

Alcoholism

Treatments advanced and varied

By JIM CRAWLEY
Staff Writer

"Bob, what are you going to do about your drinking problem?"
"I guess I'll go to a doctor or something for treatment, I'm not sure."

Let's help Bob decide on the treatment for his problems.

In the past few years, the treatment and prevention of alcoholism have advanced to new levels.

The treatment of alcoholism currently is done through a number of

methods and programs. The more prominent methods of treatment are Alcoholics Anonymous (AA), behavioral modification, psychotherapy, Antabuse drug therapy and group therapy.

Since the AA method, is a well-established, widespread and highly successful program we will discuss it in the next article.

One treatment that has received a lot of talk is the Antabuse drug therapy to suppress alcohol use by the problem drinker. The program

is centered around a drug which causes a reaction if alcohol is consumed.

The current use of Antabuse has been toward that of an aide in a complete treatment program. Early

Seventh in a series

in the drug's history doctors had prescribed heavy doses in hope the threat of a severe reaction would keep the alcoholic from drinking, says Dr. S. L. Billet, of Washington, D.C. alcoholism program.

Anatabuse is definitely not a cure-all. As most drugs, Antabuse has a few serious drawbacks. In high doses the drug can sometimes cause death or serious medical problems.

A fast and rising method of treatment is behavior modification. This method involves the changing of an alcoholic's behavior toward the use of intoxicating beverages.

The three basic premises in Seattle's Shick Center concept of behavior modification are: the alcoholic is a drug addict, current

therapy should utilize every technique that has proved to be valuable in the treatment of alcoholism and the only effective treatment controlling alcoholism is total abstinence, according to the center's guidelines.

The foundation of the therapy is the development of a conditioned reflex aversion to the sight, smell, taste and thought of alcohol.

During the intensive training period education is given to the effect and cause of the disease. Group and individual confrontation is also held for the patient. A large part of the therapy is the deconditioning of the alcoholic's thought of alcohol being "good".

The actual treatment takes the form of two parts. The initial phase is the hospitalization period of approximately ten days. This is enforced with a series of several one to three day "follow-ups."

Another type of treatment is psychotherapy. Psychotherapy treatment involves personal discussions between a psychologist or psychiatrist and an alcoholic patient. These discussions try to find out the problem that caused the person's drinking problem.

In this area where can an alcoholic get treatment?

In the Brazos Valley Development Council (BVDC) area at least 16 different groups are available that will offer aid to the alcoholic. The BVDC area comprises seven counties surrounding Brazos County.

"Our biggest need is a half-way house and more out-reach workers in the area," said Peter Romig, regional alcohol services developer for the BVDC.

Out-reach workers were described by Romig as trained counselors which are placed throughout the seven county region. These workers would provide counseling to alcoholics in the less populated areas.

The half-way house would allow alcoholics to live in a semi-controlled situation while they rejoin society.

The present BVDC plan for the area was developed by a 12 member committee of local residents with experience in the alcoholism field.



