

The thesis titled, "The Use of Meditation in the Care of Clients," explores the benefits and limitations in using meditation as a supplemental tool in the field of psychotherapy, with an emphasis on clients dealing with addiction. The report first gives some general background about meditation, recognizing its religious origin. The focus of the study, however, then narrows to a more universal aspect of meditation, which can be understood as achieving a higher state of awareness of the self in present circumstances. Certain essential guidelines in the use of practical meditation are also highlighted in the report. The practical portion of the study presents interviews with therapists using meditation in their practice and answers obtained from questionnaires given to clients being treated. The thesis concludes by stating that although evidence does suggest that meditation practices could help clients, the technique should be used in addition to more conventional practices rather than replacing any of them.