



HIDDEN TRUTH SHOW WITH JIM BRESLO
AA KILLS

AVAILABLE ON ALL PODCAST APPS

HIDDEN TRUTH
WITH JIM BRESLO

1
00:00:10,070 --> 00:00:05,610

[Music]

2
00:00:12,470 --> 00:00:10,080

welcome to the hidden truth show in our

3
00:00:16,939 --> 00:00:12,480

deep dive into the a a movement it's

4
00:00:18,320 --> 00:00:16,949

called a a kills in this episode we've

5
00:00:21,200 --> 00:00:18,330

got an interview with dr. mark

6
00:00:23,210 --> 00:00:21,210

willenbring he's a professor at the

7
00:00:25,279 --> 00:00:23,220

University of Minnesota in psychiatry

8
00:00:27,500 --> 00:00:25,289

and he also served in the National

9
00:00:29,870 --> 00:00:27,510

Institute of Health in Bethesda Bethesda

10
00:00:32,150 --> 00:00:29,880

Maryland it was there that he learned

11
00:00:34,580 --> 00:00:32,160

about all kinds of new discoveries that

12
00:00:36,500 --> 00:00:34,590

have been found to help treat addiction

13
00:00:39,260 --> 00:00:36,510

as a result of federal funding to

14

00:00:41,119 --> 00:00:39,270

universities but he found that all of

15

00:00:44,030 --> 00:00:41,129

these methods were not making their way

16

00:00:46,040 --> 00:00:44,040

to addicts that instead agz were

17

00:00:49,209 --> 00:00:46,050

continuing to simply use the 12-step

18

00:00:51,860 --> 00:00:49,219

program he wants to bring these to light

19

00:00:52,700 --> 00:00:51,870

he wants to put the 12-step program out

20

00:00:55,130 --> 00:00:52,710

of business

21

00:00:58,760 --> 00:00:55,140

check out this excerpt from our episode

22

00:00:59,959 --> 00:00:58,770

hidden truth ay-ay-ay kills well first

23

00:01:02,299 --> 00:00:59,969

of all it's important to distinguish

24

00:01:05,660 --> 00:01:02,309

between 12-step treatment programs or

25

00:01:07,130 --> 00:01:05,670

12-step rehabs and 12-step community

26

00:01:09,859 --> 00:01:07,140

groups because they're completely

27

00:01:11,810 --> 00:01:09,869

different well let's start with the 12

28

00:01:20,240 --> 00:01:11,820

steps itself what are your thoughts

29

00:01:23,749 --> 00:01:20,250

about the 12 steps well a as an

30

00:01:26,450 --> 00:01:23,759

organization is simply an association of

31

00:01:29,109 --> 00:01:26,460

voluntary association that people choose

32

00:01:31,819 --> 00:01:29,119

to affiliate with and it works for them

33

00:01:39,080 --> 00:01:31,829

it's not a treatment it's a support

34

00:01:40,370 --> 00:01:39,090

group right and the so there are you

35

00:01:42,429 --> 00:01:40,380

know it's a minority of people with

36

00:01:45,920 --> 00:01:42,439

substance use disorders who fill a need

37

00:01:49,249 --> 00:01:45,930

for the people who do that's fine it

38

00:01:52,670 --> 00:01:49,259

seems to work fine and if my patients

39

00:01:54,170 --> 00:01:52,680

are affiliates that's fine most of my

40

00:01:56,569 --> 00:01:54,180

patients will say they go for the

41

00:02:00,620 --> 00:01:56,579

fellowship which means they go for the

42

00:02:02,780 --> 00:02:00,630

social contact not the they don't really

43

00:02:09,410 --> 00:02:02,790

do step work or work with a sponsor

44

00:02:11,780 --> 00:02:09,420

others really do the the other on the

45

00:02:12,740 --> 00:02:11,790

other hand 12-step treatment programs

46

00:02:14,780 --> 00:02:12,750

are professional

47

00:02:18,880 --> 00:02:14,790

programs they're licensed by the state

48

00:02:22,850 --> 00:02:18,890

and they charge a fee for their services

49

00:02:29,090 --> 00:02:22,860

the and they incorporate some principles

50

00:02:32,990 --> 00:02:29,100

of the a into their clinics but but

51
00:02:34,940 --> 00:02:33,000
they're not they're not a a yeah well

52
00:02:36,830 --> 00:02:34,950
I've read something that rehab clinics

53
00:02:39,740 --> 00:02:36,840
in the u.s. approximately seventy to

54
00:02:40,720 --> 00:02:39,750
eighty percent of them utilized the

55
00:02:42,890 --> 00:02:40,730
12-step program

56
00:02:44,600 --> 00:02:42,900
that's correct is it actually probably

