

niczyć w lokalnych grupach samopomocowych. Skuteczność leczenia ambulatoryjnego nie jest niższa od terapii szpitalnej.

Słowa kluczowe: alkoholizm, leczenie ambulatoryjne, model Minnesota.

Sławomir Bukowski, Bogusława Bukowska, Stanisław Ilnicki
**The assessment of effectiveness of the outpatient therapy for alcoholics
based on Minnesota Model**

SUMMARY

In the paper the experiences from three and a half years of work with the therapeutic group for alcohol addicted patients in the overall outpatient help are presented. The theoretical basis of the realized programme was the Minnesota Model created in the USA in 1950's. The authors of this model treat alcoholism as a primary, chronic, and progressive disease, concerning the whole family of an alcoholic and demanding the action of interdisciplinary team of specialists. The survey included 101 individuals dominated by men between the age of 46 and 60, with secondary and higher education, having family support and financial security with related low level of alcoholic destruction. The main criteria of estimating the effectiveness of psychotherapy was maintenance of abstinence by the patient for a minimum of 1 year, which had to be confirmed by close relatives and acquaintances. This condition was fulfilled by one third of the individuals. The conditions which were favorable to maintaining abstinence were: strong internal motivation to overcome dependency, interest in the process of treatment shown by the family and employers, engaging in Anonymous Alcoholic and also open attitude towards the treatment. The conditions causing difficulties to maintaining abstinence were: conjoint another mental disturbances and advanced age of patients. Outpatient treatment is cheaper than inpatient. The beginning of treatment causes less resistance, there is bigger responsibility for the treatment effects. The patient is integrated with the social environment rather than isolated from it and can participate in the local self-help group.

Key words: alcoholism, outpatient treatment, Minnesota Model.

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