

## **AARC DESCRIPTIVE RESEARCH (Vause, 1994a) EXCERPT**

### **CLIENT ANALYSIS: QUALITATIVE STUDY**

#### Summary

##### Section E – Structure and Discipline

All levels viewed structure and discipline as necessary but all agreed that the discipline used at AARC was not viewed as abusive, but rather it was seen as discipline with love. Not only are the clients disciplined, but so are the parents and siblings. Most of the families in treatment lived in very unstructured households. The AARC model teaches parents how to develop a disciplined and structured environment at home, two components that were often missing which aids in the recovery of the entire family.

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### **PARENT/SIBLING ANALYSIS: QUALITATIVE STUDY**

#### Summary

##### Section E – Structure and Discipline

Parents/siblings on all levels agreed that structure and discipline were vital components in the AARC model. If clients and their families are to understand the severity and seriousness of their disease they need to be focused and centered to have any chance at recovery. The parents/siblings believe that the way to the centeredness is through structure and discipline. Not only does it help the families recover more efficiently but structure and discipline also teach family members to respect themselves and others. Without discipline and structure the therapeutic process would not be as effective as it is in the AARC model.

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### **STAFF ANALYSIS: QUALITATIVE STUDY**

#### Summary

##### Section E – Structure and Discipline

All staff agree that structure and discipline are extremely important elements for successful recovery. Clients must learn self-discipline and work habits to be able to apply successfully the principles of AA to their lives. If the AARC model had no structure it would be chaotic and they would not gain the respect they need to discipline their own lifestyles. Many staff commented on the fact that by having structure and discipline in treatment they have carried it over to the other aspects of their lives and find themselves more responsible and trustworthy. The AARC program also teaches clients how to set up appropriate boundaries as well as respect the boundaries of others. Discipline and structure are also essential in developing self-esteem and the inner strength needed to succeed. AARC sets it's clients up to succeed but they would not be able to achieve this if they lacked structure and discipline.