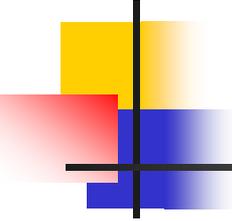


# A Proposal on after Treatment Care as the Extension of the Alcoholics Anonymous Therapeutic Programme

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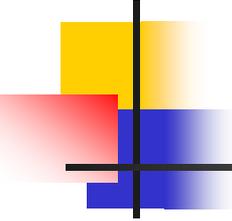
Anastasia (Simonie) Xanthogiorgou



# INTRODUCTION

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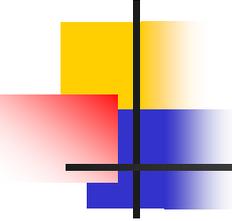
- Alcoholism ‘knows’ no borders
- Alcoholism dangerously destroys human organs
- Alcohol is one of the main reasons for divorces
- Alcoholism creates accidents, conflicts with the law and professional problems become apparent
- Other relationship troubles



# STATEMENT OF THE PROBLEM

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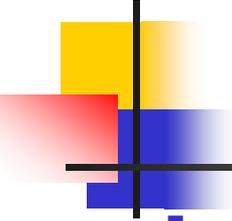
Some discuss openly that treatments such as the 12-steps are not effective without additional after-treatment care (Fiorentine, 1999).



# PURPOSE

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To propose an extension on the already existing 12-step Programme followed by AA as well as to propose a number of recommendations for professionals, the government, and the society as a whole which will aim to help at a maximum level recovering alcoholics as well as still suffering alcoholics, their families and friends to perceive alcoholism as a disease and overcome this malady.

