NARRATIVE REVIEW:
NON – PHARMACOLOGICAL TREATMENT FOR SUBSTANCE ABUSE IN MALAYSIA

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ABSTRACT

This article provides an overview of non-pharmacological treatment for substance abuse in Malaysia. As we know, the non-pharmacological treatment is very important in order to help the people who have substance abuse problem. Therefore, in this article we will discuss about the non-pharmacological treatment that has been used in Malaysia. It is due to the nature of substance abuse problem is very complicated, the non-pharmacological treatment are using together with pharmacological treatment. Non-pharmacological treatments can be considered as complement for pharmacological treatment even though their target symptom and problem areas are different between each other. We will discuss more in this article about the non-pharmacological treatment such as behavioural treatment, brief motivation, and much more. All of these non-pharmacological treatments have been shown as the most effective treatment in treating the substance abuse problem in Malaysia.

INTRODUCTION

The problem of substance abuse is become very serious in Malaysia. It is because the number of young people who are engaged in the substance abuse problem was increased every year. The government and other agency like Non Government Agencies (NGO) have done many efforts in order to solve the substance abuse problem. One of the effort that have been done by government is setting up Cure and Care Rehabilitation Centres under the supervision of National Anti Drug Agency (AADK) and some NGO also set up their own treatment centre in order to give treatment to the people who have the substance abuse problem. Generally, there are two types of treatment that has been used in order to give treatment for substance abuse in Malaysia which are pharmacological treatment and non-pharmacological treatment. But, the purpose of this article is to study about the non-pharmacological treatment of substance abuse in Malaysia.

METHOD

There is no specific method that had been propose to get the information. By using the internet and google the journal that related to the topic. And the researcher get some journal which can be review about the non-pharmacological drug treatment in Malaysia.
### Table 1: Journal that had been selected as follow:

<table>
<thead>
<tr>
<th>Title of the journal</th>
<th>Author</th>
</tr>
</thead>
</table>
| 1. Malaysia Drug Treatment Policy: An Education from Total Abstinence to Harm Reduction. | ● B. Viknasingam  
● Mahmud Mazlan |
| 2. Psycho-Spiritual Therapy Approach For Drug Addiction Rehabilitation | ● Dr. Muhammad Yusof Khalid |
| 3. Spiritual And Traditional Rehabilitation Modality Of Drug Addiction In Malaysia | ● Dr. Fadzli Adam  
● Wan Ibrahim Wan Ahmad  
● Sudirman Abdul Fatah |
| 4. Cyber Counseling For Addiction And Drug Related Problem | ● Hazili Husin  
● Irma Ahmad  
● Muhammad Hashim Othman. |

### DISCUSSION

Table 2: Non-pharmacological drug Treatment in Malaysia

<table>
<thead>
<tr>
<th>Approach</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Counseling</td>
</tr>
</tbody>
</table>
| ● Behavioral therapy  
● Cognitive behavior therapy  
● Psychosocial |
| 2. Spiritual |
| ● Sufism  
● Buddhism |
| 3. Traditional |
| ● Shower  
● Drink the spell water |

From the table 2, we can see that there are several way of non-pharmacological drug treatment which had been suggested and implemented in Malaysia. National Anti-drug Agency under government of Malaysia confirm that there are 29 rehab centre under their organization that had been prepared with the multi-dimensional approach. It include counselling and spiritual approach in treating drug addict in their centre.

However, there are also non-government agencies and centers which provided rehabilitation without pharmacological approach in Malaysia such as Rumah Pengasih, Darus Syifa’, Jabat Sufi, Faith Home, Light Home, Rumah Sahabat and so on.

A person who accessing the non pharmacological treatment may not need to access every one of these components, but each plays an important role. These systems are surrounded in a broader community and the support provided by various parts of that community also play an important role in supporting the recovery of people with substance use disorders.

