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Non-abstinence aud treatment: A clinical review of successful alcohol moderation

The current trend towards the individualization of mental-, and physical-health, conditions affords clinicians the ability to identify characteristics that may modify a patient's treatment. This view is supported by the recent release of the DSM-5 and its use of severity rankings for Alcohol Use Disorder (AUD) diagnosis. This case study focuses on a 29yo male patient with AUD who engaged in five months of outpatient treatment with the reintroduction of alcohol occurring on the sixth month. Data were obtained over the course of 14 months utilizing a range of instruments including mobile breathalyzers, tailored daily mobile questionnaires, and monthly psychological assessments. The patient maintained abstinence from alcohol throughout the initial five-month period, registering no higher than a 0.007 BrAC and testing negative through urinary analysis for both Ethyl Glucuronide (EtG) and Ethyl Sulfate (EtS), and experienced significant improvement in affect and alcohol dependency measure. Our case study showcases that with appropriate screening, clinical supervision and adherence to treatment procedures, moderate alcohol consumption can be a successful end-goal for the treatment of AUD. The inclusion of moderation treatment goals in AUD treatment may encourage individuals who have been previously resistant to treatment entry to begin engaging with clinicians and seek help.

Biography

Adi Jaffe received his Ph.D. from the University of California, Los Angeles (UCLA) in 2010. Even before he graduated his name had become known through his online and academic writing. His views on addiction and his research on the topic have been published in dozens of journals and online publications and he has appeared on several television shows and documentaries discussing current topics in addiction and the problem of addiction as a whole. Most recently he had the privilege to speak at a TEDx event hosted by UCLA. His view is a holistic one, drawing from the best and most recent research to bring as complete a solution to addiction clients.

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