57
00:02:45,860 --> 00:02:44,610
more like eighty to eighty-five but yeah

58
00:02:47,960 --> 00:02:45,870
that's right

59
00:02:51,080 --> 00:02:47,970
so most for most people that's all they

60
00:02:53,180 --> 00:02:51,090
have available so they might be in a

61
00:02:56,150 --> 00:02:53,190
rehab program that they're paying a lot

62
00:02:59,630 --> 00:02:56,160
of money for but that well they might

63
00:03:03,130 --> 00:02:59,640

yeah most people really don't I mean

64

00:03:07,000 --> 00:03:03,140

most treatment in the United States is

65

00:03:09,680 --> 00:03:07,010

publicly funded the vast majority of it

66

00:03:11,080 --> 00:03:09,690

so you're talking about like a County

67

00:03:16,130 --> 00:03:11,090

rehab clinic

68

00:03:20,479 --> 00:03:16,140

are that are you know with his insurance

69

00:03:23,449 --> 00:03:20,489

that works and so forth and they're

70

00:03:26,750 --> 00:03:23,459

nowhere near as expensive there's a lot

71

00:03:29,860 --> 00:03:26,760

of attention to the high-end as there is

72

00:03:34,039 --> 00:03:29,870

everything these days it's actually

73

00:03:36,020 --> 00:03:34,049

ironic because people who are rich and

74

00:03:38,240 --> 00:03:36,030

famous get the worst treatment which is

75

00:03:42,800 --> 00:03:38,250

not unusual but in it but it's

76

00:03:43,850 --> 00:03:42,810

particularly stark in this realm the you

77

00:03:45,069 --> 00:03:43,860

talking about some of these places for

78

00:03:50,150 --> 00:03:45,079

instance in Malibu

79

00:03:53,330 --> 00:03:50,160

yeah Malibu is it is a magnet Scottsdale

80

00:03:57,020 --> 00:03:53,340

Arizona and especially Delray Beach

81

00:03:59,569 --> 00:03:57,030

Florida Pine County Florida or Beach

82

00:04:01,640 --> 00:03:59,579

County Florida has got like 300 rehabs

83

00:04:10,100 --> 00:04:01,650

and what's your critique of these places

84

00:04:13,759 --> 00:04:10,110

where do you start well hi Henry has by

85

00:04:17,770 --> 00:04:13,769

and large are kind of crooked and they

86

00:04:20,680 --> 00:04:17,780

don't provide any their treatment is not

87

00:04:23,320 --> 00:04:20,690

superior in any way at all

88

00:04:26,530 --> 00:04:23,330

but the thing is that it doesn't really

89

00:04:28,420 --> 00:04:26,540

matter what you're doing rehab there's

90

00:04:31,510 --> 00:04:28,430

no evidence way to do rehab because

91

00:04:33,970 --> 00:04:31,520

rehab is an evidence-based never has

92

00:04:35,800 --> 00:04:33,980

been never will be addiction is a

93

00:04:39,190 --> 00:04:35,810

chronic illness you can't treat a

94

00:04:41,260 --> 00:04:39,200

chronic illness at four to six weeks so

95

00:04:43,690 --> 00:04:41,270

the the founders actually knew this the

96

00:04:48,600 --> 00:04:43,700

founders of the Minnesota model did this

97

00:04:52,270 --> 00:04:48,610

so originally rehab was meant to be a an

98

00:04:55,110 --> 00:04:52,280

entree into a she had a what he had a

99

00:04:57,630 --> 00:04:55,120

week of attention to the body yet

100

00:05:01,180 --> 00:04:57,640

treating withdrawal treating you know

101
00:05:04,090 --> 00:05:01,190
you know three hots and a cot medical

102
00:05:05,640 --> 00:05:04,100
workups whatever so people got

103
00:05:09,190 --> 00:05:05,650
comfortable got their head clear and

104
00:05:11,410 --> 00:05:09,200
then two weeks of education and

105
00:05:14,470 --> 00:05:11,420
alcoholism is a disease according to

106
00:05:16,390 --> 00:05:14,480
that model and an introduction to a so

107
00:05:18,790 --> 00:05:16,400
they go up to a meetings during that

108
00:05:21,640 --> 00:05:18,800
time and then the last week was a

109
00:05:23,200 --> 00:05:21,650
discharge planning now the thing is is

110
00:05:26,320 --> 00:05:23,210
that they didn't expect anything to

111
00:05:29,860 --> 00:05:26,330
really happen during rehab what they

112
00:05:32,560 --> 00:05:29,870
expected was that the work would begin

113
00:05:35,230 --> 00:05:32,570

