

Treating Addiction: The Wisdom to Know the Difference

with
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Who Treats?

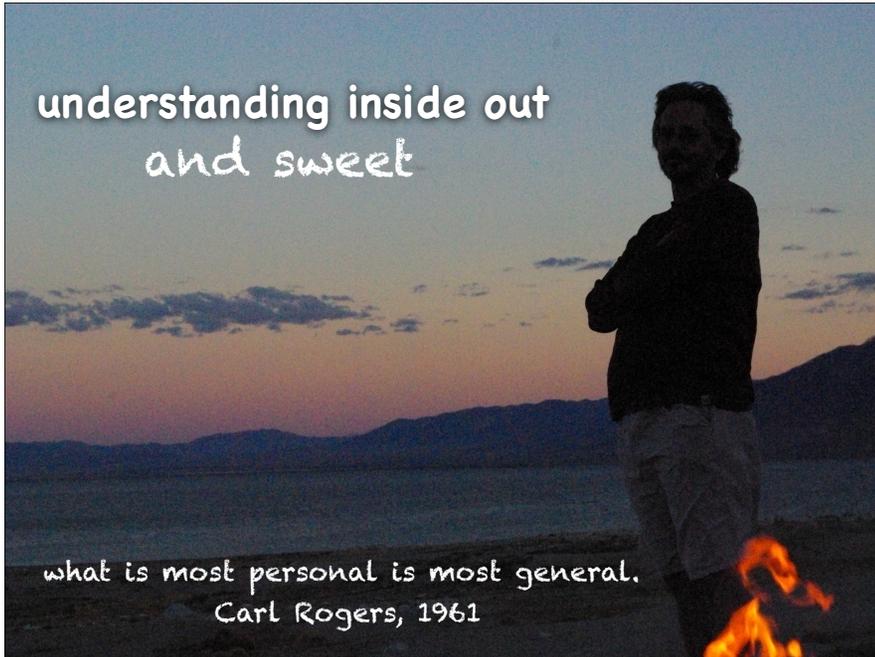
- Q: Who treats substance abusers?
22 million (9.4%) in US over age 12 meet
diagnostic criterion for substance dependence
or abuse
- A: Everyone.
\$245.7 billion per year
3.5 million treated for substance problems in a
variety of settings
.5 million emergency room
.25 million received treatment while incarcerated



and pause...

understanding inside out
Change is hard

what is most personal is most general.
Carl Rogers, 1961



Client Orientation

Open to 12-Step	Not Open to 12-Step
↓ 12-Step ala treatment centers	↓ Treatment Menu: Including moderated drinking outcomes

Client Orientation

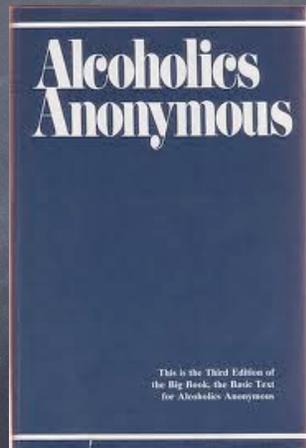
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And therapist orientation?

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Therapist Orientation	12-Step Oriented	12-Step ala treatment centers	Treatment Menu: Including moderated drinking outcomes
	Not 12-Step Oriented	An array of treatments that are largely cut off from the broader substance abuse treatment community	

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But I hate AA!



Learning about AA

- Open Meetings
- Erie Kurtz
- Not God
- The Spirituality of Imperfection

I hate AA because...

- I don't want to be confronted, accused of denial, and labeled an alcoholic.

I hate AA because...

- I hate the idea of having a disease

I hate AA because...

- I don't want to go to meetings forever.

I hate AA because...

- I hate all the god stuff.

I hate AA because...

- I hate all the god stuff.

I hate AA because...

- What about women? Sensitivity to minorities? LGBT?

I Don't hate AA because...

- Densely practical

I Don't hate AA because...

- Acceptance is huge

I Don't hate AA because...

- Defusion is huge

I Don't hate AA because...

- Valued living is huge

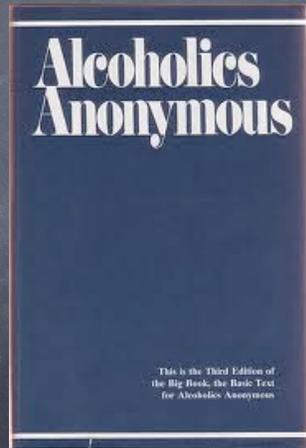
I Don't hate AA because...