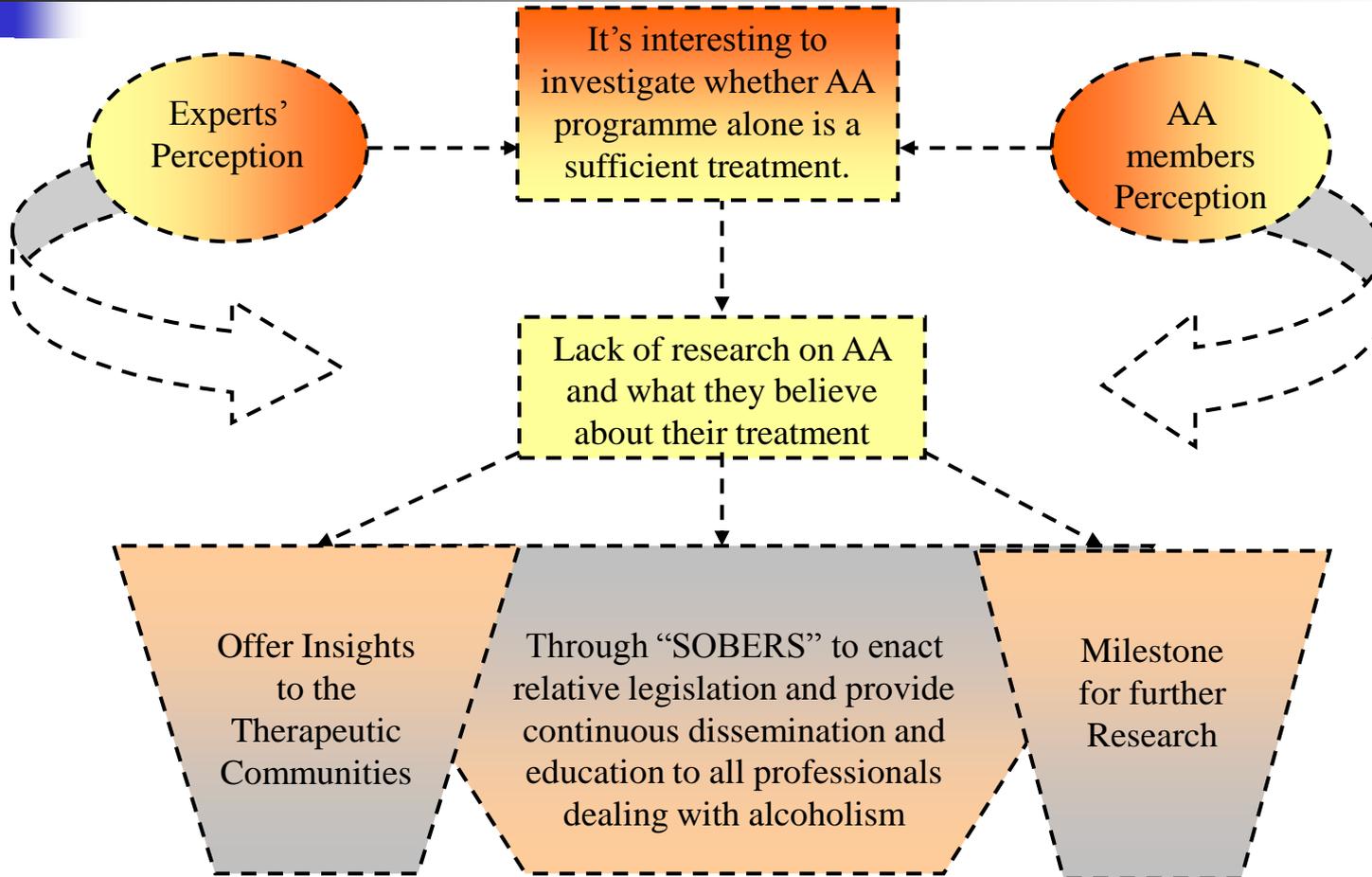


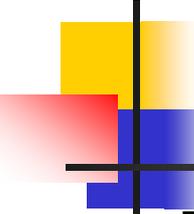
# OBJECTIVES & GOALS

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- Can a contented and long lasting non-drinking life be attained through the approach of AA programme alone?
- Explore this subject as it has not been discussed in the scientific community extensively.
- To explore further to this ‘protected’ society’s methods as there is lack of research using AA members themselves to comment and share their approach, methods of recovery and results.
- “SOBERS” is the ‘channel’ the findings of which for such research may be used to enact relative legislation and provide continuous dissemination and education to all professionals dealing with alcoholism, alcoholics and recovery.
- To be able to offer some insights to the therapeutic community in Greece and hopefully elsewhere.
- To use my experience, the years of study, the culmination of years of striving against alcoholism, and wholeheartedly offer, within a scientific framework, insights which could offer a milestone for further relevant research.

# CONCEPTUAL FRAMEWORK



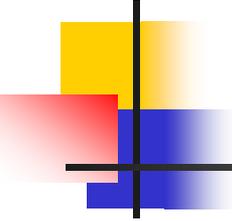


# LITERATURE REVIEW

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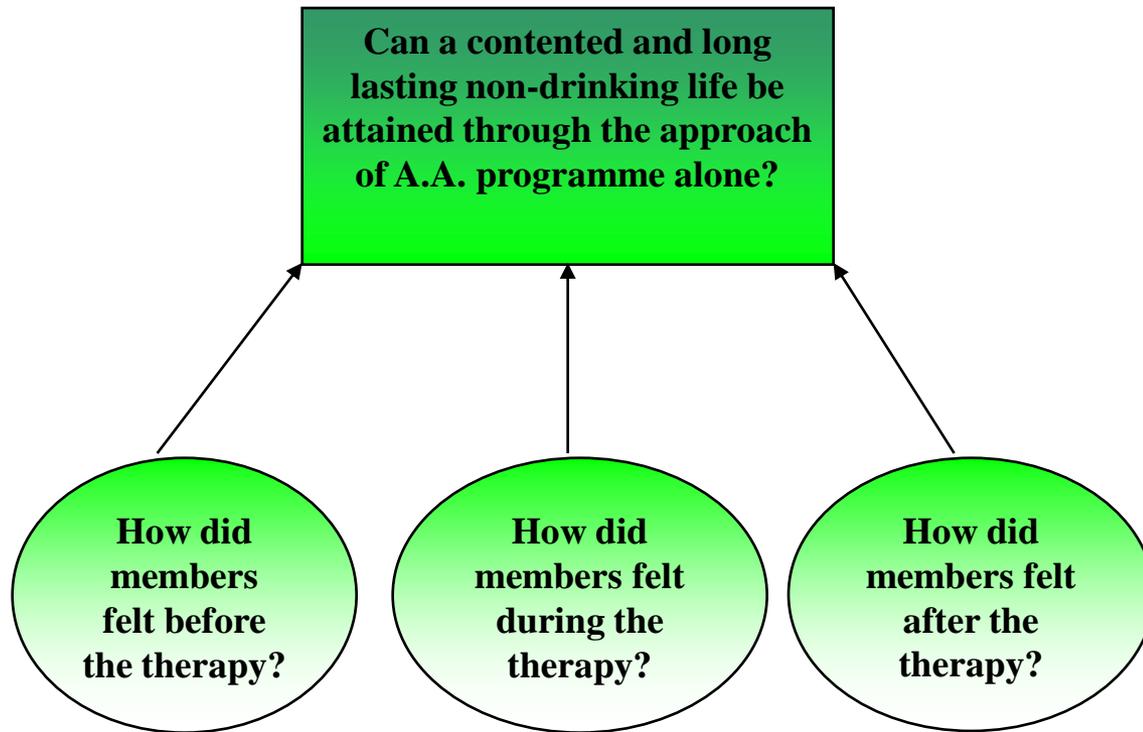
## **DIFFERENT TREATMENT-BASED MODELS**

