Cathy Bogart, Ph.D.

Kansas City, MO

[cjbogart@sbcglobal.net](mailto:cjbogart@sbcglobal.net)

WHAT CAN WE DO TO HELP ALCOHOL ADDICTED WOMEN?

Demonstrate and advocate empathy for alcohol addicted women. Responding empathically to another person is NOT the same as condoning her behavior. People are more apt to consider change if they feel understood and accepted than if they feel judged. Set aside you’re your judgments and meet alcohol addicted people from where they are in their journey, which may be defensiveness. It may be that underneath defensiveness is a lot of hurt and shame, which they will likely withhold if they feel it is unsafe.

Make sure you know about alcohol addiction treatment

programs to which you refer women.

Questions to ask:

Are evidence-based treatments used (i.e., cognitive therapy, motivational therapy, etc)? In what proportion are evidence-

based treatments used to 12-step approaches?

What is the typical response to people who say that AA

does not work for them?

Are clients required to attend AA meetings?

What are the credentials of the primary therapists? Are the

therapists equipped to respond to women with histories of

childhood physical and sexual abuse? Do the therapists

have adequate experience in facilitating groups

effectively, recognizing and managing the dynamics

that often arise is mixed gender groups?

Is individual therapy part of the program? How about

parenting classes?