

Maintaining motivation for recovery in alcoholics to facilitate rehabilitation

- Effectiveness of visualizing recovery models -

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Key words: Alcoholism, Social rehabilitation, Self-image

I have performed volunteer work in a daycare hospital special alcohol psychiatry ward. I was impressed with the strong desire daycare patients had to recover. In alcoholism, the individual has lost the ability to control drinking to the point that it has an impact on work and personal relationships. The purpose of this investigation was to reveal how alcoholics aiming for rehabilitation maintain their motivation for recovery.

The investigation identified what daycare patients strive for in daily life; namely, the identification of bad examples of past self-images and the visualization of a new, better self-image. This effort was found to be related to self-help groups and family support.

The investigation also clarified support needed for help alcoholic men aged 30/40 aiming for the resumption of work to continue both abstinence and achieve social reintegration. Result revealed that daycare patients viewed both work and self-help groups as important, but that there was a preference for self-help groups. Results also revealed that daycare patients looked to more experienced self-help group members as their new, better self-image after recovery (the recovery model). .