

BUILDING AN ARCH TO FREEDOM: WORKING THE STEPS IN RECOVERY

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TODAY'S WORKSHOP

- ◆ Goals:
 - ◆ Understand the Stages of Change Model & Twelve Step Facilitation Treatment; and
 - ◆ Be introduced to The Arch Program that incorporates Twelve Step Principles and Practices and the Stages of Change Model
 - ◆ Integrating the wisdom of Alcoholics Anonymous and Gamblers Anonymous with a Trans-theoretical Model of Change

“...THE NEW AND TRIUMPHANT ARCH THROUGH WHICH WE
PASS TO FREEDOM”

ALCOHOLICS ANONYMOUS, PAGE 62

THE TWELVE STEPS OF ALCOHOLICS & GAMBLERS ANONYMOUS

1. We admitted we were powerless over ~~alcohol~~ **gambling**—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to ~~sanity~~ **a normal way of thinking and living**.
3. Made a decision to turn our will and our lives over to the care of ~~God as we understood Him~~ **this power of our understanding**.
4. Made a searching and fearless moral **and financial** inventory of ourselves.
5. Admitted to ~~God~~, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to ~~have these defects of character removed~~. **have God remove all these defects of character**.
7. Humbly asked ~~God of our understanding~~ **Him** to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. 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.
12. Having **made an effort to practice these principles in all of our affairs** ~~had a spiritual awakening as the result of these steps~~, we tried to carry this message to **other compulsive gamblers** ~~alcoholics~~, and to practice these principles in all our affairs.

THE ARCH PROGRAM

WORKING THE 12 STEPS IN THERAPY

- ❖ Twelve Step Facilitation Therapy has empirical support for Substance Abuse Treatment....
 - ❖ Project MATCH (<https://www.niaaa.nih.gov/sites/default/files/match01.pdf>)
 - ❖ Kaskutas, Subbaraman, Withrodt, & Zemore (2009)
 - ❖ Kelly, Veteran, Cristello, Kaminer, Kahler, & Timko (2016)
 - ❖ Litt, Kadden, Tennen, & Kabela-Cormier (2016)
 - ❖ Waltzer, Dermen, & Barrick (2009)
- ❖and for Gambling Disorder Treatment
 - ❖ Toneatto, & Dragonetti (2009)
 - ❖ Marceaux, & Melville (2011)

THE ARCH PROGRAM

ATTENDING TO THE STAGES OF CHANGE MODEL

- ❖ People change when they are ready
- ❖ There are conditions, both intra-personal and interpersonal, that are conducive to change
- ❖ The task of the therapist is to create those conditions
- ❖ Once the client is READY to change, the therapist utilizes preferred intervention style(s) to facilitate change
- ❖ Without readiness to change, interventions are futile

THE STAGES OF CHANGE

- ❖ Pre contemplation: not aware there is a problem
- ❖ Contemplation: aware of the problem, but ambivalent about making a change
- ❖ Preparation: start to make small behavioral changes; ready to take action within 30 days
- ❖ Action: making changes with the intention to continue doing so
- ❖ Maintenance: sustained changes in behavior with intention to maintain changes and prevent relapse
- ❖ Relapse: reversal in behavior change; exit and re-enter at any stage of change
- ❖ Termination: rarely reached; certainty that one will never return to previous behaviors

THE ARCH PROGRAM

- ◆ The Arch Program seeks to integrate the Stages of Change Model with Twelve Step Principles and Practices
- ◆ The following slides review the Ten Meetings of this 90-Day program
 - ◆ Followed by slides with data from the most recent Arch Program
 - ◆ Conducted by Hector Garcia, BS, CADC, ICGC-II

WEEK ONE

- ◆ GA and AA: The 12 Steps in Context
 - ◆ History of 12 Step Programs
 - ◆ “Walk Through” of the 12 Step Process
 - ◆ Review of the “Stages of Change” Model
 - ◆ And discussion of how it connects with Step Work
- ◆ Homework:
 - ◆ From the Big Book: Read Preface, Forwards, The Doctor’s Opinion, Chapters 1 and 3
 - ◆ Read GA’s Combo Book

WEEK TWO

- ❖ Beginning the Journey: The First Step
 - ❖ Check in from Week One
 - ❖ Lessons Learned from the Reading
- ❖ Powerlessness and Unmanageability
- ❖ Contemplation Stage of Change
- ❖ Homework:
 - ❖ Read Chapters 2 and 4 of the Big Book

WEEK THREE

- ◆ Beginning the Spiritual Journey: The Second Step
 - ◆ Belief and Faith: Similarities and Differences
 - ◆ Belief Systems may be Cognitive Distortions
 - ◆ What do we mean when we say “Higher Power”?
 - ◆ Addiction as a “Spiritual Search”
 - ◆ More about Contemplation Stage of Change
- ◆ Homework:
 - ◆ Read pages 58 through 63 of the Big Book

