

# 12-Step Programs

# HISTORY

- ROLAND HAZARD NEW YORK
- CARL JUNG MD ZURICH, SWITZERLAND
- CARL'S PRESCRIPTION: A SPIRITUAL EXPERIENCE
- OXFORD GROUPS
- WILLIAM D. SILKWORTH MD NEW YORK
- BILL WILSON NEW YORK
- EBBY THATCHER VERMONT

# HISTORY CONTINUED

- DR. BOB SMITH AKRON, OHIO
- BILL DOTSON MEDINA, OHIO
- THE BOOK

# Alcoholics Anonymous “The Preamble”

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

# Alcoholics Anonymous (cont'd)

The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

# THE 12 STEPS

- SKIPPING TO THE END, STEP 12 SHOWS US WHAT THE OBJECTIVE OF THE STEPS IS
- HAVING HAD A SPIRITUAL AWAKENING AS THE RESULT OF THESE STEPS.....
- SO THE 12 STEPS FILL THE PRESCRIPTION WRITTEN BY DR. JUNG

# Step One

*We admitted we were powerless over alcohol (or drugs) - that our lives had become unmanageable.*

- Powerlessness
- Physical – Allergy – phenomenon of craving

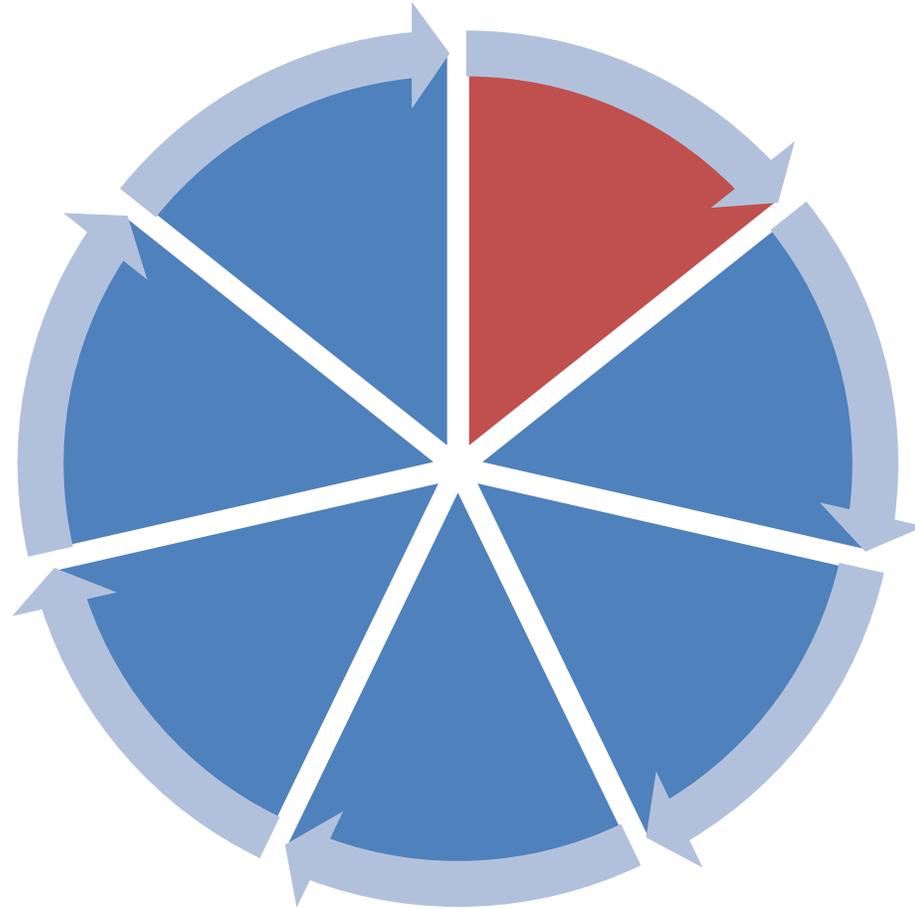
Poison ivy

- Mental obsession
  - Illusion
  - Insanity
  - Delusion
  - self-deception
- Pg. 30

# Step Two

*Came to believe that a power greater than ourselves could restore us to sanity.*

Sanity = wholeness of mind



Less than whole = insane

# G.O.D.

- Group of drunks
- Good orderly direction
- Only requires me to be willing to believe, does not require faith

# Religion and Spirituality

“Religion is for people who are afraid of going to hell; Spirituality is for those who have already been there.”

