



# Selected Papers of William L. White

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**Citation:** Gaston, R.S.L., Best, D., Day, R. & White, W.L. (2010). Perceptions of 12-step interventions among NHS substance misuse patients attending residential in-patient treatment in a UK treatment setting. *Journal of Groups in Addiction & Recovery*, 5, 306-323. Posted at [www.williamwhitepapers.com](http://www.williamwhitepapers.com)

## Perceptions of 12-step Interventions among NHS Substance Misuse Patients attending Residential In-patient Treatment in a UK Treatment Setting.

### Abstract

In spite of a considerable evidence base suggesting the benefits of participation in Alcoholics Anonymous and other 12-step fellowships, most studies have been conducted in the United States. Preliminary studies have suggested that clients in addiction treatment in the United Kingdom may be more ambivalent about 12-step groups, and the current article examines barriers and pathways to engagement in 12-step recovery support groups for 125 drug and alcohol users (84.5% of the total sample) attending an inpatient detoxification unit in Birmingham, England. Two-thirds (69.4%) reported prior attendance at 12-step meetings, but current levels of affiliation were low and significant barriers to 12-step meeting attendance were identified. Barriers to participation include the perceived religious components of 12-step meetings, prior negative experiences in 12-step meetings, failure to identify with group members, and difficulties simultaneously participating in both 12-step meetings and structured treatment.

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