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## MULTITHERAPY TREATING TOXICOMANIE, ADDICTION TO DRUGS AND ALCOHOLIC BEVERAGES

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The objective of the study is to prove that multitherapy is more effective than the current methods used for the treatment of toxicomanie, addiction to drugs and alcoholic beverages. Intensive therapy against drug abuse, developed by Anna Lou Olivier, which began in 1997 in a private drug recovery clinic, with weekly sessions lasting 12 hours, distributed as follows: first part of the two-hour, group treatment, with exercises and laboratories and nine hours of individual assistance and/or clarification of doubts. During lunch, which lasted an hour, there was also fraternization, in an extension of the treatment. The sessions were developed within a support group and the participants were volunteers that is, there was no obligation to participate in the group, so, of the 80 patients admitted to the clinic, only 72 participated actively in the activities. These participants had such good results that the care was extended to their relatives. Even the relatives of eight patients who refused treatment were enrolled. The therapeutic care was 80 families and 72 patients hospitalized. This study lasted six months and the results were published in the books "A Escola Produtiva" (1999) and "Acontece nas melhores famílias" (2000). After this study, this same method was applied in several

other clinics until 2008, when new results were published in the book "Distúrbios Familiares". In 2010, all these studies, methods and results were recorded as an integral part of the multi-therapy developed by Anna Lou Olivier, CREM (Centro de Referência e Estudo em Multiterapia). Overall, the results were satisfactory. The first group tested had an average of 60% overall improvement and 90% awareness. Although they continued treatment, after the completion of this method implantation, the participants and their families had more union, more awareness and more strength to fight drugs. The other groups analyzed had an average of 70% of achievement and also 90% of awareness. For the author was also very productive because, in addition to more experience and more data to add to the method of multitherapy, all collected content based three books already cited that were useful to guide many families who go through the drama of having one or more members involved with various drugs. All the patients received this treatment completely free of charge and agreed to collaborate with this research.

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