-Ross V. A.A. Member-

“The realm of the spirit is broad, roomy, all inclusive, never exclusive, to those who earnestly seek...”

-ALCOHOLICS ANONYMOUS-

“The main purpose of religion is to keep people from having direct contact with their own creator.”

-Carl Jung, MD-



# Step Three

*Made a decision to turn our will and our lives over to the care of God as we understood Him.*

- Running one's life on self-will has not worked
- Selfishness, self-centeredness, is the “root of our troubles”.
- Our problems are of our own making
- The alcoholic is the extreme example of self-will, run riot...

Though he doesn't usually think so

# Step Three (cont'd)

- How can I turn my will and my life over to a power I don't understand?
- How can I utilize a power in my life that I don't understand?
- Electricity
- Take me out of the center of the universe
- New employer

# Step Four

*Made a searching and fearless moral inventory of ourselves.*

- The word “moral” as used here means truthful
- Not good/bad or right/wrong

# Step Four (cont'd)

- The #1 “symptom” of a selfish/self-centered person is resentment
- The #2 symptom is fear
- The #3 symptom is careless inconsideration of other human beings
  - Resulting in a lot of collateral damage to which the addict is **oblivious**

## Resentment

I'm mad at...	Reason...	Affects my...	What did I do?	Why?
Wife	Always yelling at me  Talking divorce	Self-esteem  Financial security  Ambitions  Sex instinct	Lied all the time  Drunk all the time  Girlfriend	Selfish  Self-centered  Dishonest  Inconsiderate  Fearful

## Fear

I'm afraid of...	Reason...	Affects my...	What did I do?	Why?
IRS	Jail	Self-esteem  Security  Ambition  Sex instinct	Cheated on my taxes	Selfish  Self-centered  Dishonest  Inconsiderate  Fearful

# Step Five

*Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.*

- Needs to be shared with a sponsor, who can objectively hear and listen for my rationalization and justification
- Assures that I have been honest

# Step Six

*Were entirely ready to have God remove all these defects of character.*

- Much to my dismay, I find I am as powerless over my character defects as I am over alcohol/drugs
- “These are not character defects, they are my coping skills.”
- How can I survive without them?

# Step Seven

*Humbly asked Him to remove our shortcomings.*

- Very much like step 2 where I ask my higher power to do for me what I cannot accomplish on my own.
- Antisocial, narcissistic, avoidant, and borderline personality disorders slowly subside and even disappear.
- Principle: **Humility**

# Step Eight

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

- Most of the list comes from step 4
- Closes the loophole by using the word “ALL” twice
- “If you have an unresolvable resentment about someone, pray for the son of a bitch.”

# Step Nine

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

- Sponsor support necessary.
- Wherever – not whenever
- Allows me to live at peace with the world
- Builds self-esteem
- Financial amends are possible
- Direct amends eyeball to eyeball are best

# The Promises

1. We will know a new freedom and happiness.
2. We will not regret the past nor wish to shut the door on it.
3. Comprehend the word serenity and know peace.
4. Realize how our experience can benefit others.
5. The feeling of uselessness and self-pity will **disappear**.
6. We will lose interest in selfish things, and gain interest in our fellows.

# The Promises (cont'd)

7. Self-seeking will slip away.
8. Our whole attitude and outlook on life will change.
9. Fear of people and economic insecurity will leave us.
10. We will intuitively know how to handle situations which used to baffle us.
11. We will suddenly realize that God is doing for us what we could not do for ourselves.

# Step Ten

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

- Quick application of steps 4-9 on a daily living basis
- Perseverance
- Continue to watch for selfishness, resentment, dishonesty, and fear... **WHEN** these crop up, not **IF** these crop up

# Step Eleven

*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.*

- Only prayer I can say for myself is, “Show me your will for me today, and give me the power to carry it out.”
- Meditation: Thoughtful contemplation of how I can carry the principles of honesty, consideration, courage, and tolerance into my day.

# Step Twelve

*Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics (or addicts), and to practice these principles in all our affairs.*

- Refers to freedom from the bondage of self-centeredness.
- “Spirituality is the ability to get our minds off ourselves.”
- Action is carrying the message. Not a sermon, or even good advice. It is a personal sharing of the recovering person’s experience, strength, and hope.
- Principle: Service
- It is not all about ME anymore
- The true spirit of the program... 1 alcoholic helping another

# The Serenity Prayer

God grant US the Serenity to  
accept The things WE cannot  
change,

The courage to change the things WE

can, And the Wisdom to know the

difference.

