) B2: Intervention 2 (Therapy 2): Transpersonal Psychotherapy

The baseline is condition where the clients were given methadone, nutritionist food, and social support from the therapist. The difference between the baseline and the therapy is on the intervention given by the therapist.

Psychological intervention that will use in this research is the method of Transpersonal Psychotherapy. Transpersonal Psychotherapy is a therapy which will use higher level of consciousness. Individuals will see themselves as a whole and not just the body. Transpersonal Psychotherapy is the process of transcendent consciousness, allowing exploration of the pre-opening awareness and deeper level of human beings, the higher self, the true self or inner self (Strohl, 1998). There are several methods of Transpersonal psychotherapy (Greenberg, 1999; Rowan, 2002) such as: meditation, psychosynthesis, contemplation, intuition, yoga, biofeedback, breathing training, mental focus, visualization, dreams, imagery, and communications within. These methods are used in research by Kabat, et al. (1992); Mills, et al. (2000); Boorstein (2000); Greyson (2002); Sutherland, et al (2001); Rowan (2002); Bonnadona (2003); Khim et al. (2005). The new method was introduced in Indonesia is a method of healing through pure awareness where human access to physical and psychological healing through her own body (Adrianto R., 2010). Pure awareness is a state, a condition which you experience everything. It is attribute of you that is your awakesness, your aliveness. (Stone, 2007). When the clients experience the pure awareness, the body becoming aware and react to heal its own body.

The stages in the study are going through several phases, such as:

- Phase I : Counseling and rapport
- Phase II : Preparation (an introduction to relaxation processes)
- Phase III : Initial therapy (relaxation, mind focus and pure awareness healing)
- Phase IV : Therapy with pure awareness healing and distance healing
- Phase V : Last week of therapy (therapy through pure awareness and meditation)
- Phase VI : Evaluation and understanding life purpose

The stages of therapy are mentioned below:

Stage	Activity	Time
I.	Introduction to relaxation and mind focus	1 day
II.	<ul style="list-style-type: none">- Relaxation- Meditation- Pure Awareness Healing	2 weeks
III.	<ul style="list-style-type: none">- Relaxation- Meditation- Pure Awareness Healing- Distance healing	4 weeks

Starting the initial therapy, the clients had been given the form of psychological homework that they need to do and report the feeling and condition every day. They were asked to do breathing technique every morning as soon as they woke up and before go to bed at night. Once a week we had meeting to discuss their overall conditions.

III. LOCATION AND DATA COLLECTION

Participants are patients in Methadone Clinic, Sanglah Hospital, Denpasar – Bali, who already stop using narcotics and also want to stop using methadone. Initially there were 10 participants willing to participate but only 7 participants who follow the therapy until the end. They have been informed the process of this research and signed the informed consent to show a firm agreement between researcher and participants. The participants will receive Rp. 250.000/month for transportation allowance and lunch and drink every meeting. We meet every week with the date and time agreed by both parties. The meeting took place mostly in Methadone Clinic, Sanglah Hospital. Collecting data were done by using depth interview and observation by co-researcher where one co-researcher focus on maximum 2 participants. All participants were also asked to fill the form of psychological homework where they were asked to do the breathing technique each morning and night and noted how they feel, physically and emotionally.

IV. RESULT and DISCUSSION

This study conducted in two months starting January – March 2013. All participants gathered to receive therapy once a week. The beginning of this study, there were 10 participants, all male, age between 30 to 55 years old, but only 7 people who managed to follow this research until the end. The three people who cancelled their participations could not meet our schedule for meeting

and therapy. The result of this study was a descriptive data consist of their Curriculum Vitae, history of addiction, emotional and health condition in daily self report.

This study use the single case experimental design is to see the effect of intervention / effect of therapy. The challenge using the experimental design is extraneous variables, internal validity and confounding (Myers & Hansen, 2002). Those factors had been controlled during the study but there are still possibilities that some distraction might affect the result. We use the evaluation sheet that simple and easy to fill, therefore the clients won't have to be burden with so many questions. We also use constancy of condition to control the effect by using the time of intervention, same instruction and same procedure during therapy. The researcher also did in depth interview during the study to know each person's experience so it can be used as the data to analyze the effect of therapy in each individual subject research. On the second stage of therapy, the clients were easily done the relaxation and meditation as they were already had their first stage experience. The relax condition is the most important part to let the healing through pure awareness to happen.

This discussion will explain how the psychotherapy transpersonal (relaxation, meditation and healing through pure awareness) give impact to the condition of people with substance use disorder. The connection between physical condition and mental condition is very strong. The transpersonal psychotherapy technique is using the inner power, focus on oneself until the transformation of awareness occur. That transformation will make the integration in physic, mind, soul and spirit, and the healing process begin. This integration make a harmonious condition between physical body and mental. The pure awareness technique make the healing process happen so fast. That's why it also called a quantum healing. The word that comes to mind when a scientist thinks of such sudden changes is quantum. The word denotes a discrete jump from one level of functioning to a higher level, the quantum leap. Quantum is also a technical term, once known only to physicists but now growing in popular usage. Formally, a quantum is "the indivisible unit in which waves may be emitted or absorbed". (Chopra, 1990). The transformation of level consciousness related to the body is in the neurophysiology system such as neurotransmitter, brain/neocortex, hormones, and also immune system. With routine meditation, it had been proved to lower the stress hormones (Hyness, 1999). Meditation is lowering the oxygen consumption, and lowering the breathing process, heartbeat and make the entire body relax. With The Pure awareness technique, the goal is to cultivate a state of being in which the experience of Pure Awareness is never lost, to live in a state of being in which Pure Awareness is never overshadowed by all the other experiences of life. When you have cultivated this state you attain a permanent state of inner peace that is undisturbed by even the most circumstances (Stone, 2007). Before given the therapy, the clients faced a stressful condition about their addiction, feeling anxiety and feeling helpless. After the therapy, they feel much better to accept their condition, and feel that they can do something about their addiction. Meditation as the way to self centered, to focus on the right here and now condition, to be able to regulate their selves so they are not worried about the future nor the past. Meditation is also allowing the clients to lower their negative emotions that will impact their self balance. Subjects who do meditations learn to believe inner nature and wisdom that will help to recognize the person's responsibility (Albeniz and Holmes, 2000) and it makes them to accept their condition of addiction is their responsibilities. Accepting and being responsible of what the client's condition bring out the positive aspects of their selves.

Discussion on each subject based on their history of life, daily form, and in depth interview and observation. The client's experience, background and history of client's life, their personalities give different effect of the result of Transpersonal Psychotherapy. The subjects who followed this therapy are 7 subjects (GB, WR, LR, MF, AR, ST, IA). All subjects suffered from insomnia, addicted to caffeine and nicotine. MF has problem with his sugar level on his blood (diabetes) and IA has problem with his left hand (his bones on his left hand hurt because of accident couple years ago). After given the therapy, all of them can sleep well at night and the insomnia is gone. They had a quality sleep and feel better and fresh in the morning. The significant reduce of coffee consumption and cigarette show in every subject. IA, LR, and MF used to drink more than 5-12 cups/day and smoked 12 -24 cigarettes. After the therapy, they are not enjoying coffee and cigarette that much, the consumption of coffee 2 – 3 cups /day and 3-6 cigarettes/day. MF had stable level of sugar in his blood since the therapy given until now. IA does not feel the pain in his left arm anymore. All subjects feel their health is getting better. They also feel that their relations with family member are improving. MR now spent a lot of time with his son than he ever done. Others have better way of communication with wives and other relatives. The withdrawal condition could not been measure as they continue using the methadone. The doze of methadone reduced as per doctor's prescription.

V. CLOSING

Based on this study, people with substance use disorder who have made their decision to stop using drugs facing difficult times avoiding from relapse. They need social support and psychotherapy to help them maintain their motivation to stay away from drugs. The psychotherapy concept that including the medical aspects, good nutrition, social support, counseling and psychotherapy are needed to accelerate their healing process to be free from drug or methadone. Transpersonal Psychotherapy made some changes of attitude and behavior as there is an integration result between body, physiological, mind, soul and spirit. Psychotherapy Transpersonal with relaxation, meditation and pure awareness healing gave significant change in the subject's life. The greatest contribution to the addiction conditions is the addicted to caffeine and nicotine that reduce significantly while the reduction of level dependency of drugs and methadone do not show the significant results yet. The improvement of overall health's condition increase their productivity in work area, better communication with family and more calm in dealing with their addictions. They have become more optimistic to be able to get better and free from addiction.

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