**EMDR to Enhance Recovery from Addiction: Preventing relapse cycle**

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Substance abuse is the most central cause of social damage. Non-adaptive model of drug use marks in adverse problems and consequences that are addressed very sophisticatedly in the recovery process. Yet the relapse rate notably high and little focus has been given to exit preparation to prevent the relapse cycle during rehabilitation. The greatest challenges of maintaining sober life is to deal with the triggering feelings, attitude, and behavior encountered in real life situation after return. Not to mention, the running into the triggering time, place, person or event in everyday life at home and society. The present study aims to address these two future challenges through AIP model of EMDR before discharge from rehabilitation center. The purpose it to use inverted protocol to build positive future template helpful to face the challenges of outside world. Randomized control trial has been used to explore the effectiveness of EMDR future template to prevent the relapse cycle.

The current research is an ongoing study. At this stage we are presenting preliminary data on 10 adult inmates of drug addiction center. Following measures were used to identify their psychological status with their consent –

1. Hospital Anxiety and Depression Scales (HADS)
2. PCL-5

Samples were randomly assigned into EMDR and non-EMDR group from the discharge list before 10 days of their discharge. Double blind method was followed to apply pre-test, post-test andfollow-up test, after 1 month of discharge.

At this point Mean and Standard Errorwas considered to see the effectiveness of the inverted protocol of Future Template. Results showing the mean Anxiety scores of EMDR group 5.5 (pre-test) and 3 (post-test). On the other hand the mean Anxiety scores of Non-EMDR group are 5.2 (pre-test) and 5.6 (post-test) which shows a notable impact on reducing Anxiety of EMDR clients. In case of Depression, EMDR group mean scores are 4.75 (pre-test) and 2 (post-test), and Non-EMDR group mean scores are 5.20 (pre-test) and 5.40 (post-test), which directs a remarkable impression of EMDR.The PCL-5 mean scores of EMDR group are 22.25 (pre-test) and 16.75 (post-test and for Non-EMDR group 28.60 (pre-test) and 25.40 (post-test), has also shown distinguished impact of EMDR. In summery the result showed a trend that EMDR has notable impact on reducing anxiety, depression and distress level of EMDR group than non-EMDR group. Results also showing a gradual decrease of the level of anxiety and depression of the patients of EMDR group during sessions. On the other hand, level of distress showed an increase during middle of the sessions and then a decrease after completing the course. Up to now the result is showing effective impact of applying future template to increase confidence in their recovery journey. If further support can be given, EMDR can be used as a successful exit plan for drug addiction treatment.