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From Past to Present: A Revised Approach for Alcohol Use Disorder

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From Past to Present: A Revised Approach for Alcohol Use Disorder

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From Past to Present: A Revised Approach for Alcohol Use Disorder

'Alcoholism. It can happen to anyone.' While accurate, when public health campaigns use this oversimplified phrase, they overlook important key aspects about alcohol use disorder (AUD). Firstly, that is does not happen to everyone. Secondly, it does not happen to everyone at the same rate. Understanding what drives an addiction and thereby developing treatment plans for AUD is complex, dynamic, and does not adhere to the binary imagination of cause and effect widely believed now.

Managed alcohol programs (MAPs) have surfaced as a new modality of treatment in that it provides a compassionate, pragmatic approach to help individuals reduce alcohol-related harm and improve quality of life while not forcing abstinence-only treatment. Thus, revising a new non-abstinent approach that focuses on mastering one's self-efficacy, enhancing client motivation, and building a supportive social context may be one way to build a new harm reduction program that leads to better relapse prevention.