Meditation as Medication

More and more counselors are turning to tried and true practices to address the complex, and often untracked, effects of stress. Meditation, though sometimes viewed as an outmoded approach, has been gaining traction recently as an effective strategy for decreasing levels of stress, and, thereby, a patient's There are many aspects of meditation that recommend it as a strategy: it is a completely non-invasive treatment, and, as a bonus, it requires significant input of effort and commitment on the part of the patient. In the range of available approaches to dealing with stress related behavioral disorders, "meditation has been adopted with remarkable success levels in a wide range of populations."

Meditation training, as a treatment, refers to a wide variety of MTM (Meditation) Training Methods). Some of these methods have been developed in the past few decades, in conjunction with holistic medical practices,2 and some of which have been used for centuries, in one form or another.1

Origins of Meditation.

Some of the earliest written records of meditation come from the Hindu traditions of Vedantism around 1500 BCE. The Vedas discuss the meditative traditions of ancient India.[1] Around the 6th to 5th centuries BCE, other forms of meditation developed in

















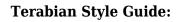
¹ Miller, Franz. "Meditation Training: An Overview of Recent Programs in the US and Canada." In Health and Society: A Collection of Recent Healthcare Studies, edited by J. B. Martins, 224-63. New York: Preston-Gimms Press, 2016.

² Everly, George S., and Jeffrey M. Lating. A Clinical Guide to the Treatment of the Human Stress Response. 3d ed. New York: Springer, 2002. https://link.springer.com/book/10.1007/978-1-4614-5538-7.

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