WEEK FOUR

- ❖ Embracing Surrender: The Third Step
 - ❖ Decision vs. Action
 - ❖ The Third Step Prayer: A Pathway to Surrender
 - ❖ “God, I offer myself to Thee - To build with and to do with as Thou wilt. Relieve me of the bondage of self, that I may be better to do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life.”
 - ❖ Preparation Stage of Change
- ❖ Homework:
 - ❖ Read pages 64 through 71 of the Big Book
 - ❖ Read GA 4th Step Inventory and Pressure Relief Handbook

WEEK FIVE

- ❖ Examination of Self: The Fourth Step
 - ❖ Step Four the AA Way: Examining Resentments, Fears, and Sexual (Mis)conduct
 - ❖ Step Four the GA Way: Examining Financial (Mis)conduct - Pressure Relief
 - ❖ Action Stage of Change
- ❖ Homework:
 - ❖ Read pages 72 through 76 of the Big Book

WEEK SIX

- ❖ Addressing the Change Process: The Fifth, Sixth & Seventh Steps
 - ❖ Coming to terms with Defense Mechanisms and the Maintenance of Addiction
 - ❖ Embracing Sponsorship
 - ❖ Learning through example
 - ❖ Unlearning through new Practices
 - ❖ Action Stage of Change
- ❖ Homework:
 - ❖ Read pages 76 through 84 of the Big Book

WEEK SEVEN

- ◆ Owing Up to the Past: Steps Eight and Nine
 - ◆ The Amends Process
 - ◆ Making a List of those I've harmed
 - ◆ Committing to “Non-Harm”
 - ◆ Making Contact and Connection
 - ◆ Action Stage of Change
- ◆ Homework:
 - ◆ Read pages 84 and 85 of the Big Book

WEEK EIGHT

- ❖ Maintaining Focus: The Tenth Step
 - ❖ Continuing to Take Personal Inventory
 - ❖ Daily work on the Fourth Step
 - ❖ Learning to Promptly Admit Being Wrong
 - ❖ Daily work on the Fifth through the Ninth Steps
 - ❖ Maintenance Stage of Change
- ❖ Homework:
 - ❖ Read pages 85 through 88 of the Big Book
 - ❖ Bring in a Prayer or Reading which has Personal Meaning for you, that resonates deeply in you

WEEK NINE

- ❖ Spiritual Growth and Exploration: The Eleventh Step
 - ❖ Prayerfulness
 - ❖ Making daily prayer an integral part of my life
 - ❖ Meditation
 - ❖ Learning to “Be Still” in God’s Presence (see Psalm 46)
 - ❖ Maintenance Stage of Change
- ❖ Homework
 - ❖ Read Chapter 7 of the Big Book, AA’s 12 Traditions, and the GA Unity Program

WEEK TEN

- ❖ Becoming the Messenger: The Twelfth Step
 - ❖ Discussion of the 12 Traditions of Alcoholics Anonymous
 - ❖ Discussion of the Unity Program of Gamblers Anonymous
 - ❖ Wrapping Up:
 - ❖ What are my “Lessons Learned”?
 - ❖ How do I Pass the Message to Others?
 - ❖ Maintenance Stage of Change
- ❖ Homework:
 - ❖ Give to the Newcomer the Insights you have learned

DATA COLLECTION

- ❖ Primary Intentions:
 - ❖ Do Participants in the Arch Program experience reductions in severity of Gambling and Substance Addictions?
 - ❖ Do Participants in the Arch Program experience improvement in the quality of their lives?
 - ❖ Are these changes attributable to 12-Step Principles and Practices?
- ❖ Secondary Intentions:
 - ❖ Given the limits of our research resources, are there any significant relationships between scores on the various instruments we used?

DATA COLLECTION

- ◆ Data collected at T1 (onset of program) and T2 (end of program)
- ◆ Collected demographics: Age, Gender, Racial/Ethnic ID
- ◆ Drug and Alcohol Consumption Survey (frequency/intensity; DAS)
- ◆ Gambling Symptom and Assessment Scale (G-SAS)
- ◆ Adverse Childhood Experiences Questionnaire (only at T1; ACEs)
- ◆ Religious Background and Behavior Questionnaire (Connors, Tonigan, & Miller, 1996; RBB)
 - ◆ Two Factor Solution: “God Consciousness” and “Practices;” Past Year and Lifetime
- ◆ Satisfaction With Life Scale (Diener, Emmons, Larsen, & Griffin (1985; SWL)

OVERVIEW RESULTS CHANGES IN SCORES

- ◆ Mean ACEs Score = 4.86; N = 36; 13 Women (36%), 23 Men (64%)
- ◆ Part I: Changes in Mean Scores:
 - ◆ G-SAS Scores: T1 = 28.22; T2 = 11.86 (-58%)
 - ◆ DAS Scores: T1 = 20.64; T2 = 10.56 (-49%); 32/36 with elevated scores at T1
 - ◆ SWL Scale: T1 = 15.94; T2 = 23.28 (+46%); from “Below Average” to “Average” Life Satisfaction
 - ◆ Overall RBB Scores: T1 = 22.11; T2 = 36.56 (+65%)
 - ◆ Practices Scores: T1 = 12.47; T2 = 23.41 (+88%)
 - ◆ God Consciousness Score: T1 = 15.08; T2 = 19.11 (+21%)

