



CATs in Italy were
2,092 on 31-10-2010

They are organized in 21
regional associations (ARCAT)
253 local associations (ACAT)
and one national association
(AICAT)

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CAT* and systemic approach

From Vladimir Hudolin's works

* Club of Alcoholics in Treatment

The CAT work is based on a systemic approach, which implies observing and identifying alcohol related problems inside the biosocial system where people live and work.

- § **CATs consider the family as a whole, as the most important biosocial system for each single person.**
- § **No effective change in behaviour or in lifestyle can be achieved outside or without this system.**

The Club of alcoholics in treatment is a multifamily community which tries to develop a change in the behaviours of the families attending, who have alcohol related and mixed problems.

A treatment is often described as rehabilitation or social rehabilitation.

We prefer to define what happens in a Club as a socio-cultural process.

Indeed, it is not a matter of rehabilitating alcoholics, but changing the health culture of the community.

**The Club activity is addressed to families
and to the local community where the
families live and work.**

The aim of the Club is the empowerment of the families.

They become able to grow and mature, communicate and interact more effectively with the community.

Also the family members are required to **stop drinking** completely, to eliminate alcohol drinks from their house, and to give up the habit of offering alcoholic drinks to people visiting them.

Drug free life-style

**We apply the concept of “extended family”
so that relatives or close friends can join
the Club.**

Usually a family member gets in touch with a Club, **without the alcoholic**, and asks for help or advice.

It is normally the alcoholic's wife / husband, son / daughter, or a friend.

They ask for help because they cannot convince the alcoholic to attend the Club meeting or to take other steps.

But a person asking for help is part of a family system, a system involved as a whole in the alcohol related problems, and therefore she/he **needs the treatment too.**

The children have the right to attend the Club like any other member of the family, so they take part in the Club's activities.

Attending the meetings would help them overcome all difficulties arising from an alcohol related problem inside their family.



If an alcoholic's family cannot be contacted, or its members are not willing to take part in the treatment, a substitute family has to be found by the Club.

A substitute family must accept all the obligations and duties, including their own sobriety.

A change inside the Club must be followed by a change inside the community, otherwise it has little value. The change is really successful if the families **bring such change inside the community, and do not keep it only inside the Club.**

Theoretical links

Social psychiatry (Joshua Bierer)

Therapeutic community (Maxwell Jones)

General system theory (Ludwig Von Bertalanffy)

Family and systemic approach (N. Ackerman, S. Minuchin, M. Bowen, C. Whitaker, G. Bateson, J. Haley, J. Weakland, P. Watzlawick, V. Satir).

P. E. Dimauro, “Il sistema familiare e la comunità multifamigliare”. Relazione al Corso “L’approccio familiare e sistemico nei Club degli alcolisti in trattamento e nella comunità locale”, Zovello (Udine), 6-8 Settembre 2002.

Percentage of various behaviours only the so-called “alcoholics” – Italy 2005

	Before entering Club	During last year	During last month
Alcohol use %	94,5	26,1	8,0
Tobacco use %	54,8	46,6	44,4
Other drugs %	5,0	2,0	0,9
Psychiatric care%	6,6	6,6	5,4
Homeless %	0,9	0,5	0,2

Comparison between all club members and “alcoholics” only:

Alcohol use:

92% of alcoholics quit drinking (exceptional result, more alcoholics quit than family members)

