



12 Step Models of Addictions Treatment

Psychology 470

Introduction to Chemical Addictions

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1

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Overview

- Many types of 12 step programs
 - Alcoholics Anonymous
 - Narcotics Anonymous
 - Rational Recovery
 - SMART Recovery
 - Gamblers Anonymous
 - Prostitutes Anonymous
 - Self-Mutilators
 - Others

2

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AA

- Developed by Bill W. and Bob S.
- Has spread across the world.
- Meetings are held in every city
- No dues or fees for membership
 - Only requirement is to desire to stop drinking
- Is not aligned with other groups.
- Crosses all religious, racial, and other barriers.

3

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Key Variables

- In many ways acts as a pseudo-therapy group
- Has mutual sharing of experiences by members
- Provides support
- Provides structure to a person's day
 - Very important in early stages of recovery.
- Can be used as an adjunct to other treatment models
 - Is often required by treatment agencies, probation and parole, DHS, etc. regardless of the client's opinion

4

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Aspects

- Provides structure for individuals
 - Important for early stages of addiction
- Is free
- Provides goals for the individual

5

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Other 12-Step Support Systems

- Are not designed for the user
- Are designed for spouses, children or others.
- Examples
 - Al-Anon
 - Narcanon

6

Some Problems with 12 Step Programs

- Lack of research
- Mixed results of research
 - Some show improvement, other do not
- Major resistance to 12 step programs
 - Problems with the higher-power concept
 - Lack of tolerance to other treatment modalities by 12 step members
 - People may be uncomfortable in groups
 - Phobias

7

Keys

- Need to buy into the concepts
- Need to attend meetings
- Need to work through issues
 - Can be difficult
 - Members are not usually therapists

8

Advantages of 12-Step Programs

- Can be very useful in providing support
- Can help the user find non-using friends
- Provides a structure for users that they can relate to
- Provides alternatives to paying for treatment
- Can provide inspiration to users
 - Recovery is possible
- Best results occur when 12-step programs combined with other treatment approaches

9

Conclusions

- 12-Step Programs can be effective in addictions treatment
- Best when combined with other models
- Can be detrimental when not done well
- Are very popular with
 - Judges
 - Popular Press
 - Members who have buy-in

10