

HISTORICAL
UNDERSTANDING
OF ADDICTION

Episodic intoxication in traditional societies

- Substance use known throughout time and cultures
- Limited access – psychoactive substances are rather rare and expensive
- Heavy societal control for who, when and where can have access to. E.g.:

heavy drinking during festivals and important social situations

altered states of mind during religious rituals

use for medical purposes (e.g. pain relief)

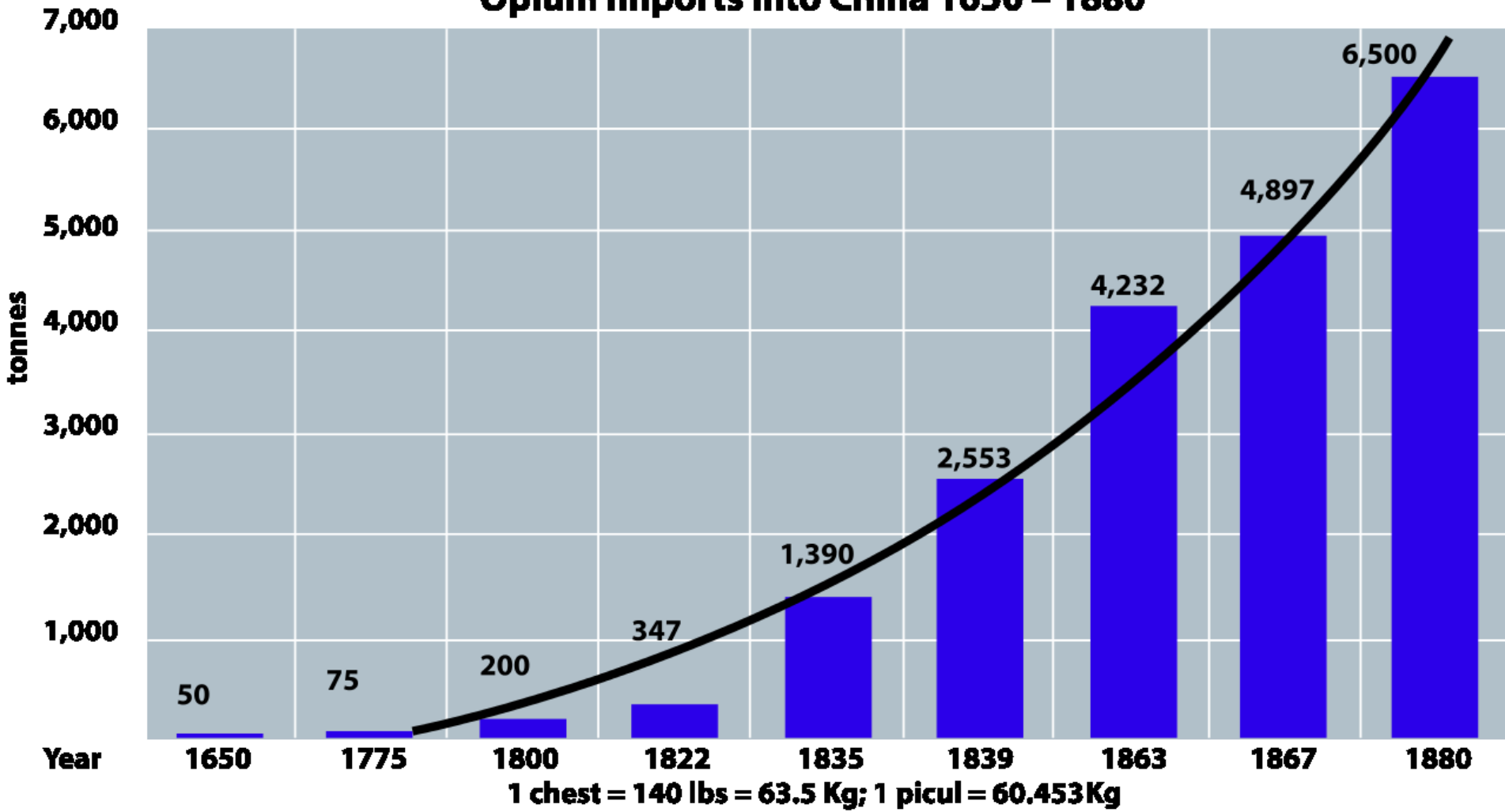




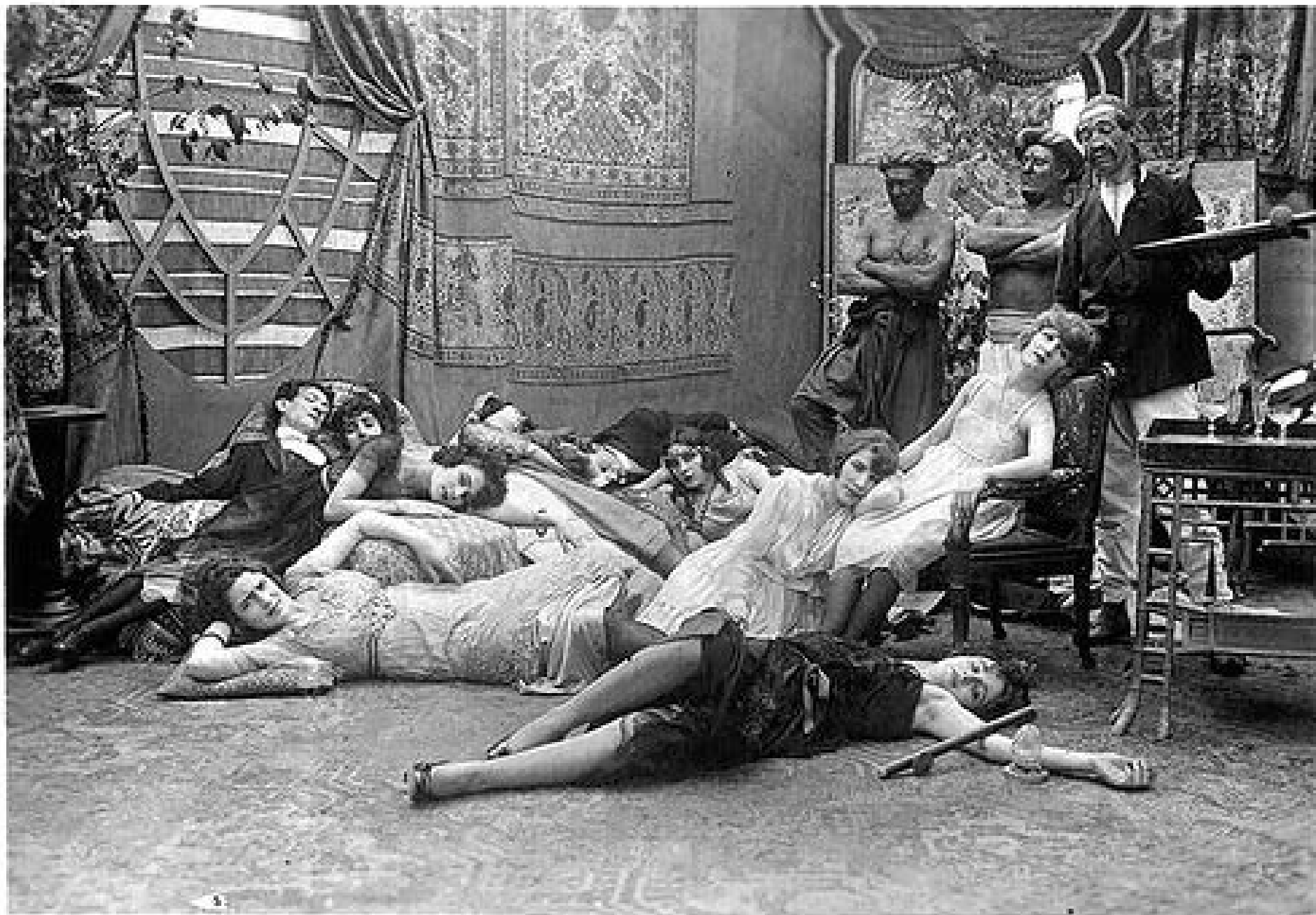
Epidemic spread of drugs

- 16th century
- New discoveries and globalisation of trade
- Cheap and slave labour
- Advancement in agricultural technology
- Intensification of substances – more potent, cheaper, easily transportable, available worldwide