- prayer and meditation are huge

I Don't hate AA because...

- perspective taking is huge

So why AA!



And.....

- 👁️ and, 12-step is a big part of the recovery landscape

Alcoholics Anonymous

- 👁️ Estimate 2 million members worldwide
- 👁️ Over 100,000 AA groups
- 👁️ 25 million copies of AA Big Book published
- 👁️ It is a resource....for better or worse.
 - 👁️ No dues or fees
 - 👁️ Incredible availability
 - 👁️ Non-drinking social support

And.....

- 👁️ Great hostility between behavioral and 12-step treatments
- 👁️ A sort of accidental replication: Project Match
 - 👁️ CBT, Motivational Interviewing, 12-step Facilitation
 - 👁️ With regard to the overall outcomes, the reductions in drinking that were observed in the first year after treatment were sustained over the 3-year follow-up period: almost 30% of the subjects were totally abstinent in months 37 to 39, whereas those who did report drinking nevertheless remained abstinent an average of two-thirds of the time. As in the 1-year follow-up, there were few differences among the three treatments, although TSF continued to show a possible slight advantage.

Digging into Project Match

- 👁️ Three groups -- year following treatment:
- 👁️ 1) abstained,
- 👁️ 2) drank moderately, or
- 👁️ 3) drank heavily during the year following treatment.

Digging into Project Match

- 👁️ At **three years** following treatment the individuals in the
- 👁️ Heavy drinkers = fewest abstinent day and the highest number of drinks on a drinking day,
- 👁️ Abstainers = most abstinent days and the lowest number of drinks when they did drink
- 👁️ Moderators = in between

Digging into Project Match

- 👁️ Further, at year three,
- 👁️ The majority of the abstainers (71%) are still abstainers.
- 👁️ The majority of the heavy drinkers are still heavy drinkers (78%).

Digging into Project Match

- 👁️ The majority of the moderate drinkers, however, were no longer classifiable as moderate drinkers.
- 👁️ 27% had become abstainers and
- 👁️ 50% were heavy drinkers.
- 👁️ (Maisto, Clifford, Stout, & Davis, 2007)

Alternatives to Alcoholics

Anonymous

- 🌀 Moderation Management
- 🌀 Smart Recovery
- 🌀 A number of religiously affiliated groups

Alternatives: Moderation

Your score of 9 on the MAST puts you in the group that had the highest rate of moderate drinkers at follow-up. (The group had MAST scores between 0 and 10.) Of those who were successful, nearly twice as many people were moderating their drinking than were totally abstinent. Unfortunately, not everyone who had a score in this range was successful. About one third were drinking at least 50% less but still having at least one alcohol-related problem. About one quarter reduced their drinking by less than 50% and were still having alcohol-related problems.

Your score suggests what your chances of achieving and maintaining moderation. It's based on a long-term follow-up (2-8 years) of people who went through a number of clinical trials of moderate drinking in the 1980's. These studies evaluated a form of moderation training that focused mostly on the drinking itself. Recently though, these strategies have evolved and are much more comprehensive. They now address issues of confidence and motivation, triggers, alternatives, and much more. So the feedback based on these early trials is likely to be a conservative estimate of how well you can do with this approach.

No one can predict exactly how well you will do. That depends on how motivated you are, how much energy you put into changing, and how much you keep working on it. Also, using a self-help group like [Moderation Management](#) may improve your chances of achieving and maintaining moderate drinking.

Finally, consider our thoughts about the word "success." Reducing your drinking from high, harmful levels to safer levels is always a good thing. While the guidelines we suggest represent the safest levels for moderate drinkers that science has found, you may decide to pursue different levels. In that case, success can mean reducing your drinking to those personally chosen levels or deciding to abstain. Any change toward a safer relationship with alcohol is a "success."

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Alternatives: MM

MAST Scores 0-10

Successes: Double moderating as compared to abstaining

Sounds good!

58% still having alcohol problems

28% moderation, 14% abstaining

About 1 in 4+ good moderation outcomes

Alternatives: MM

MAST Scores 11-18

Successes: Half moderating half abstaining

60% still having alcohol problems

20% moderating, 20% abstaining

1 in 5 good moderation outcomes

Alternatives: MM

MAST Scores 19-28

Successes: five times as many abstaining as moderating

50% still having alcohol related problems

20% moderating, 20% abstaining

Fewer than 1 in 10 good moderation outcomes (8.3%)

Alternatives: MM

MAST Scores 29+

Successes: All successes in the sample were abstinence successes

73% still having alcohol related problems

0% moderating, 27% abstaining

Not one single moderation outcome in the available sample

ACT for Addiction: Functional 12-Step

Starting with the 12 steps

- A functional, personal, practical trip through the steps to see what is in them from an ACT perspective.
- I offer a buffet
- Will you look and see what I have see here?
- Will you try it on?

