Substance Addiction through NLP Psychology

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Short Communication

Abstract

Individuals with addiction issues have different experiences with the same forms of treatment. Some people may respond better than another. The best treatments include a wide array of therapies and close working with patients to determine the most effective procedure. Neuro-Linguistic Programming (NLP) therapy is now widely adopted to treat patients struggling with addictions. Patients undergoing NLP therapy find their thinking process transformed, which helps in improving their Recovery skills. The benefits of NLP comes from the emotional strength that it provides to the addicted person. Addiction can result in a feeling of helplessness, which in turn can jeopardize the steps towards recovery. NLP works towards building resilience so that the addicted person does not get emotional outbursts. What is Neuro-Linguistic Programming? Neuro-Linguistic Programming (NLP) helps in making an addicted person analyze the approaches that bring success, and use them to achieve a certain goal. The idea is to break down one's behaviour into its basic parts and replace and rebuild these behavioural parts.

Biography

Dr P T Sunderam is Pioneering Married couples Relationship mentoring movement for the last 2 decades in India. He is CEO and Mentor of NTC academy. He has saved 25 k families through his online mentoring throughout the globe. He is graduate from Osmania university, he completed his MS (counselling and psychotherapy) and His Doctoral thesis is an Application study of NLP(neuro Linguistic Psychology) " Sleeping disorder with prisoners" of Hyderabad central jail inmates. His mission is to empower 1 million young couples of the society His message is " Edit your mind and rewrite your own story of life' he can be approached at