- 1) introduction of tobacco in Europe and Asia, 2) export of cheap alcohol to Europe, 3) export of opium to far east Asia and Europe
- First attempts to solve the problem: taxation and market limitation

Opium Imports into China 1650 – 1880



Source: United Nations Office on Drugs and Crime



Addiction as immoral/criminal conduct

- The first model of addiction (appeared in 16th century) and still living today
- Substance use is not seen as a disease but as a personal moral failure, sinful and criminal act
- Excessive substance use is considered as a *behaviour of choice* and not as *loss of control* and thus subject of legal action and punishment
- Understanding still preferred right-wing political ideology. E.g. *war on drugs*
- It is simple, clear and straightforward
- BUT it is oversimplification and in contradiction to current knowledge (e.g. genetic predisposition). And leading to even bigger problems - escalation of violence, organized crime networks, prisons overload



Photographs and Text by DANIEL BEREHULAK DEC. 7, 2016

‘They Are Slaughtering Us Like Animals’

Inside President Rodrigo Duterte’s brutal antidrug campaign in the Philippines, our photojournalist documented 57 homicide victims over 35 days.

LEER EN ESPAÑOL BASAHIN SA FILIPINO 点击查看本文中文版



I HAVE WORKED IN 60 COUNTRIES, covered wars in Iraq and Afghanistan, and spent much of 2014 living inside West Africa's **Ebola** zone, a place gripped by fear and death. What I experienced in the Philippines felt like a new level of ruthlessness: police officers' summarily shooting anyone suspected of dealing or even using drugs, vigilantes' taking seriously Mr. Duterte's call to "slaughter them all."