Starting with the 12 steps

- Come face to face with loss
- something you would like to stop or start where the difficulty is fairly longstanding...
- Examine your own fear and resentment
- not what these steps do mean, but what they can mean

Step 1

- We admitted we were powerless over alcohol -- that our lives were unmanageable.
- The key: we
 - not everybody
 - not even every problem drinker
- What would need to happen for you to decide you had enough?

Step 1

- the function of admission
- "The day came when I was exhausted , that I could not drink, and, with completely equal force, that I could not stop."
- What do you do on that day?
- Alcohol forces a very human issue to center stage--and you?
- And you?

12 step or no?

- POWS part 3 and part 4
- exploring attempts to control without prejudice
- Do not push
 - We do not like to pronounce any individual as alcoholic, but you can quickly diagnose yourself.... p. 31

Step 2

- Came to believe that a Power greater than ourselves could restore us to sanity.
- What is the function of this step?
- Sanity?
 - doing the same thing over and over and expecting different results
- let go, let God (acceptance)
- surrender to win (defusion)

An Atheist's Step 2

- A fully naturalistic version
- Is the world greater/more powerful than you?
- What if there were a way in which the world could begin to shape you into more and more effective ways of living?
- Love, Good, ???

Step 3

- Made a decision to turn our will and our lives over to the care of God as we understood Him.
- God, I offer myself to Thee — to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!

Step 3

- More letting go
- What does it look like from the inside?
- Personal change and an inclined heart....
- Add an "O"?

Step 4

- Made a searching and fearless moral inventory of ourselves
 - A business which takes no regular inventory usually goes broke...If the owner of the business is to be successful, he cannot fool himself about values. We did exactly the same thing with our lives. p. 64

4th Step Process

- Functionally speaking:
 - present moment (POWS Part 1 & 2)
 - much of the process is moment by moment looking-non-attached stock taking
 - acceptance
 - fear, resented others
 - fear is targeted for removal, but not by us, by Good (we could not wish it away)

4th Step Process

- Functionally speaking:
 - defusion
 - letting go of right and wrong/justification
 - look at the varied and articulated interaction
 - self-as-context is emergent
 - can be enhanced by SAC questions

Step 5

- Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
 - "we usually find a solitary self-appraisal insufficient"

Step 5

- functionally speaking
 - Acceptance/willingness
 - Defusion
 - saying that which "cannot" be said
 - allowing to be known that which "cannot" be known
 - Self
 - defusing self as content
 - "I cannot be known"
 - breaking isolation
 - Present moment

Step 6

- Were entirely ready to have God remove all these defects of character.
 - letting go of symptoms
 - The only urgent thing is that we make a beginning, and keep trying....If we would gain any real advantage in the use of this Step on problems other than alcohol, we shall need to make a brand new venture into open-mindedness. We shall need to raise our eyes toward perfection, and be ready to walk in that direction. **It will seldom matter how haltingly we walk.** The only question will be "Are we ready?" (AA 12 X 12)

Step 7

- Humbly asked Him to remove our shortcomings.
 - "My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen." (AA)

6-7th Step Process

- Functionally speaking:
 - defusion
 - letting go of symptoms and symptom justification
 - values implicit in all steps to here
 - Committed action in all steps

8-9th Step Process

8. Made a list of all persons we had harmed, and became willing to make amends to them all.

9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

👁️ of course acceptance, and

👁️ Values

👁️ Committed Action

10-12th Step Process

👁️ maintenance

10. Continued to take personal inventory and when we were wrong promptly admitted it.

11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

I bow to the light that shines in you
and also in me



Namaste Y'all

Interested...

- Join ACBS -(values-based dues)
- www.contextualpsychology.org
- Training/consultation with me:
 - www.onelifellc.com
 - sign up for goodies from onelife
 - http://www.onelifellc.com/E-mail_sign_up.html
- *Mindfulness for Two*
 - www.mindfulnessfortwo.com
 - free sample chapters, audio, forms
- *Things Might Go Terribly, Horribly Wrong*
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