**Counselling Approach**
Counselling in treatment of the drug addict is one of the technique that had been used in mostly rehab centre in Malaysia. Either it is private centre or under government still claim that they use this counselling. However, it is not.

a. Individual and Group Counselling

Counselling can be divided into two categories which are the individual counselling and group counselling. Individual counselling often focuses on reducing or stopping substance use, skill building, adherence to a recovery plan, and social, family, and professional or educational outcomes (Corey, 2005). Group counselling is often used in addition to individual counselling to provide social reinforcement for pursuit of recovery (Corey, 2005). In Malaysia, counsellors in Cure and Care Rehabilitation Centre (CCRC) provide a variety of services to people in treatment for substance abuse including assessment, treatment planning, and counselling. These counsellors will do a counselling session to the residence in CCRC.

In counselling session, counsellor will use some common therapies such as Cognitive behavioural therapy which teaches individuals in treatment to recognize and stop negative patterns of thinking and behaviour. For example, cognitive behavioural therapy might help a person be aware of the stressors, situations, and feelings that lead to substance use so that the person can avoid them or act differently when they occur (Corey, 2005). Besides that, contingency management is designed to provide incentives to reinforce positive behaviours, such as remaining abstinent from substance use (Miller, 2005). In addition, motivational enhancement therapy helps people with substance abuse problem to build motivation and commit to specific plans to engage in treatment and seek recovery (Miller, 2005). It is often used early in the process to engage people in treatment. On the other hand, 12step facilitation therapy seeks to guide and support engagement in 12step programs such as Alcoholics Anonymous or Narcotics Anonymous (Miller, 2005). Some forms of counselling are suitable to specific populations. For example, young people need a different set of treatment services to guide them towards recovery. Treatments for youth often involve a family component.

There are some other approaches that can be used in treating drug addict. Below are some approaches that can use in drug addiction treatment.

<table>
<thead>
<tr>
<th>Approaches</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crisis Interventions Therapy</td>
<td>This approach is related to the psychosocial approach because it influencing functioning toward the crisis occur.</td>
</tr>
<tr>
<td>Narrative therapy</td>
<td>This approach had been used by counsellor in dealing with addict. This approach focus on people’s expressions on experiences in their life. While story the counsellor will interpret the problem occur and try to re-frame it in a manner that is more enabling and empowering to its problem.</td>
</tr>
<tr>
<td>Rational Emotive Behaviour Therapy</td>
<td>This approach focus on belief that lead to emotional and behaviour of client. The counsellor would try to lead the client to focus on rational belief that will lead to positive emotional and behaviour.</td>
</tr>
</tbody>
</table>
Inpatient and Residential Settings

Treatment can be provided in inpatient or residential sessions. In Malaysia, the Cure & Care Rehabilitation Centre has facilities with a broader behavioral health focus. Longer term residential treatment has lengths of stay that can be as long as six to twelve months and is relatively uncommon. These programs focus on helping individuals change their behaviors in a highly structured setting. At the early stage in CCRC, all of the residence will go on detoxification (also known as medically managed withdrawal). After that, CCRC will provide initial intensive treatment, and preparation for a return to community based settings.

The other alternative to inpatient or residential treatment is intensive outpatient treatment. In Malaysia, Klinik Cure and Care is the place that running the outpatient treatment. This program has people attend very intensive and regular treatment sessions multiple times a week early in their treatment for 3 months. After completing intensive outpatient treatment, individuals can go out from this program and can be considered as sustaining their recovery.

b. Recovery Support Services

Recovery support services are non pharmacological treatment that is used with treatment to support individuals in their recovery goals. These services are often provided by peers, or others who are already in recovery. In Malaysia, NGO like Pengasih and Drug Intervention community (DIC) has doing this recovery support service. Recovery support can include such as transportation to and from treatment and recovery oriented activities, employment or educational supports, specialized living situations, peer to peer services, mentoring, coaching, spiritual and faith based support, parenting education, self help and support groups, outreach and engagement, education about strategies to promote wellness and recover.

c. Peer Supports

Peers are individuals in recovery who can use their own experiences to help others working towards recovery. Peer supports are a critical component of the substance abuse treatment system. Many people who work in the treatment system as counsellors or case managers are in recovery, and peers are central to many recovery support efforts. Peers also play a powerful role as a part of mutual support groups. These groups, including Alcoholics Anonymous or Narcotics Anonymous and other 12step programs, provide peer support for ending or reducing substance abuse (Miller, 2005). Mutual support groups are often intentionally incorporated into treatment plans and can provide a ready community for individuals who are trying to change their lifestyles to get away from alcohol and other drugs. While mutual support groups do not work for everyone and are not a necessary part of recovery, they are a fundamental component of the substance abuse treatment system, even if they are not considered formal treatment (Miller, 2005).

