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Mindfulness in holistic management of schizophrenia

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Schizophrenia is a severe mental illness that is characterized by abnormal cognitive, volitional, perceptual, and behavioral manifestations such as persistent delusions, disorganized thinking, auditory hallucinations, social withdrawal, lack of motivation, and apathy. The 12-month prevalence rate is 1.1-1.8% of adult populations. Holistic management of schizophrenia involves management of psychosocial functioning, work behaviors, psychiatric symptoms, depression, psychological distress, and relapse rate among other issues. Mindfulness-based intervention improves all these factors. Additionally, there are also a few positive effects found over a longer-term (12-24 months) follow-up on these patients' functioning, psychotic symptoms, insight into the illness, and relapse prevention. Through mindfulness-based intervention, an individual can learn to accept his/her thoughts and feelings and modify his/her dysfunctional cognitive, emotional and behavioral manifestations. Research studies indicate mindfulness training can improve schizophrenia patient's ability to regulate emotion and thought the process in a more constructive manner and generate desirable responses which are very much important in the holistic management of schizophrenia.

Biography

Pronab Ganguly has more than 15 years of hands-on experience in holistic management of schizophrenia. He has worked in several group homes for schizophrenia patients. He has two journal articles and six conferences proceeding on holistic management of schizophrenia. With a Master's in biomedical engineering, a certificate in mental health and a diploma in counseling, presently he is pursuing PhD on holistic management of schizophrenia at Western Sydney University, Sydney, Australia.

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