

# Therapeutic Communities

## My part in their up-fall?

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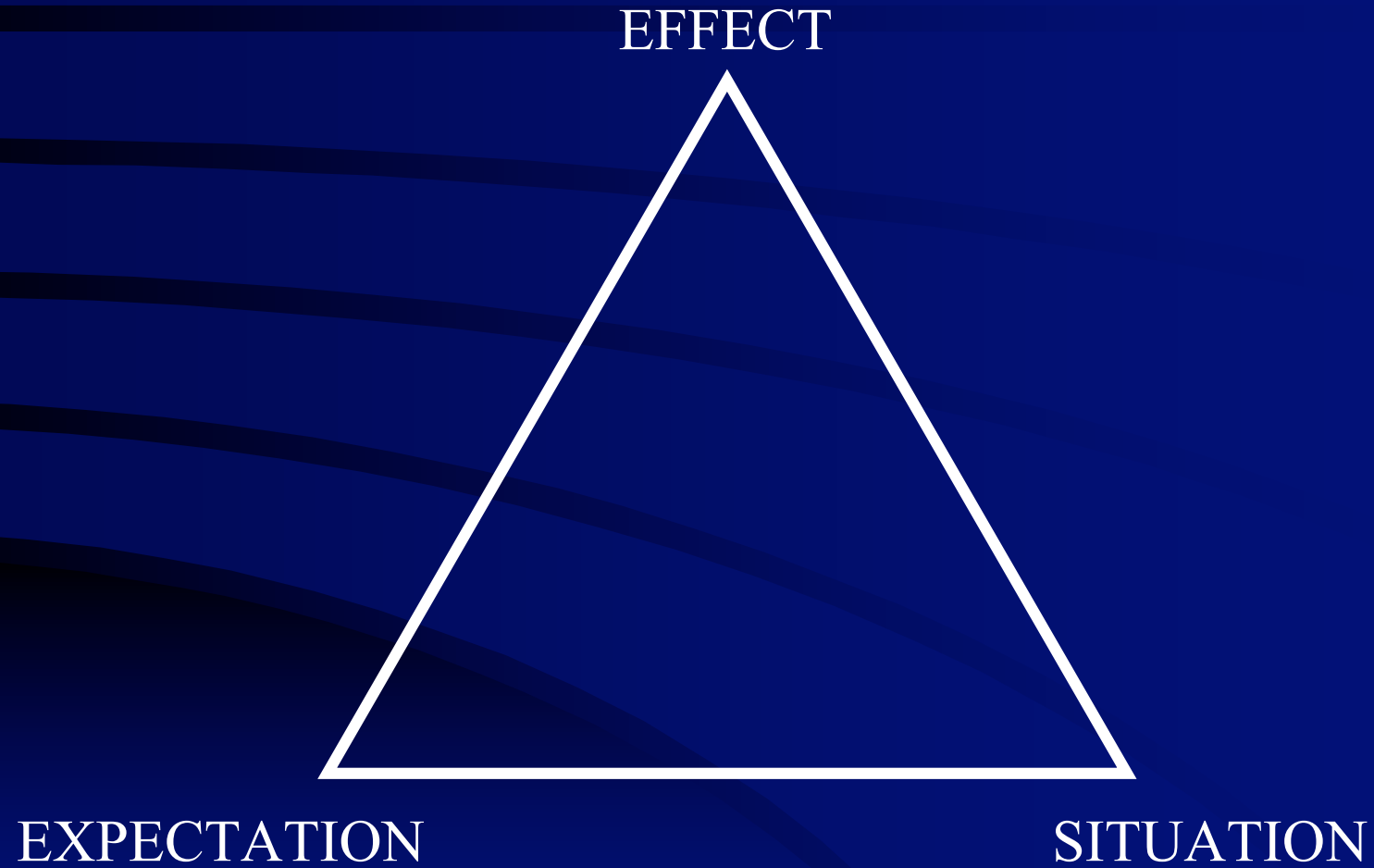
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url: <http://www.dass.stir.ac.uk/sections/showsection.php?id=4>

# Therapeutic Communities - Contents

- Addiction theory - Zinberg
- AA and TCs - separated at birth
- The circle and the triangle
- Right living
- TCs don't work because...
- TCs and the “new recovery movement”

# Drug, Set and Setting



## Drug, Set and Setting - what are the major elements?

- Drug - biological predisposition, genetic transference, tolerance
- Set - self esteem, self-belief, resilience
- Setting - deprivation, acceptance, access
- Wilkinson - co-terminous maps of deprivation

## Drug, Set and Setting - what should treatment achieve?

- Treatment works where it is given the chance to work
- Drug - reduce or eliminate drug use
- Set - improve self-esteem and encourage resilience
- Setting - encourage changed environments, communities, activities etc.

## TC and AA - Separated at birth

- Story-telling for recovery
- The power of peer support
- Correcting the story
- Adjusting the intensity
- Templates for right living

# The circle & the triangle



## Recovery and “Right Living”

- Deal with the Drug and Set first
- Kenakuk & Handsome Lake – suddenly you can be free
- The Washingtonians – putting food upon the table
- Alcoholics Anonymous - the dry drunk
- Chuck Dederich (Synanon) – right living
- Black Power Movement – black and proud

# TCs – they don't work because... ?

- Addicts don't want them
- People don't get better
- Addiction treatment needs “professional” involvement
- They cost too much
- Hardly anyone completes the programme
- The real world is not like this
- Recovery is dangerous

# TCs and the New Recovery Movement

- A natural affinity
- A dissatisfaction with “the way things are”
- 1970 - 2010
- The extra-treatment movement
- A belief in self-help
- A belief in change - in something better

## TCs – An Evidence Base?

- Don't be ashamed of belief
- All research starts with a belief/ curiosity
- Research is the systematic testing of belief
- Some will believe that in a certain set of circumstances, the worst will happen
- Some will believe that in a certain set of circumstances anything is possible
- Ask yourself which belief you would prefer
- Evidence-based practice or practice-based evidence?

# Scottish Addiction Studies – Online Library

- Access to all English-language addiction journals (abstracts only)
- Access to 7,500 full-text documents
- Access to the major online addiction libraries/repositories
- <http://www.drugslibrary.stir.ac.uk/>