Clinicians working with substance use disorders should become familiar with details of 12-Step program principles, locations, procedures and way of life by attending open meetings and reading the literature.

# Referral To AA

- Successful referral to a 12-Step program requires support and contact.
- Systematic encouragement
  - Clinician called AA member
  - Patient/client talked briefly
  - Arranged meeting and ride
  - AA member called before meeting
- Result: 100% attendance (N = 10)
- Standard referral: 0% attendance

Sisson and Mallams: Am J Dr Alcoh Abuse, 8:371, 1981.

The Doctor's Voice: J Abnorm Psychol, 72:78, 1967

# Negative Attitudes Towards 12-step Programs

- Substitute Dependency
- A Folk Movement
- Religious Bible Thumping
- A Cult
- “They make me want to drink.”
- “People are selling drugs in the parking lot.”
- “They don’t work”
- Hostile towards treatment
- Lacks Accountability
- “They just smoke and drink coffee”
- Non-intellectual

# Conclusion

- Working a 12-Step program of recovery is not easy
- Requires help from others, especially a sponsor and a home group
- Cost of time and energy
- When we refer to a 12-Step program two benefits can be expected:
  1. Sobriety, which sets the stage for improved health, relationships, finances, and learning.

# Conclusion (cont'd)

## 2. Mature Growth and Development

- Tasks of adult growth and development
- Intimacy, the ability to be genuine and open with others
- Generativity, the ability to pass on what one has learned to others
- Integrity, a sense of wholeness and acceptance of one's self
- Goes beyond the usual goals of medical treatment, but one which any physician can support.

“Alcoholics Anonymous has been called the most significant phenomenon in the history of ideas in the 20<sup>th</sup> Century”

Quote from Lasker Award Citation to AA, 1951.

# Why the 12-Step Programs?

- They really work!
- The spiritual approach of AA and NA has helped millions of people who want to stop drinking and using drugs.
- Most effective way of staying sober.
- Essential source for clinicians.
- Know how to refer and support.
- 12-Steps adapted to deal with over 200 human problem behaviors.

# The Great Challenge for Addiction Treatment in 2018

- To integrate: 12-Step Spirituality, Addiction Psychiatry, Neurobiology, And 21st Century Psychopharmacology.

## TWO MODELS

### “BPSS”

ABSTINENCE, SPIRITUALITY, ACCOUNTABILITY,  
SERVICE;  
HIGHER POWER AS A SPIRITUAL CONCEPT, FAITH AND BIG BOOK  
AUTHORITY,  
SPONSORSHIP, GROUP CONSCIENCE., 12-STEP RECOVERY  
AS A WAY OF LIFE.

### “PSYCHIATRIC”

DUAL DIAGNOSIS,  
PERSONAL IDENTITY AS PSYCHIATRIC PATIENT, MEDICAL AUTHORITY,  
PRESCRIPTION AUTHORITY,  
SCIENCE AND PSYCHOTHERAPY,  
PSYCHOPHARMACOLOGY,  
PSYCHIATRY (AND PSYCHIATRISTS) AS HIGHER POWER.

# Estimated A.A. Membership and Group Info:

<b>Groups in US.....</b>	<b>51,183</b>
<b>Members in US.....</b>	<b>1,166,927</b>
<b>Groups in Canada.....</b>	<b>5,257</b>
<b>Groups Overseas.....</b>	<b>39,804</b>
<b>Members Overseas.....</b>	<b>656,938</b>
<b>Internationalists.....</b>	<b>124</b>
<b>Groups in Correctional Facilities US/Canada... </b>	<b>2,466</b>
<b>Lone Members.....</b>	<b>347</b>
<b>Total</b>	
<b>Members.....</b>	<b>1,989,124</b>
<b>Groups.....</b>	<b>98,710</b>

# Religion and Spirituality

“Religion is for people who are afraid of going to hell; Spirituality is for those who have already been there.”

Ross V.  
A.A. Member

# 12-Step Programs

## Some of the Best Known:

- Alcoholics Anonymous (AA)
- Al-Anon
- Narcotics Anonymous (NA)
- Cocaine Anonymous (CA)
- Gamblers Anonymous (GA)
- Overeaters Anonymous (OA)
- Debtors Anonymous (DA)
- Sex and Love Addicts Anonymous (SLAA)