

# The DRAM, Vol. 18(10) - The Rediscovery Process: A recovery-focused approach for alcohol use disorder

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Interventions for alcohol use disorder (AUD) have traditionally emphasized [psychopathology](#)-related issues such as [reducing impulsivity](#), but [positive psychology](#) approaches are becoming more popular. A key concept in positive psychology is [flourishing](#), which refers to a person's social-psychological functioning and wellbeing. [The Rediscovery Process \(TRP\)](#) is a brief, recovery-focused approach for AUD that aims to address both impulsivity and flourishing. This week, The DRAM reviews a [study by Phil Parker and colleagues](#) that evaluated experiences and perceptions of TRP.

## **What was the research question?**

Among people with alcohol use issues, does TRP increase awareness of both traditional psychopathology-focused issues (i.e., impulsivity) and positive psychology concepts (i.e., flourishing)?

## **What did the researchers do?**

TRP was provided to 15 adults in England who were drinking at increased or higher risk of harm (i.e., [self-reported](#) drinking more than 14 units of alcohol per week). Participants' time commitment was three consecutive days with a three-hour seminar in each. Afterwards, participants completed an online survey of open-ended questions about their experiences and perceptions of TRP. Researchers then conducted [thematic analysis](#) using an [inductive data-driven approach](#).

## **What did they find?**

Researchers identified two main themes: control and flourishing (see Figure). Within the theme of control, participants mentioned that TRP helped them feel an increased sense of choice around impulse-related behaviors, specifically regarding alcohol use regulation, emotional regulation, and the change process. Within the theme of flourishing, participants referenced positive experiences with

TRP related to empowerment, growth, and self-concept awareness. Almost all participants reported experiencing important and lasting change in their alcohol use, wellbeing, self-esteem, and relationships with others as a result of TRP.

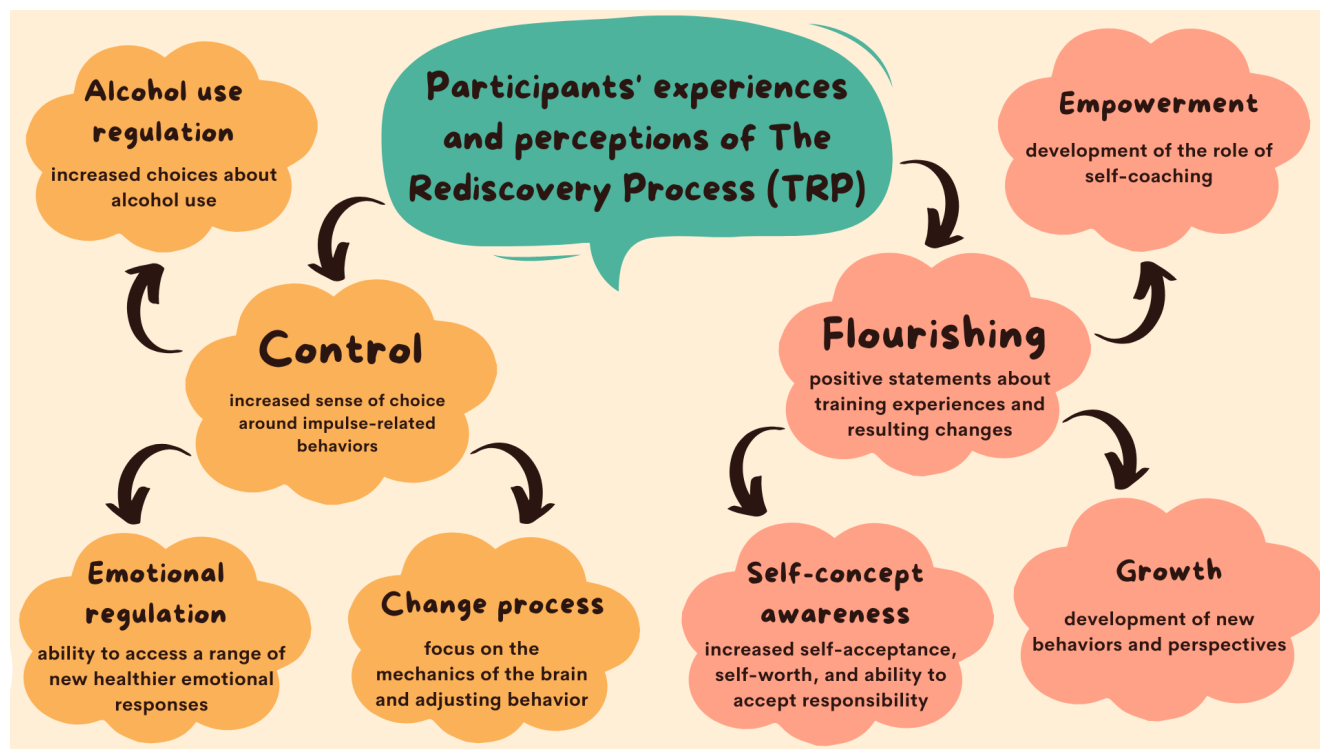


Figure. Main themes (i.e., control and flourishing) and subthemes (i.e., alcohol use regulation, emotional regulation, and change process; empowerment, growth, and self-concept awareness) identified from participants' experiences and perceptions of TRP. Click image to enlarge.

### Why do these findings matter?

[Some counselors have concerns](#) that adopting positive psychology approaches may lead to decreases in the availability of psychopathology-focused interventions. In this study, researchers observed both themes - control and flourishing - within TRP. This suggests that TRP can increase participant awareness of positive psychology concepts and psychopathology-focused issues at the same time. Participant responses also reflect the goals of TRP to reduce impulsivity and develop flourishing, suggesting that [TRP can be effective](#) in changing impulse-related behaviors and shifting one's sense of self.

### Every study has limitations. What are the limitations in this study?

The study had a small sample size recruited through [convenience sampling](#). Also, the participants completed the survey between one and seven months after finishing TRP, so there may have been some [recall bias](#).

**For more information:**

The [National Institute on Alcohol Abuse and Alcoholism](#) has tips and resources for people struggling with problem drinking. For additional drinking self-help tools, please visit our [Addiction Resources](#) page.

— Caitlyn Matykiewicz, MPH

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