

b) destrukcyjną orientację życiową (nastawienia autodestrukcyjne, destrukcyjne wzory relacji ze światem, rozpad systemu wartości),

c) deficyt umiejętności życiowych (interpersonalnych, intrapersonalnych i zadaniowych)

Zbiór zewnętrznych czynników, tworzących stałe źródło stresu, obejmuje trwałe uszkodzenia relacji rodzinnych i społecznych oraz sytuacje podwyższonego ryzyka związane ze środowiskami alkoholowymi.

Model PBS wyjaśnia przyczyny takich zjawisk jak głód alkoholowy, nawroty picia, nieskuteczność wpływów otoczenia społecznego na osobę uzależnioną oraz dostarcza wskazówek do skutecznej terapii

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Psycho-bio-social model of alcohol dependence

Summary

The paper presents a psycho-bio-social (PBS) concept of alcohol dependence, providing a theoretical framework for a new therapeutic approach implemented in many Polish facilities for treatment of alcoholism. This theoretical model assumes collaboration of three psychological mechanisms that constitute dependence, and includes a number of psycho-bio-social factors that may activate the mechanisms in question. The latter mechanisms arise in three areas of psychological functioning due to psychopharmacological effects of ethanol abuse and to psychosocial circumstances and consequences of drinking.

The mechanism of Addictive Regulation of Emotions transforms stress-related negative affective states into alcohol craving. The Illusion and Denial mechanism distorts cognitive processes, enhances magic and wishful thinking and subordinates the work of the mind to alcohol craving. The mechanism of Dispersion and Dissociation of Self damages a core element of personality being a basis for stable self-identity and for the ability to control one's own behavior, thus making the decision to abstain from alcohol unfeasible.

The set of inner factors activating the above mechanisms includes:

- a) defects of the organism, somatic and mental disorders;
- b) destructive life orientations (self-defeating attitudes, maladaptive patterns of relationships with others, disruption of the value system);
- c) deficit of skills important in life (interpersonal, intrapersonal, task-solving).

The set of external factors being a source of constant stress includes a permanent disorder of family and social relationships, as well as high-risk settings.

The PBS model explains causes of such phenomena as alcohol craving, drinking relapses, lack of effects of the alcohol dependent person's social environment influence. The model provides also guidelines for effective treatment.

Key words: alcohol dependence / theoretical model