

# **Addiction Reimagined**

Challenging Views of an Enduring Social Problem

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**Cognitive Science and Psychology**



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# Table of contents

	<i>Acknowledgements</i>	<i>v</i>
	<i>Preface</i>	<i>vii</i>
Chapter 1	<b>Introduction</b>	1
Chapter 2	<b>A Short History of Alcohol and Alcoholism</b>	21
Chapter 3	<b>A Short History of Other Drugs of Abuse</b>	33
Chapter 4	<b>The Emerging Issue of Behavioral Addiction</b>	49
Chapter 5	<b>Diagnosis, Treatment, and Prevention</b>	69
Chapter 6	<b>Addiction and the Family</b>	97
Chapter 7	<b>Addiction, Deviance, and the Criminal Justice System</b>	111
Chapter 8	<b>The Sociological Perspective</b>	129
Chapter 9	<b>Strategies for Advocacy in the Addictions Field</b>	151
Chapter 10	<b>Concluding Thoughts</b>	167
	<i>References</i>	<i>179</i>
	<i>Index</i>	<i>197</i>



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And, as always, I wish to acknowledge my wife Betty and the wonderful family we have created. This book is dedicated to them.



# Preface

*Addiction Reimagined: Challenging Views of an Enduring Social Problem* provides a comprehensive analysis of the concept of addiction as a social problem, rather than as a medical or psychological issue. The work examines historical aspects of addiction; explores some emerging issues such as the inclusion of behaviors as addictions; discusses diagnosis, treatment, and prevention measures; describes the effect of addiction on the family; explores its relation to the criminal justice system; explains sociological perspectives regarding addiction, and provides strategies for advocacy. The book provides a strong socio-historical background to better address the current understandings of the ambiguous concept of addiction. Rather than providing only a micro, individual-level perspective of addiction, meso- and macro-level perspectives, such as those involving the role of risks at different levels in society, are included in this examination. The book challenges many current understandings of addiction and calls for a reimagining of the field of addiction.

The impetus for this original monograph is my concern about the addictions field. Prior to my academic life, I was a probation officer, correctional counselor, addictions counselor, and director of a mental health and addiction program for children and adolescents; therefore, my engagement in the addictions field was multifaceted. A recent encounter with the field (after many years) exposed the realization that my work in graduate school provided me with a much broader view of this ambiguous concept that I wish I had as a clinician. Therefore, it is hoped that others will review the book's contents and develop their sociological imaginations on this issue, whether they are counselors, therapists-in-training, addiction program administrators, academics, interested persons, advocates, and, of course, people who suffer with addiction and all others affected by it.



## Chapter 1

# Introduction

“...the medical profession has officially accepted alcoholism as an illness, and through this fact alone, alcoholism becomes an illness...”

(E.M. Jellinek, 2010 p. 12)

### **Addiction as a Social Problem**

All lives are affected in one way or another by addiction. It is responsible for numerous problems that occur in relationships with families, in broader communities, and work settings, in addition to the tumultuous conditions directly experienced by addicted persons. Overdose and death are undoubtedly special concerns associated with addiction. Some social institutions seek to address the problems informally, as when families or faith organizations encourage people to remain addiction free. Other institutions are more formal and restrict and punish the use of addictive substances as agencies in the criminal justice system or seek to treat behaviors involving addiction through medical and behavioral activity in the mental health system.

So, while addiction is an individual problem, it is a social one as well. The purpose of this book is not to investigate the biological and physiological aspects of addiction; examined instead will be the social conditions that often lead to and are affected by addictive sources that lead to addiction. Using history as a backdrop and sociological insights as a guide, it is believed a better understanding of addiction can evolve and be broadcast to a wide audience of people concerned with the problems caused by addiction. Certainly, social categories involving race, sex, ethnicity, class, religious background, and others are addressed in sociology; however, this work has a more general focus and references these categories primarily in a historical framework.

A sociological perspective moves the focus from the individual to the social. Particularly noted will how socio-historical factors have influenced human's experiences with addiction sources, often as a means of coping in a scary and changing world. Currently new and evolving risks in the contemporary era create the “anxieties of our age” for which people look to new substitutes for the traditional social bonds provided by family, communities, faith organizations, and others that can create forms of social integration that can serve as a protective factor against the use of drugs or other maladaptive behaviors (Alexander, 2000). The chapter on sociological theory, which specifically de-

scribes this perspective, will come later in this text in order to reflect sociologically on basic concepts of addiction mentioned earlier.

This examination also uses an approach known as public sociology, a subfield of sociology that seeks to move information from academia into the places that can make direct use of the knowledge. Therefore, the sociological understandings of addiction contained in this book will hopefully move the discussion to various publics that deal with the problem of addiction on a day-to-day basis such as, the treatment programs, addictions professionals, the media, communities, advocates, and most importantly, the people who suffer with addictions and their families. The book, therefore, is for all people concerned with addiction. As readers might encounter sociological terms and concepts with which they are unfamiliar, efforts are made to explain these terms.

### **Addiction: Understandings and Examinations**

Definitions about what society considers to be addiction have taken many forms such as, moral failings, bad habits, compulsions, or the results of disease. And ideas about the causes of addiction have also varied, for example, in the form of demons, sinful excesses, peer pressure, or genes. Ideas about how addiction can manifest itself are expanding, from substance addictions such as alcohol and other drugs, to behaviors such as gambling, sexual behavior, eating, Internet gaming, and many others. Society also grapples with how addiction can be thwarted (if indeed it can); this is a major political and ethical concern as strategies of legalization of certain drugs in the continuing national war on drugs are debated.

To thoroughly examine this idea of addiction, it is beneficial to adopt micro-, meso-, or macro-levels as our points of analysis. If a micro-level analysis is used, attention will be paid to bio-psychological factors such as the how addiction affects the individual through the internal mechanisms of drug-taking or behavioral activity, and the development of craving, tolerance, and withdrawal. The meso-level approach would seek to observe the effects of addiction on an individual's family and community and the effectiveness of certain community-based treatment and prevention programs. The macro perspective would analyze the effects of addiction at a global level, such as understanding the role of international drug markets, drug trafficking, and the efforts by organizations such as the World Health Organization to counter the effect of addictions.

There are many different disciplines that seek to understand the process of addiction and its consequences at different levels of analysis. Biology, for example, focuses on the biological and constitutional aspects of addiction; psychology pays more attention to the cognitive and learning processes that

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# Index

## A

Adult Children of Alcoholics, 18, 103  
Al-Anon, 94, 103, 104, 106, 155, 156, 159, 181  
Alcoholics Anonymous, 7, 30, 53, 75, 83, 94, 155, 156, 184  
Alfred Lindesmith, 136, 187  
Amphetamine, 42

## B

barbiturates, 43, 47, 114, 117, 118, 133, 157, 183  
Beer, 23, 24  
behavioral addiction, 5, 18, 49, 55, 64, 66, 71, 73, 111, 157, 170, 177, 188, 194

## C

Cannabis, 41  
Club drugs, 46, 118  
Cocaine, 37, 116, 156  
codependence, 87, 106, 107, 108  
Contingency management, 92, 186

## D

Distilled spirits, 22

## E

E.M. Jellinek, 1, 30, 70, 168

## G

gambling, 2, 5, 9, 10, 11, 13, 18, 49, 50, 51, 52, 53, 54, 60, 65, 66, 68, 73, 119, 129, 131, 133, 134, 144, 157, 167, 170, 171, 182, 189, 191, 192, 194, 195  
Gin, 23, 24

## H

hallucinogens, 44, 45, 47, 73, 157  
harm reduction, 46, 78, 83, 90, 91, 140  
Harrison Act, 40

## I

Inhalants, 43  
internet gaming, 18, 54, 196

## M

Marijuana, 41, 42, 114, 115  
methamphetamine, 42, 43, 114, 116, 117, 118, 133  
moral panics, 33, 47, 113, 114, 115, 119, 128, 133, 134, 145, 146, 173, 174, 183, 184  
Motivational interviewing, 91, 190

## N

narcotics, 30, 35, 37, 38, 39, 40, 41, 47, 116, 143, 157, 167

**O**

opioids, 8, 35, 36, 37, 73, 133, 165,  
176, 178, 181, 182, 190  
Opium, 35, 36, 39, 61, 181

**P**

PCP, 114, 118, 133  
prohibition, 23, 28, 29, 30, 32, 116,  
128, 136, 159, 182, 194

**R**

Rational recovery, 89, 194  
risk society, 10, 114, 132, 146, 178,  
190, 196  
Rum, 23

**S**

Substance use disorder, 5

**T**

Temperance, 26, 28, 31  
twelve-step programs, 49, 58, 75,  
81, 82, 83, 87, 88, 89, 90, 144, 166

**W**

Wine, 22, 184