

Mindfulness-Based Relapse Prevention (MBRP)

Mindfulness-Based Relapse Prevention (MBRP) is a program developed by researchers at the University of Washington as an aftercare treatment approach for individuals who have completed intensive treatment for substance use disorders. The program, based on the structure of Mindfulness-Based Stress Reduction and Mindfulness-Based Cognitive Therapy, integrates meditation practice with Dr. Alan Marlatt's Relapse Prevention program. The 8-week course consists of intensive meditation practice, as well as skills for working with craving, difficult emotions, and situations that put individuals at high risk for relapse. Participants in MBRP groups meditate daily, practicing techniques learned in the weekly groups. Recent research has shown the program to be effective for reducing craving and risk of relapse, and increasing an overall sense of awareness of one's experiences. A guidebook for clinicians is currently in press, expected to be available in early 2010.