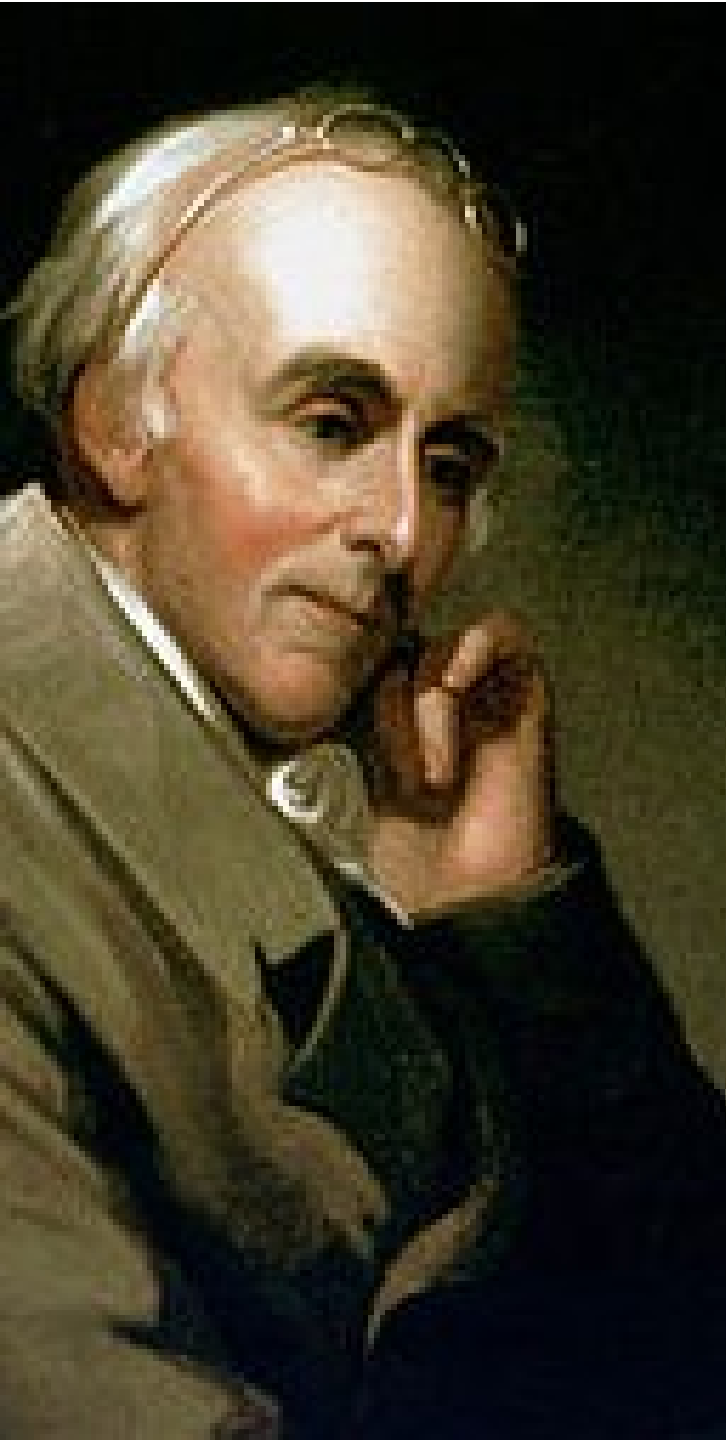
He said in October, "You can expect 20,000 or 30,000 more."

Addiction as immoral conduct

- **Believe in just world** (just world hypothesis)
- Consequences are result of one's actions (*you reap what you sow*)
- Often used as blaming of the victims of crimes, poverty etc. (*raped woman was too seductive; poor people are too lazy,...*)
- Connected to believe in destiny and higher order - often found in right-wing and religious ideology
- Guilt reduction, discomfort reduction (discomfort caused by empathy with victims), anxiety reduction (anxiety caused by uncertainty and unpredictable world)
- *The poor homosexuals — they have declared war upon nature, and now nature is exacting an awful retribution* (Pat Buchanan, 1983) – summary of why not doing anything with spreading HIV epidemic in US during Reagan's administration

Temperance model of addiction

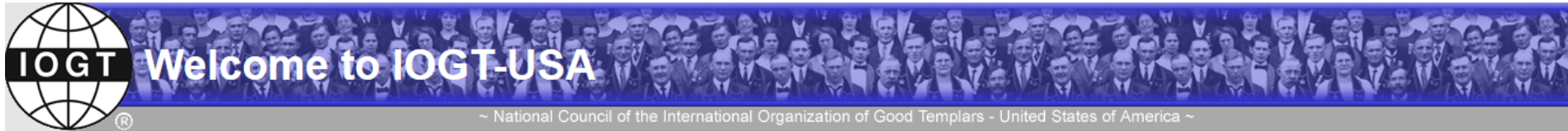
- In the most primitive form – **preternatural model**
– the substances are demonic and can take possession over human mind (*demon alcohol*)
- Addict does not have ability to control him/herself
- Addiction is a form of involuntary mental condition
- It is the substance to be blamed
- It is reasonable to abstain from the use completely
- Sympathize with addicts but rejects mild users



Temperance model of addiction

- Benjamin Rush (1745-1813)
- Founding fathers of the United States
- Founding father of American Psychiatric Association
- Alcohol use is behind poverty, health issues, violence, crime, family disruptions
- Addiction is also a disease – addicts should be treated
- *Taste not, handle not, and touch not!*

International Organization of Good Templars



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IOGT-USA is an organization of men and women of all ages who promote the ideals of temperance, peace and brotherhood. IOGT (International Organization of Good Templars) is the largest international non-governmental organization working in the field of temperance. It is a voluntary, democratic organization based on the work of committed lay people. IOGT promotes cultural and educational activities for the benefit of all.