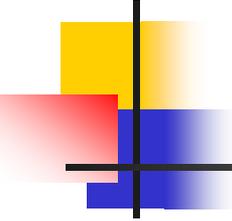
- **The Medical Model**
- **Biopsychosocial (BPS) Model**
- **The Neurobiological Model**
- **The AA Model**



# RESEARCH QUESTIONS

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# METHODOLOGY & METHOD

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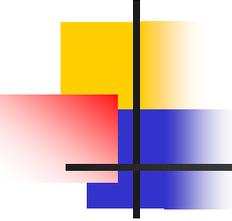
- METHODOLOGY

- QUALITATIVE RESEARCH:

- dependence is a complex and multiple disease;  
the information needed to be ascertained through  
this research cannot be narrow in nature and need  
the holistic and panoramic view*

- METHOD

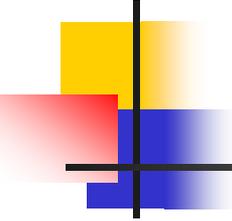
- SEMISTRUCTURED QUESTIONNAIRES



# RESEARCH CONSTRAINTS

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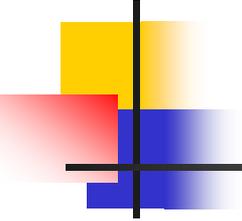
- **Broad Scope**
- **Lack of Past Research**
- **Limited Scientific Background**
- **Methodological constraints**
- **Sample constraints**
- **Time constraints**
- **Under funded**
- **Investigator effects**
- **Confidential Information**



# FINDINGS

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- All participants had tried “all solutions” according to their perception before asking help from AA.
- They all shared very negative feelings while drinking: anxiety, loneliness, shame, panic attacks.
- During their AA meetings they all felt protected.
- They all engage themselves with the 12-steps.
- They all felt they needed something more than AA approach.
- Even though working the 12-steps, they all had difficulties in dealing with every day life-situations.
- They all seek for psychotherapeutic support.
- They all went through a depression period during or after the programme.
- They all seek psychiatric help at some point.
- They all felt loss of control while drinking.
- They all felt that alcohol was offering them relief.
- When in AA they all felt the guilt and remorse taken off their back.
- They were all uneducated of what alcohol dependence is and that they should see it as a disease.
- All participants have quit alcohol for more than 6 years now.
- All participants were between 39-47 years old, all female.
- They all had different perception of how men react to alcoholism and the way they ask for help.



# CONCLUSION & SUGGESTIONS

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- **CONCLUSION**

In the endeavour to assist alcoholics and/or drug addicts, all means of therapy can and should be deployed. Neuroscience, genetics and psychotherapy have come a long way so that nowadays a more complete understanding of alcoholism and its treatment can be reached, complementing experience from long years of treating alcoholism that organisations such as the AA have amassed.

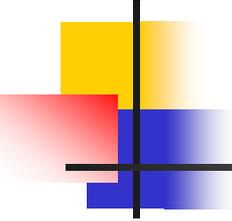
- **SUGGESTIONS**

- Publish A Paper

- Government Pressure

- Suggestion for further research

- Offer free psychotherapy to AA members



THANK YOU

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