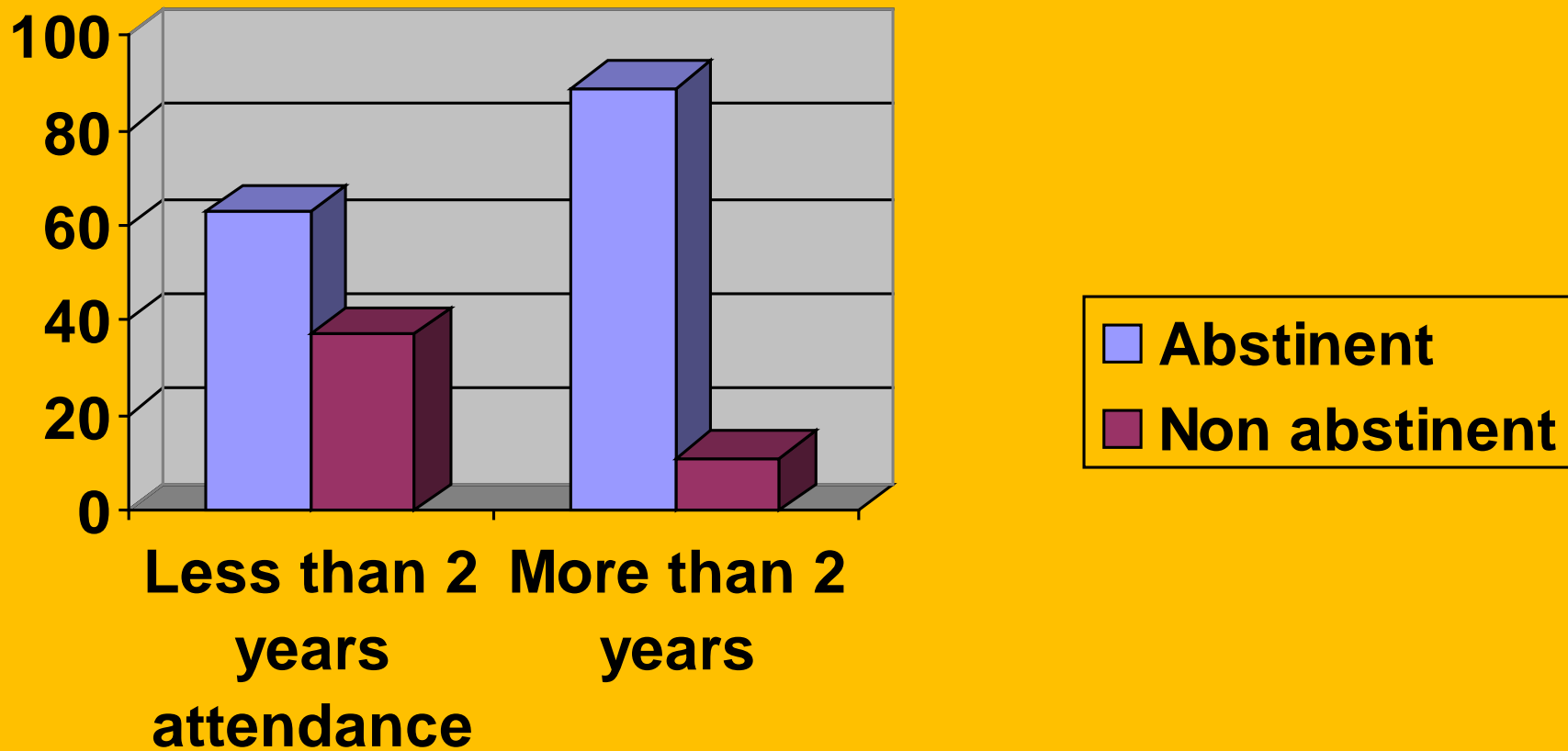
Tobacco use: 19% of alcoholics quit smoking (slightly less than family members)

Other drugs: 82% quit all other drugs (here again, better than family members)