What is IOGT?



Why IOGT?



More and more people realize that the use of alcohol is a major cause of accidents, interpersonal violence, family disruption and immorality. These social consequences are largely dependent upon the overall level of alcohol consumption in any society. IOGT advocates a variety of strategies to deal with alcohol use. These include general education programs, alcohol-free cultural and social alternatives. The main feature of IOGT is that it provides an alcohol-free environment for its members.

In a rapidly changing world, the efforts to care for those affected by alcohol related problems and to provide positive alternative lifestyles must continue to be given a very high priority. Fortunately, international agencies, governments and non-governmental organizations are beginning to recognize the alcohol problem. Rather than rendering IOGT and other similar organizations obsolete, this development has emphasized the importance of voluntary efforts in reducing the harm from alcohol use.

Fact of the Day:

Recent campus study: The underage students surveyed, most of whom reported that it was "easy" or "very easy" to obtain alcohol, were more likely to obtain alcohol inexpensively and more likely to drink in private settings such as dorms and fraternity parties.



IOGT was one of the first organizations that had no



XXX

**I DO NOT DRINK
I DO NOT SMOKE
I DO NOT DO DRUGS**

I AM STRAIGHT EDGE

XXX

Illness & personality disorder models of addiction

- Evolved in 1800s in USA – asylums in rural areas that supported people with food and shelter. No access to the substance
- People in such treatment were in miserable conditions and had to accept themselves as ill. Often moral semi-religious treatment
- Addict has a personality disorder – excessive substance user often shows array of antisocial and maladaptive behaviours.
- The person is untreatable and unrepairable
- Rise of self-help communities

12 step program – Alcoholics Anonymous

- 1939 - *Alcoholics Anonymous: The Story of How More Than One Hundred Men Have Recovered from Alcoholism*
- self-help group
- admitting that one cannot control one's alcoholism, addiction or compulsion;
- recognizing a higher power that can give strength;
- examining past errors with the help of a sponsor (experienced member);
- learning to live a new life with a new code of behavior;
- helping others who suffer from the same alcoholism, addictions or compulsions.
- newcomers to becoming aware of their lack of ability to control their behaviour (steps 1 through 3)
- to expand self-examination and incorporate the outcomes of self-reflection into actions (steps 4 through 9)
- focus on maintaining positive changes in behaviour and the recovery process. The recovery process includes attending meetings, listening to other members at different recovery stages and working with a sponsor, who is an experienced member who is encouraged to complete all of the steps (steps 10 through 12)



