

Let It Rain In Our Conscious To Flourish Our Individual Self Like A Sakura: The Balance Model From Ppt And Rain Spiritual Method Used In A Drugs Prevention Program For Teenagers In A Psychoeducational Manner

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Abstract : In a pilot lesson of prevention of consumption drugs in a classroom of teenager`s where the school want them to know how to manage their thoughts and emotions to protect themself an to be strong in an possible environment of drugs consumption. At this classroom was applied the RAIN(Recognize, Accept, Investigation,Non-identify) spiritual method and the balance model from positive and transcultural psychotherapy (PPT) in a manner of a game play for them to understand the methods in an individual experience. The balance model from PPT with his 4 parts and used in 3 ways, and the RAIN spiritual method was used to see how the teenager`s can bring clarity about theirs individual self and how they spend the time and energy in the daily life. The 3 ways of how they can used this model was explained like a analogy with the 3 periods of the SAKURA (Japanese cherry) flourish (kaika, mankai and chiru). The teenager`s received a new perspective and in the same time new tools from the spiritual point of view combined with the psychotherapeutic point of view to manage their thoughts, emotions, time and energy in the form of a psychoeducational game to be able to prevent the use of drugs.

Keywords : addiction, drugs consumption prevention education, psychotherapy, Self, Spirituality, teenagers

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