

CE credit: Dr. Katie Witkiewitz Podcast Episode on Non-Abstinent Recovery

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Most definitions of recovery from addiction require abstinence from the problem substance. Dr. Katie Witkiewitz discusses the limitations of abstinence-based models of recovery and describe why non-abstinent models may have a positive public health impact. Namely, Katie's research suggests that many people regain functioning in interpersonal, occupational, and health domains without achieving full abstinence, and that these definitions actually prevent people from seeking treatment. Katie outlines the benefits of incorporating non-abstinent recovery options alongside the dominant abstinent model, and also shares NIAAA's preliminary definition of recovery from alcohol. Dr. Katie Witkiewitz is the Regents' Professor in the Department of Psychology at the University of New Mexico. She is also a Scientist at the Center on Alcohol, Substance use & Addictions (CASAA), and the Technology Committee Chair for the Society of Addiction Psychology.

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