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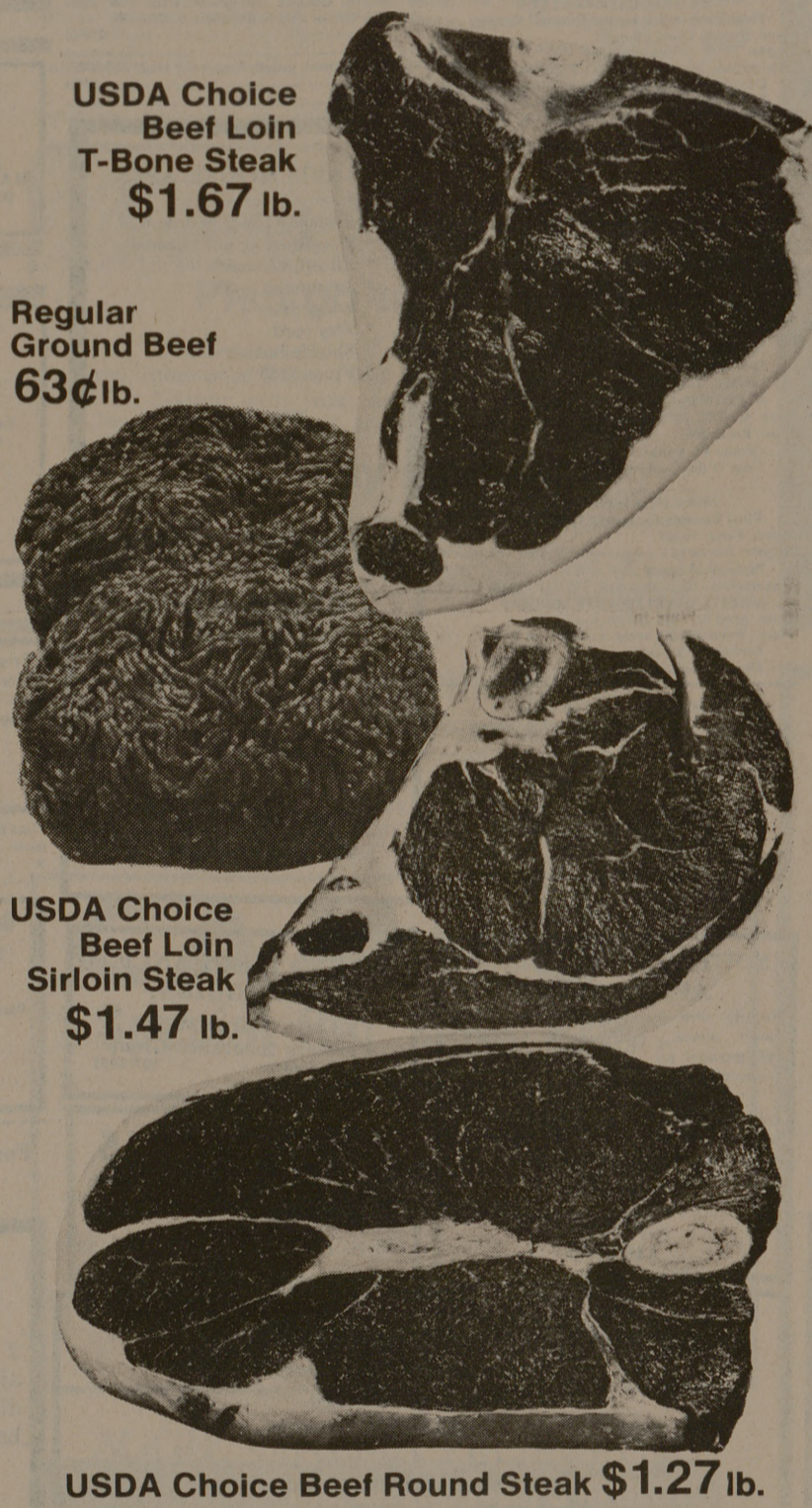
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822-0933
- BRAZOS VALLEY COMMUNITY ACTION
405 W. 28th, Bryan
822-3216
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APO sponsors three-day meet

Preparations for an Alpha Phi Omega sectional conference here April 11-13 are almost complete.

Members of the national service fraternity from collegiate chapters in Texas and Louisiana will gather.

Topical sessions are set Saturday morning at the Rudder Tower and a banquet, party and dance are planned for that evening.

The sectional conference is the first here in the 13-year existence of APO at Texas A&M University.

A&M professor teacher council vice president

Dr. Daniel L. Householder, associate professor of industrial education, begins serving a two-year term next week as vice president of the American Council of Industrial Arts Teacher Education.

The ACIATE represents all universities with industrial education programs. It develops and maintains guidelines for programs and accreditation and promotes research in industrial education teaching.

Householder has numerous publications and holds memberships in Phi Delta Kappa, Iota Lambda Sigma organization for industrial education and the American Vocational Association.