MARK RUFFALO TIM ROBBINS GWYNETH PALTROW JOSH GAD JOELY RICHARDSON PATRICK FUGIT AND ALECIA MOORE

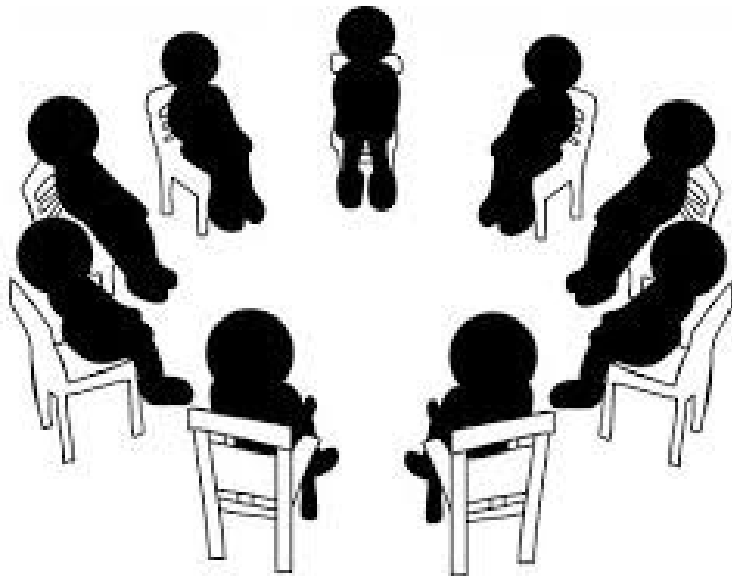


FROM THE ACADEMY AWARD® NOMINATED CO-WRITER OF THE KIDS ARE ALRIGHT

Thanks for Sharing

by STUART BLUMBERG
an OLIVE PICTURES production in ASSOCIATION WITH CLASS 5 FILMS
with STUART BLUMBERG "THANKS FOR SHARING" MARK RUFFALO TIM ROBBINS GWYNETH PALTROW JOSH GAD JOELY RICHARDSON PATRICK FUGIT CAROL KANE AND ALECIA MOORE
STORY BY TAYLOR KANE AND JEFF ROBINSON SCREENPLAY BY CHRISTOPHER LONNERLY AND JESSIE SCHWITZER BASED UPON THE PLAY BY ANNE HARRIS
DIRECTED BY STUART BLUMBERG
EXECUTIVE PRODUCERS WILLIAM MURPHY DAVID KOPLAN LESLIE URBANS DEAN YANOSKI AMANDA H. PENDER PRODUCED BY STUART BLUMBERG AND MATT WINSTON WRITTEN BY STUART BLUMBERG

Life is a journey you never have to take alone.



Programs patterned after Alcoholics Anonymous

Fellowships in this section follow reasonably close variations of the [Twelve Steps](#) and [Twelve Traditions](#) of Alcoholics Anonymous.

- AA – [Alcoholics Anonymous](#)
- ACA – [Adult Children of Alcoholics](#)
- AI-Anon/Alateen, for friends and families of alcoholics
- CA – [Cocaine Anonymous](#)
- CLA – [Clutterers Anonymous](#)
- CMA – [Crystal Meth Anonymous](#)
- Co-Anon, for friends and family of addicts
- CoDA – [Co-Dependents Anonymous](#), for people working to end patterns of dysfunctional relationships and develop functional and healthy relationships
- COSA – an auxiliary group of [Sex Addicts Anonymous](#)
- COSLAA – [CoSex and Love Addicts Anonymous](#)
- DA – [Debtors Anonymous](#)
- EA – [Emotions Anonymous](#), for recovery from mental and emotional illness
- FA – [Families Anonymous](#), for relatives and friends of addicts
- FA – [Food Addicts in Recovery Anonymous](#)
- FAA – [Food Addicts Anonymous](#)
- GA – [Gamblers Anonymous](#)
- Gam-Anon/Gam-A-Teen, for friends and family members of [problem gamblers](#)
- HA – [Heroin Anonymous](#)
- MA – [Marijuana Anonymous](#)
- NA – [Narcotics Anonymous](#)
- N/A – [Neurotics Anonymous](#), for recovery from mental and emotional illness
- Nar-Anon, for friends and family members of addicts
- NicA – [Nicotine Anonymous](#)
- OA – [Overeaters Anonymous](#)
- OLGA – [Online Gamers Anonymous](#)
- PA – [Pills Anonymous](#), for recovery from prescription pill addiction.
- SA – [Sexaholics Anonymous](#)
- SA – [Smokers Anonymous](#)
- SAA – [Sex Addicts Anonymous](#)
- SCA – [Sexual Compulsives Anonymous](#)
- SIA – [Survivors of Incest Anonymous](#)
- SLAA – [Sex and Love Addicts Anonymous](#)
- SRA – [Sexual Recovery Anonymous](#)
- UA – [Underearners Anonymous](#)
- WA – [Workaholics Anonymous](#)