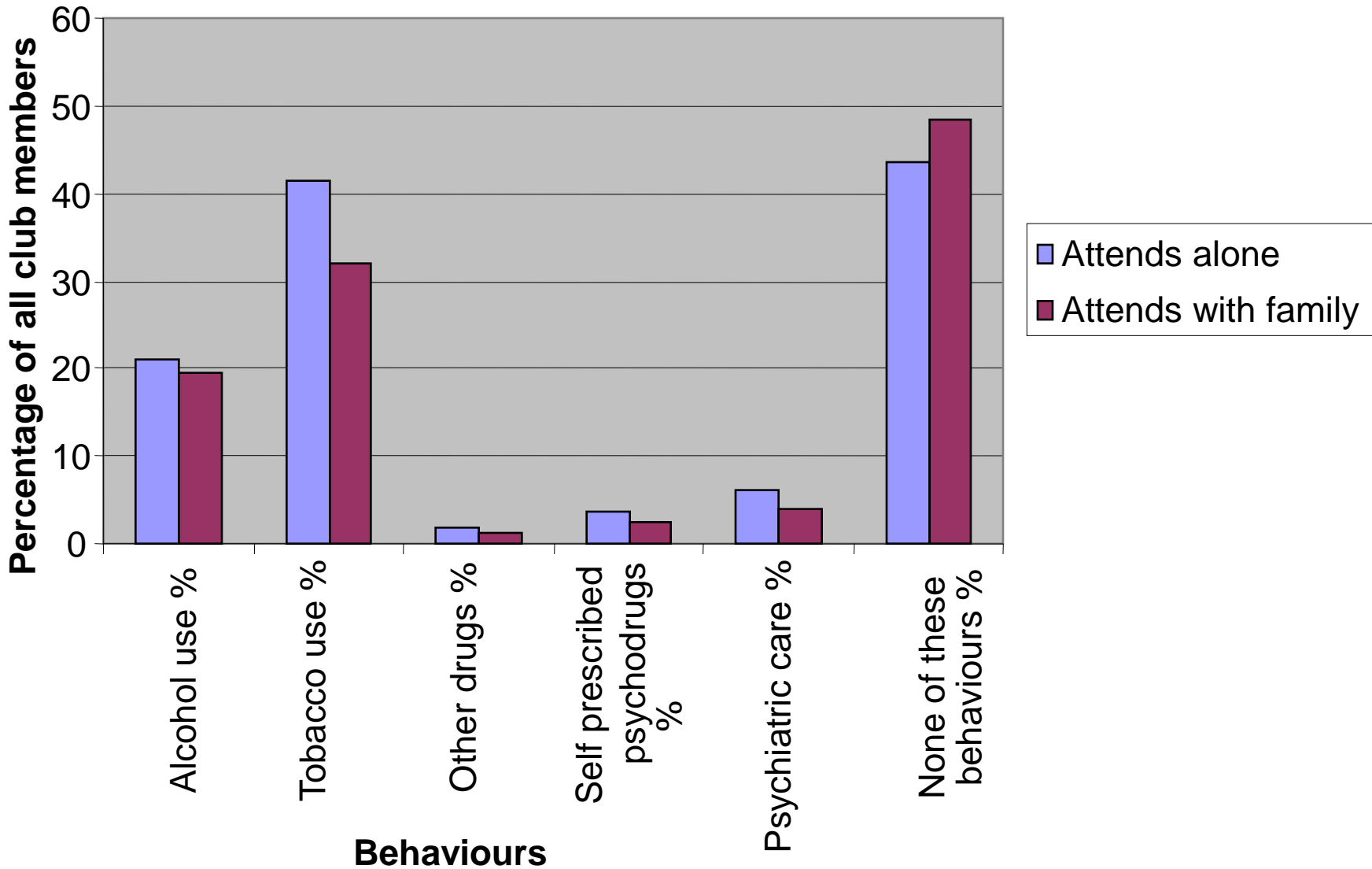
Psychiatric care: 18% drop all therapy (same as family members)

Homeless: 78% solve the problem (better than other members)

CAT members behaviour (Data Base 2005)



