

Moderation Training for Problem Drinkers

The Need

Although traditional abstinence-oriented treatments for substance abusers have been helpful for many, others who are concerned about their drinking fail to get treatment because the traditional models do not seem to fit their patterns of drinking. These individuals are reluctant to get help because they fear being pigeon-holed into a treatment that does not match their view of what is needed. Now there is a responsible new alternative.

The Method

Moderation training is a research-based, non-traditional treatment tailored after the Guided Self-Management approach of the Addiction Research Foundation. This method has been used successfully with appropriate populations both in the United States and abroad. Research data demonstrate that many problem drinkers can learn to moderate their drinking. By incorporating new thinking regarding stages of change and motivational enhancement, we provide state-of-the-art treatment.

Who can benefit?

This approach is appropriate for individuals who:

- have not developed physiological dependence on alcohol
- can reliably commit to not driving after drinking
- do not have medical or psychiatric problems that will be exacerbated by drinking
- do not act in abusive or self-destructive ways after drinking even small amounts
- do not abuse other mood-changing drugs

If a careful effort at moderate drinking does not result in progress, abstinence is advised.

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