Spiritual Based Approach

In Malaysia, there are many private drug rehabilitation centres using Spiritual based and approach as method to treat the drug addict. It is because many private drug rehabilitation centres in Malaysia are conducted by the medicine man (Shaman) or religious man (ustaz). Majority of the private rehabilitation centres that using spiritual based approach are practised an Islamic based approach and non-Islamic based approach. Drug rehabilitation centres that practice Islamic approach are focused on the faith and belief of the true Muslim. The residence of the rehabilitation centre should perform prayer, practice zikir, attending fardhu ain class, attending Quranic recitation class, practice remembrance and repentance to Allah s.w.t in order
to treat the drug addiction problem (Fadzli, Wan Ibrahim & Sudirman, 2011). While the non-Islamic approach also focused on faith but still combine with other approach such as counselling and so on.

**Islamic Approach**

a. **Sufism**

This approach is related to the purity of *Qalb* or the purity of heart. In this approach, they always stress on three basic concept; true concept of God; true concept of self; true concept of life and death. And this three concept strongly support with some action such as voice out the word of remembrance of god either individually or in group. Performing prayer and motivational talk, religious talk, intellectual discourse and so on. (K. Muhammad Yusof; 2014)

b. **Quranic Verses Spell**

This approach is more like traditional approach commonly. However, it is not. This approach is the narrative approach from the Prophet Muhammad SAW. Usually there are many verses of Holy Quran that can be used to be the spell to the treatment. In Islam, this is the pure technique to healing everything. The most popular verse is Chapter 1 Al-Fatehah in the Quran. And usually it will combine with *Zam-zam* water or plain water after spell into it. (Fadzli, Wan Ibrahim & Sudirman, 2011)

c. **Quranic Verses Spell with Traditional**

This approach like the before approach which using Quranic verses plus traditional approach. Commonly, the practitioners use something that can be eat like fruit and sticky rice. But almost all the practitioner in addiction they use fruit such as coconut and so on. (Fadzli, Wan Ibrahim & Sudirman, 2011)

**Non-Islamic Spiritual Approach (Christianity Spiritual Based)**

This approach based on development of the client. Starting from the first day the client enter the centre, client will experience the induction phase. This phase consist confession and admission treatment method called “cold turkey” for drug addict. Or in other hand we called as detox program which isolated the client from outside world. This stages also consist the reflection of self in life until the client will obey to god.

The second phase is the contract of the client verbally and written to join the Bible class and attending chapel services. This stage emphasis on career path and religion commitment rather than new lifestyle.

Last stage of this treatment are consist communication in the community. The client free to move and communicate with outside world and encourage them to look for jobs that are appropriate for their future. (Fadzli, Wan Ibrahim & Sudirman, 2011)

**Traditional Approach**

Commonly, this approach is related to the medication that pertaining on herb and homeopathy. In Chinese tradition, the sensei or the practitioner using the herb in healing the addiction of the addict. Some of herb can be leaves, flower, and so on.
However in Malay culture, the shaman or the practitioner will use some superstitious thinks in order to maintain the recovery. Some of the shaman also sometimes use the herb plus the superstitious plus kind of Sanskrit symbols to heal the addiction of the addict. (Fadzli, Wan Ibrahim & Sudirman, 2011)

CONCLUSION

All of the non-pharmacological treatment of drug in Malaysia is never ending process. Some of the treatment suit with some client but not another. Therefore, the client himself need to find the best for himself. Or he can move on with the pharmacological treatment in Malaysia.

REFERENCES

B. Vicknasangam, M.Mazlan (2011) Malaysian Drug Treatment Policy: An Evolution From Total Abstinence to Harm Reduction, Jurnal Anti-Dadah Malaysia, 107-121


