

7th World Congress on **Addictive Disorders & Addiction Therapy**
&
29th International Conference on **Sleep Disorders and Psychiatry**

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Maintaining the recovery post addiction

Meeting psychological hungers are essential in order for addicts to reduce, and/or finally stop accessing their unhealthy pathways and relapses. There are six biological and psychological needs that must be fulfilled for a person to be in balance, feel alive, feel love fully, feel happiness, and be productive. Subject has stressed upon six major emotional needs which must be fulfilled in order to prevent feeling emotionally hungry. As humans, we need food and water to survive physically and be healthy, we also need to fulfill the six psychological hungers to feel emotionally wellbeing and satisfied. These are termed as contact, recognition, incident, stimulus, structure, and sex/passion. By ensuring the six hungers are equally in place it would ultimately ensure the provision of a healthy 'adult'. The 'adult' self is derived from Bern's ego state model, 'parent', 'adult' and 'child' and is characterized by practical thinking and reasoning i.e., living in the here and now. It deals with analyzing, problem solving and decision-making skills of an individual. By strengthening the 'adult', this will enable the former addict to perform and integrate more successfully within the personal and social settings of their lives.

Biography

Rukhsana Khan has completed her four year Diploma in Transactional Analysis Psychotherapy in 2015 from Manchester Institute for Psychotherapy, UK. In addition, she has completed BA in Psychology and Economics from Pakistan and; BSc (Hons) in Psychological studies from University of Huddersfield, UK. She also holds a Post Graduate Certificate in Education (PGCE) from University of Bolton, UK. Her success is based on her passion and diligence in building her career as a Lecturer in Psychology, a Counsellor and a Psychotherapist. She is currently undergoing preparations for pursuing Professional Doctorate Programme in Psychotherapy from Metanoia Institute, London.

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