

“Addiction Treatment Doesn’t Help Addicts, It Creates Them”

Michelle L. Dunbar

Author & