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Title

Existential approach in psychorehabilitation of addicts

Abstract for

Short Communication

Abstract

Addiction is a complex phenomenon, it arises as a result of various factors and can manifest itself in different forms. Today it is considered as a chronic relapsing disease, which is characterized by loss of control over substance use or behavior, as well as a desire to repeat the experience, despite negative consequences.

From the point of view of existential philosophy, addiction is not only a physiological or psychological problem, but also a deep crisis of human existence. It occurs when a person loses the meaning of life, cannot find answers to the fundamental questions of existence and seeks temporary relief in external stimulants. Existential anxiety, which includes fear of the unknown, death, loneliness or freedom, becomes an important factor contributing to the formation of addiction.

Modern social and political realities, in particular the war in Ukraine, create additional pressure on the mental health of the population. Chronic stress caused by traumatic events leads to emotional exhaustion. In such conditions, the risk of using psychoactive substances (P?S) as a way to temporarily relieve emotional state increases. Using PS in a state of stress impairs the ability to think logically, assess the situation and make informed decisions.

The results of an empirical study among 208 people who sought psychological help or were inpatients in medical centers specializing in narcology are presented. The results of the study revealed that a significant part of the respondents had a reduced quality of life, high levels of anxiety, depression, feelings of hopelessness and post-traumatic stress disorder (PTSD). Many of them had signs of addiction, which they used as a way to temporarily relieve their emotional state.

The results of the study indicate the presence of a deep existential vacuum that arises from the loss of meaning in life, experienced crisis events and the inability to adapt to new conditions. People suffering from PTSD, depression and addictions often cannot find a purpose that would give their lives meaning. They plunge into a state of apathy, hopelessness and escape from reality, which further worsens their condition. The conducted study allows us to identify key vectors and content targets of psychorehabilitation work with individuals with addictive disorders, and also emphasizes the effectiveness of existential therapy as one of the possible approaches to complex intervention. The results confirm the feasibility of multi-vector treatment, which involves the synthesis of psychotherapeutic, pharmacological and social rehabilitation measures. Particular attention should be paid to the existential dimension of therapy, which focuses on the search for meaning as a key resource for restoring mental health and overcoming addiction.

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