

Buddhism and the Road to Recovery from Drug Dependence

This project is an action research with a view to building a natural recovery model, based on the spiritual elements of Buddhism, to facilitate the recovery process for drug addicts. The project is jointly conducted by CBS and the Centre for Criminology in collaboration with the largest voluntary drug treatment centre in Hong Kong – namely the Shek Kwu Chau Treatment and Rehabilitation Centre of the Society for the Aid and Rehabilitation of Drug Abusers. Reference is made to the factors conducive to successful rehabilitation from drug misuse and relapse prevention. Focus groups and in-depth individual interviews with a life-history approach have been conducted. A new Buddhist intervention model has been developed and delivered as workshops to be evaluated through structured interviews upon completion of intervention program and longitudinally 12 months after discharge from the treatment centre. A curriculum package for continued use at the centre and other organizations would be produced. Results of this study would be published in peer reviewed journal articles in the fields of Buddhist studies, criminology, substance use and rehabilitation.