

life process program by Dr. Stanton Peele

Posted by berel2 - 05 May 2021 16:34

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Does anybody know anything about this? It is different than 12 steps and looks interesting.

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Re: life process program by Dr. Stanton Peele

Posted by Shteeble - 05 May 2021 17:07

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[berel2 wrote on 05 May 2021 16:34:](#)

Does anybody know anything about this? It is different than 12 steps and looks interesting.

I'm just subscribing to this thread. And welcome to GYE!

For the benefit of anyone who just has 30 seconds to find out who Stanton Peele is, the following is from wikipedia:

He began his critique of standard notions of addiction when he published *Love and Addiction* (coauthored with Archie Brodsky).<sup>[7]</sup> According to Peele's experiential/environmental approach, addictions are negative patterns of behavior that result from an over-attachment people form to experiences generated from a range of involvements. He contends that most people experience addiction to some degree at least for periods of time during their lives. He does not view addictions as medical problems but as "problems of life" that most people overcome. The failure to do so is the exception rather than the rule, he argues.<sup>[8]</sup>

When it was published in 1975, *Love and Addiction* pre-dated by almost a decade the notion of sex addiction and codependency popularized by authors such as Patrick Carnes, whose *Out of the Shadows*, one of the earliest popular books to describe sex addiction, came out in 1983, and Melody Beattie, whose *Codependent No More* was published in 1986. *Love and Addiction* pre-dated the current popular use of the terms "sex addiction" and "codependency" to describe disorders of love attachment, as these terms were not part of Peele and Brodsky's nomenclature. However, because *Love and Addiction* was concerned with observing the same condition of addictive human attachments, it has been argued that this is the first book to be written on the subject of codependent relationships.<sup>[9]</sup>

In a co-authored book, *Resisting 12 Step Coercion* (2001), Peele outlined his case against court mandated attendance of [twelve-step](#) drug and alcohol treatment programs. He argued that these treatment programs are useless and sometimes harmful, he presented research on

alternative treatment options, and accused some addiction providers of routine violation of standard medical ethics, an accusation that is likewise often leveled at Peele[\[13\]](#)

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