when you got into a the work was a day

114

00:05:37,150 --> 00:05:35,240

and it could place over a long period of

115

00:05:38,560 --> 00:05:37,160

time the so-called spiritual

116

00:05:42,070 --> 00:05:38,570

transformation that they talked about

117

00:05:44,530 --> 00:05:42,080

would occur subtly and over a long

118

00:05:47,550 --> 00:05:44,540

period of time usually it was multiple

119

00:05:50,310 --> 00:05:47,560

relapses and recovery and recoveries

120

00:05:54,490 --> 00:05:50,320

until somebody really got caught it so

121

00:05:58,240 --> 00:05:54,500

the the idea but but over the time this

122

00:06:01,210 --> 00:05:58,250

idea changed and it changed into one

123

00:06:04,780 --> 00:06:01,220

where something magical was supposed to

124

00:06:08,170 --> 00:06:04,790

happen during rehab nothing magical

125

00:06:14,170 --> 00:06:08,180

happens in rehab rehab this rehab of the

126

00:06:17,520 --> 00:06:14,180

find rehab for me we have is a period of

127

00:06:21,640 --> 00:06:17,530

intensive low quality counseling and

128

00:06:24,610 --> 00:06:21,650

headend and education and an

129

00:06:26,350 --> 00:06:24,620

introduction ta that's what rehab is and

130

00:06:30,970 --> 00:06:26,360

it's getting you clean at least

131

00:06:36,970 --> 00:06:30,980

temporarily well yeah so what

132

00:06:40,420 --> 00:06:36,980

you mean it's the so here's the thing is

133

00:06:44,050 --> 00:06:40,430

that you can't learn recovery skills in

134

00:06:46,750 --> 00:06:44,060

rehab so let me get here's my analogy on

135

00:06:49,050 --> 00:06:46,760

your rehab is like going to a basketball

136

00:06:52,480 --> 00:06:49,060

camp while you're at the basketball camp

137

00:06:53,820 --> 00:06:52,490

you read about these rules and

138

00:06:56,500 --> 00:06:53,830

strategies of basketball

139

00:06:59,380 --> 00:06:56,510

you see videos of people playing

140

00:07:01,030 --> 00:06:59,390

basketball former and current basketball

141

00:07:02,650 --> 00:07:01,040

players come in and talk about playing

142

00:07:04,540 --> 00:07:02,660

basketball but while you're there you

143

00:07:07,390 --> 00:07:04,550

never set foot in the court and you

144

00:07:11,490 --> 00:07:07,400

never touch a ball and then they

145

00:07:18,250 --> 00:07:14,520

you know that makes no sense at all and

146

00:07:20,110 --> 00:07:18,260

it doesn't work nobody well I said I and

147

00:07:21,400 --> 00:07:20,120

I would imagine you would also even

148

00:07:23,680 --> 00:07:21,410

challenge are they even teaching you

149

00:07:27,130 --> 00:07:23,690

basketball correctly well they're not

150

00:07:28,870 --> 00:07:27,140

actually both most programs really don't

151
00:07:32,230 --> 00:07:28,880
even provide what's called 12-step

152
00:07:34,300 --> 00:07:32,240
facilitation so and 12-step programs

153
00:07:37,480 --> 00:07:34,310
will hide behind that so there was a

154
00:07:41,230 --> 00:07:37,490
study a few years back called the match

155
00:07:43,690 --> 00:07:41,240
study and they compared CBT cognitive

156
00:07:46,600 --> 00:07:43,700
behavior therapy motivational

157
00:07:49,630 --> 00:07:46,610
enhancement therapy and 12-step

158
00:07:52,990 --> 00:07:49,640
facilitation so they manualized the

159
00:07:54,610 --> 00:07:53,000
12-step treatment program but they did

160
00:07:58,590 --> 00:07:54,620
it that didn't do it in an inpatient

161
00:08:02,050 --> 00:07:58,600
they did it at an outpatient moderately

162
00:08:05,320 --> 00:08:02,060
intensive with high quality counselors

163
00:08:09,610 --> 00:08:05,330

so the helpers had amazed and phd's they

164

00:08:12,850 --> 00:08:09,620

were intensely monitored they were the

165

00:08:16,060 --> 00:08:12,860

recession's were recorded etc etc which

166

00:08:19,210 --> 00:08:16,070

all improves of the internal validity of

167

00:08:22,150 --> 00:08:19,220

the trial but it had nothing to do with

168

00:08:23,700 --> 00:08:22,160

the real world and and what they found

