TREATMENT FACT SHEET

12-STEP FACILITATION

TREATMENT WORKS FOR VETS

WHAT IS 12-STEP FACILITATION?

12-Step Facilitation focuses on connecting you with mutual support groups like Alcoholics Anonymous (AA). It helps you become actively involved with mutual support groups so you can achieve and maintain abstinence from alcohol and other drugs. 12-Step Facilitation is appropriate for individuals who have never been exposed to the 12 Steps of AA, as well as for individuals who have attended AA meetings in the past.

WHAT WILL I DO IN 12-STEP FACILITATION?

Your therapist will help you to address three areas that fit with the 12-step approach. First is an acceptance of the power that a substance has had over you. Second is to surrender to a higher power while becoming and seeking help as part of a fellowship. Third is active involvement in meetings. Sessions are structured and follow a specific agenda. Your therapist will also recommend materials for you to read outside of sessions. If you have a significant other, you are encouraged to invite that person to attend two of the sessions.

HOW LONG DOES 12-STEP FACILITATION TAKE?

The length of 12-Step Facilitation treatment varies from person to person, but typically lasts about 12 sessions.

HOW OFTEN WOULD I MEET WITH MY THERAPIST?

Sessions are usually provided on a weekly basis.

WHAT ARE THE RISKS OF 12-STEP FACILITATION?

You may feel discomfort when talking about difficult issues that you are currently facing in your life. In group meetings, you may feel uneasy, particularly early on, sharing or hearing others' personal information.

HOW EFFECTIVE IS 12-STEP FACILITATION?

Increasing research in recent years has shown that mutual support groups are effective for many people with alcohol use disorders. The research on those with other drug-related problems is less but promising. Research has shown that 12-Step Facilitation is associated with greater participation in mutual support groups and better outcomes.