Comparison between who is attending the Club as single or with family members

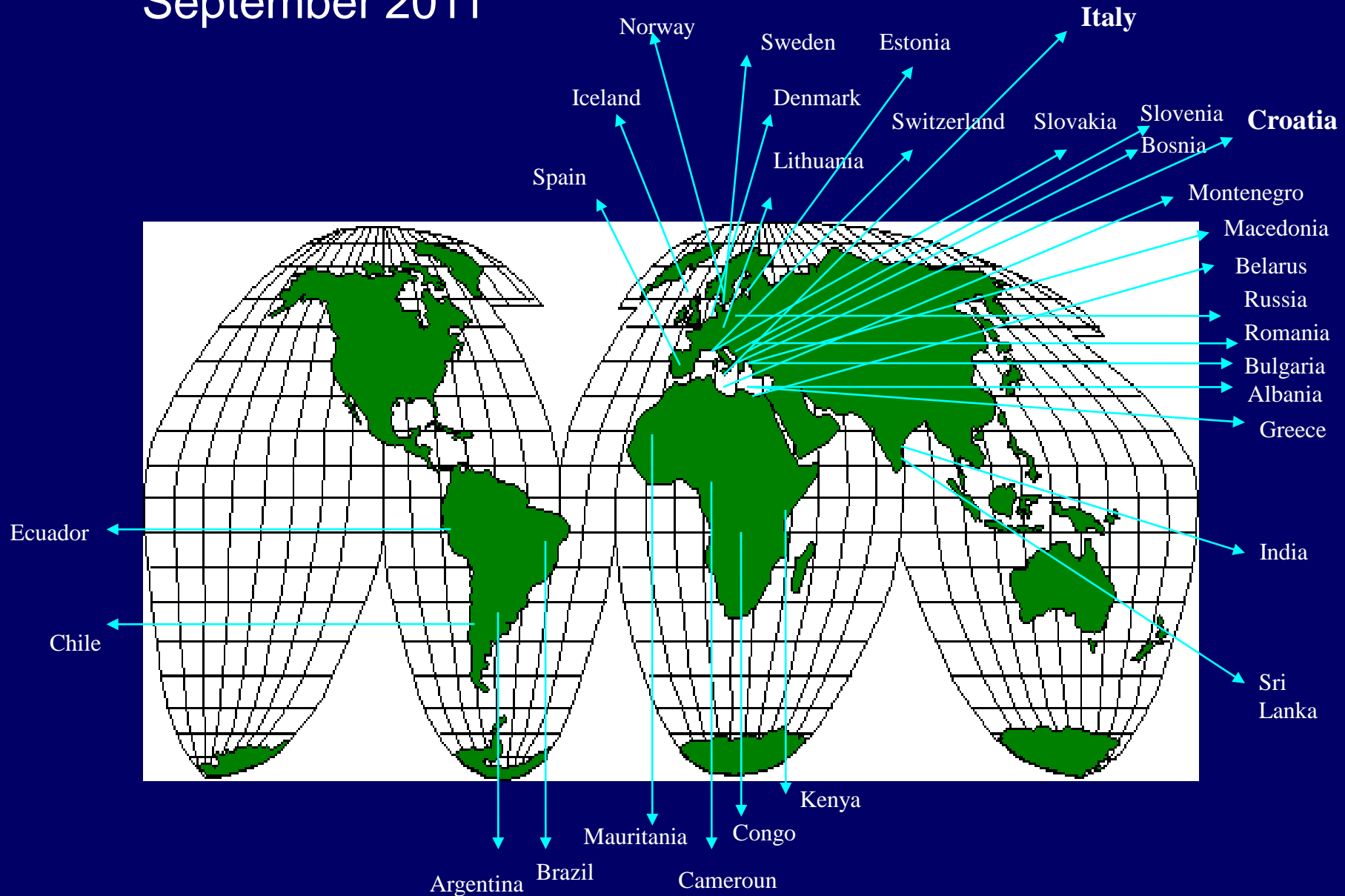


Comments:

Those who attend with family members, other relatives or friends, have better results all across the board.

CAT in the World

September 2011



WACAT, Constitutional Assembly, Udine 2007



Interclub, Chile 2010



Training course, Sri Lanka 2011



Interclub, Brazil 2011



Thank you for your attention



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Treatment (WACAT)**