

PRACE PRZEGLĄDOWE

Picie kontrolowane

Badania naukowe, doświadczenia płynące z praktyki oraz debata publiczna w Szwajcarii i Niemczech

Controlled drinking

A review of the literature, practice and public debate in Switzerland and Germany

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Abstract – The article presents an overview of the debate on controlled drinking (cd) in Switzerland and Germany. More specifically, it reviews research findings which are relevant for the implementation and feasibility of cd programs both in the outpatient and the inpatient sector. As to the former, cd as a therapeutic objective is for example discussed on the basis of national monitoring data, as to the latter outcome results of catamnestic studies are summarized. At the same time, conceptual issues and definitions of cd are illustrated by referring to

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various studies. In the second part of the article, experience from treatment practice is highlighted by drawing particularly on current cd programs and by differentiating between 'controlled drinking' and 'drinking under control'. The reduction of drinking even on a high level and the use of drinking plans shows to be useful even with chronic groups, such as homeless alcoholics in terms of 'harm reduction'. The article concludes with a discussion of recent trends in the development of treatment systems and the role of cd as an example of the possible variation of treatment goals which are negotiated with the client during the treatment process.

Key words: controlled drinking, Switzerland, Germany, treatment objectives