169

00:08:25,410 --> 00:08:23,710

was that they all work about the same

170

00:08:30,910 --> 00:08:25,420

now

171

00:08:32,230 --> 00:08:30,920

the and Marilyn Carroll not Marilyn

172

00:08:35,200 --> 00:08:32,240

Schairer Kathleen Carroll I'm sorry

173

00:08:40,450 --> 00:08:35,210

Kathleen Carroll did a try did a study

174

00:08:44,350 --> 00:08:40,460

of real-world 12-step treatment and and

175

00:08:44,980 --> 00:08:44,360

she did it through the national trials

176
00:08:47,560 --> 00:08:44,990
Network

177
00:08:51,100 --> 00:08:47,570
put together by NIDA which was allegedly

178
00:08:53,470 --> 00:08:51,110
going to spread evidence-based practices

179
00:08:57,910 --> 00:08:53,480
it hasn't done anything like that but at

180
00:09:04,270 --> 00:08:57,920
any rate it's the the the rehab chosen

181
00:09:06,070 --> 00:09:04,280
for that are actually quite there at the

182
00:09:09,700 --> 00:09:06,080
top tier they're the top twenty five

183
00:09:12,100 --> 00:09:09,710
percent or higher of the community

184
00:09:14,470 --> 00:09:12,110
programs to affiliate with the with the

185
00:09:16,360 --> 00:09:14,480
Research Center and even in those

186
00:09:17,430 --> 00:09:16,370
centers and even though people knew they

187
00:09:19,570 --> 00:09:17,440
were being monitored

188
00:09:22,600 --> 00:09:19,580

hardly any treatment at all took place

189

00:09:25,480 --> 00:09:22,610

it was mostly simply in general chat

190

00:09:26,830 --> 00:09:25,490

that's what ended up calling it chat so

191

00:09:30,310 --> 00:09:26,840

they come in and they talk about other

192

00:09:32,230 --> 00:09:30,320

cat died last night and you know how you

193

00:09:35,470 --> 00:09:32,240

know because the general talk about

194

00:09:38,500 --> 00:09:35,480

recovery and so forth but but very you

195

00:09:41,170 --> 00:09:38,510

know the interventions they did and

196

00:09:43,360 --> 00:09:41,180

pardon me we're actually pretty good but

197

00:09:45,790 --> 00:09:43,370

the iStent do very many and they didn't

198

00:09:46,210 --> 00:09:45,800

go it they didn't go any to any and he

199

00:09:48,910 --> 00:09:46,220

depth

200

00:09:52,060 --> 00:09:48,920

there's no was there is their individual

201
00:09:54,970 --> 00:09:52,070
counseling going on at those clinics yes

202
00:09:58,290 --> 00:09:54,980
a little bit there was mostly group but

203
00:10:02,890 --> 00:09:58,300
there was some individual and they they

204
00:10:04,630 --> 00:10:02,900
capture the individual sessions and are

205
00:10:07,060 --> 00:10:04,640
they going into childhood issues for

206
00:10:11,590 --> 00:10:07,070
instance are they going into what

207
00:10:13,870 --> 00:10:11,600
childhood issues no no no no basically

208
00:10:14,950 --> 00:10:13,880
they don't go into anything okay so

209
00:10:16,780 --> 00:10:14,960
that's we were talking about the

210
00:10:18,040 --> 00:10:16,790
Celebrity Rehab clinics you said that

211
00:10:21,040 --> 00:10:18,050
some of the ones that are publicly

212
00:10:23,010 --> 00:10:21,050
funded or better in what way are they a

213
00:10:25,240 --> 00:10:23,020

little bit better

214

00:10:27,640 --> 00:10:25,250

well they're you know they're some of

215

00:10:30,100 --> 00:10:27,650

the programs like in Minnesota some of

216

00:10:34,750 --> 00:10:30,110

the programs are halfway decent they

217

00:10:36,490 --> 00:10:34,760

still are 12-step based most of what

218

00:10:40,600 --> 00:10:36,500

they teach you is wrong scientifically

219

00:10:44,380 --> 00:10:40,610

wrong and and most of them are anti

220

00:10:46,660 --> 00:10:44,390

medication which is stupid if you

221

00:10:48,850 --> 00:10:46,670

enjoyed that excerpt go check out hidden

222

00:10:51,460 --> 00:10:48,860

truth show AAA kills wherever you listen

223

00:10:53,560 --> 00:10:51,470

to podcast the hidden truth show AAA

224

00:10:58,220 --> 00:10:53,570

kills wherever you listen to podcast

225

00:11:02,540 --> 00:11:00,970

[Music]