SWL DISTRIBUTION

Score = 5 - 9	Extremely Dissatisfied	T1: N = 7	T2: N = 0
Score = 10 - 14	Dissatisfied	T1: N = 10	T2: N = 0
Score = 15 - 19	Slightly Below Average	T1: N = 4	T2: N = 7
Score = 20 - 24	Average	T1: N = 9	T2: N = 17
Score = 25 - 29	Slightly Above Average	T1: N = 5	T2: N = 7
Score = 30 - 35	Highly Satisfied	T1: N = 1	T2: N = 5

OVERVIEW RESULTS

STATISTICAL SIGNIFICANCE OF CHANGE SCORES

- ❖ Part II: T-Test Results (paired t-test performed)

- ❖ G-SAS T1 vs T2: $p < 0.001$

- ❖ DAS T1 vs T2: $p < 0.001$

- ❖ SWL T1 vs T2: $p < 0.001$

- ❖ Overall RBB T1 vs T2: $p < 0.001$

- ❖ RBB Practices T1 vs T2: $p < 0.001$

- ❖ RBB GC T1 vs T2: $p < 0.001$

OVERVIEW RESULTS

SOME CORRELATIONS

- ◆ SWL X DAS: T1 = -0.40; T2 = -0.63
- ◆ SWL X G-SAS: T1 = -0.56; T2 = -0.63
- ◆ SWL X Overall RBB: T1 = 0.24; T2 = 0.18
- ◆ ACEs X
 - ◆ SWL: T1 = -0.61; T2 = -0.66
 - ◆ DAS: T1 = 0.31; T2 = 0.30
 - ◆ G-SAS: T1 = 0.45; T2 = 0.43
 - ◆ Overall RBB: T1 = -0.21; T2 = -0.28

CHANGE IN RBB PRACTICES RELATIONSHIPS WITH CHANGE IN DAS, G-SAS, AND SWL

- ◆ Change in Past Year P X Change in DAS = -0.40
- ◆ Change in Past Year P X Change in G-SAS: T1 = -0.21
- ◆ Change in Past Year P X SWL: T1 = 0.14

CHANGE IN RBB GOD CONSCIOUSNESS
RELATIONSHIPS WITH CHANGE IN DAS, G-SAS, AND SWL

- ◆ Change in Past Year GC X Change in DAS = -0.42
- ◆ Change in Past Year GC X Change in G-SAS: T1 = -0.11
- ◆ Change in Past Year GC X SWL: T1 = 0.14

CONCLUSIONS FROM THE DATA

- ❖ Addicted Gamblers (and Substance Users) have pre-morbid suffering...
 - ❖ ...as evidenced by their ACEs Scores
- ❖ The Arch Program had a Statistically Significant AND Clinically Significant Impact on:
 - ❖ Substance AND Gambling Addictions
 - ❖ Life Satisfaction
 - ❖ Religious Practices and God Consciousness

CONCLUSIONS FROM THE DATA

- ❖ The Shift in SWL was substantial and meaningful
- ❖ Active Gambling and Substance Addictions are very detrimental to one's mental well-being; pre-morbid suffering metastasizes into a lifetime of anguish...
- ❖ ...as evidenced by depressed SWL scores at T1
- ❖ Changes in Religious Practices and God Consciousness are supportive of addiction recovery
- ❖ Especially Substance Addictions

CONCLUSIONS FROM THE DATA

- ❖ Twelve Step Principles and Practices are effective...
- ❖ ...especially when integrated with the insights of mental-health research and practices.
- ❖ Our Personal Conclusion:
 - ❖ The combination of Twelve Step Work + insights of the Stages of Change Model + the Fellowship of the Group → Healing and Recovery.

CONCLUDING THOUGHTS

- ❖ There is a disconnect on both ends of the Treatment Spectrum.
- ❖ Clinicians may recommend participation in 12 Step groups, but often view them as antiquated and may lack knowledge of what happens in the rooms.
- ❖ Clients in formal counseling learn about the Stages of Change
- ❖ IN A GENERAL SENSE....both camps are referring to the same process while using different language
- ❖ Better Treatment Outcomes would occur if both camps made the connections instead of looking at the differences!

CONCLUDING THOUGHTS

- ❖ There are MANY paths to recovery...
- ❖ ...But we challenge you to learn more about the process of self-transformation in 12 Step Rooms AND in Counseling Rooms
- ❖ Educate your clients about the connection between the work of the Rooms and the Stages of Change Journey

In Memory Of...

...Supervisors, Educators, Mentors, Friends

□ Joseph W.
Ciarrocchi, PhD



□ Joanna Franklin, MS,
NCGC-II



DEDICATION PAGE

- ❖ To the Gamblers and their Families that we have had the privilege to serve
- ❖ Remember: Each person helped positively has a positive impact on another 10, 20, 30 people or more
- ❖ Family, Friends, fellow Worker and Society as a Whole

CONNECTING

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