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Yoga and recovery, the evidence supporting yoga, meditation and physical activity in recovery

In order to keep current with consumer trends and demands, many treatment centers offer clients a range of therapies including adventure therapy, yoga, meditation and various forms of physical activity. Is there more to the increasing employment of these modalities than keeping current with consumer trends? Yoga and recovery explores the heart and science of yoga, meditation and physical activity in recovery. Emerging research demonstrates the effective, repeatable application of these modes of therapy in addiction recovery. Marcus and Zgierska's research, *Mindfulness-Based Therapies for Substance Use Disorders*, highlights the effectiveness of meditation in treatment. Smith, Schmidt and Iordanou explore the benefits of aerobic exercise on cocaine behaviors in their 2008 paper. In, *A Pilot Study of Qigong for Reducing Cocaine Craving Early in Recovery*, Smelson, Chen, Ziedonis, Andes, Lennox, Callahan, Rodrigues and Eisenberg validate the yoga in recovery treatment. The aforementioned papers are but a sampling of the vast body of evidence supporting yoga, meditation and physical activity in recovery treatment. This talk will provide the social and environmental context that fosters addictive behaviors while providing a solid, scientific foundation for the inclusion of yoga, meditation and physical activity in effective, repeatable treatment.

Biography

Carrie Schell has completed her course work for her PhD and is preparing for her defense. She holds a Master's degree from Dalhousie University and is a licensed Midwife, RYT and published author. She is the Director of Wellness Inc., an innovative health and wellness consulting firm that develops and implements wellness programs rooted in yoga, meditation and physical activity. School boards throughout Canada and the United States have implemented her evidence-based, effective programming. She has worked in the field of addictions for over 20 years, most recently as the Director of Health and Wellness at a residential treatment centre. She has spoken at conferences throughout the world on various topics ranging from physical activity, maternal care, midwifery of dying, women's issues and addictions.

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