



EQUAL BUT DIFFERENT: GENDER-SENSITIVE TREATMENT IN ADDICTION

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MULTI-DISCIPLINARY CENTER ADDICTION TREATMENT



DERECH- ARIELA: MULTI-DISCIPLINARY CENTER

- Detox. Ward-for 1 month
- Therapeutic Community (TC)- for 9 months
- Transitional living home (Half-way-house)- for 6 months
- Ambulatory (outpatient) Unit



- Only for women in addiction

THERAPEUTIC COMMUNITY

- “a drug-free environment in which people with addictive problems live together in an organized and structured way to promote change toward a drug-free life in the outside society” (Broekaert, Kooyman & Oenberg, 1998, p. 95)
- “Only you can do that, but you can’t do it alone”.

THE ESSENCE OF A THERAPEUTIC ENVIRONMENT- 5 UNIVERSAL QUALITIES

- **Attachment:** A culture (sense) of belonging.
- **Containment:** A culture of safety.
- **Communication:** A culture of openness & honesty.
- **Involvement & Inclusion:** A culture of participation & responsibility.
- **Agency:** A culture of empowerment.

THE PLAN

- The residents develop sound living habits and participate in an intensive program of individual and group therapy (12 steps group, behavioral groups, emotional groups etc.); that equip them to succeed upon re-entry into their home community.
- They also receive medical treatment (including a psychiatrist).
- There are also extramural activities which include trips, sport, art, drama, movement etc.
- We also use family intervention, seminars, workshops and lectures to empower the change.

WHY EQUAL?

- The starting point in "Derech Ariela": A human being is a human being wherever he or she is.

WHY DIFFERENT?

- The main difference: The damage of the relation space & its consequences on the women life.
- The difference is not only from men; but also, between woman to woman.

THE MAIN CONSEQUENCES

- **Multi-symptoms:** Addiction, BPD, Eating Disorder, Suicidality, Prostitution
➡ Self-destruction behaviors.
- **Physical pain:** Like stomachache, menstrual cramp, headache etc.
- **Mental changes:** Dissociation disorders, Depression & Anxiety disorders.
- **Emotional changes:** Variable mood, emotional detachment, lack of stable emotional state, sense of loneliness.
- **Cognitive changes:** Distortion of thinking (good or bad), dichotomous & stubborn thinking (black & white), lack of flexibility thinking.

THE MAIN CONSEQUENCES

- **Pathological changes in interpersonal relationship:** Lack of trust, themes of control & power, dependencies & exploitation, hacked borders, see herself as an object (objectification).
- **Pathological changes in the identity:** Low self-image, sense of self-inability/incapability, low self-confidence.
- **Spiritual changes:** Low faith and hope, lack of the ability to ask for help.
- **Revictimizing:** Lack of the ability to recognize dangerous situations.

THREE UNIQUE PRINCIPLE

- Relation
- Thinking outside the box
- Continuity of Treatment

RELATION

- Early damage in the relation space:
 - Lack of trust
 - Low self-image
 - Low self-confidence
 - Low self-esteem
 - Sense of self inability/incapability
 - Sense of emptiness
 - Sense of lack of importance
- The “nothingness” is always in the background



“We were born in relation
We damaged in relation
And we recover in relation”
(Hendrix)

IMPLEMENTATION

- **An equal relation (face to face connection):** Less relation based on authority & hierarchy.
- **The choice principle:** The choice is in your hands; You know best what's right for you; We always ask- what can help you now?
- **The meaning principle:** For example, by rituals when the women go through a phase; Give the women responsibility & independence.
- **Increase the margin of error:** Accepting mistakes & learning from them.

THINKING OUTSIDE THE BOX



- **Matching treatment to the individual/group:**
- **Personal suit for each woman:** Build an individual treatment program based on the specific woman's needs.
- **Group suit:** Group interventions based on the "here & now" situation; "No grocery list".



- Strengthening the individual means strengthening the group and vice versa, again and again and again.

CONTINUITY OF TREATMENT

- Detox. Ward
- Therapeutic Community (TC)
- Transitional living home(HWH)
- Ambulatory Unit

Joint personnel

Ongoing contact with relevant community agencies:

- Unit for addiction treatment
- Family social workers/welfare officer
- Probation officers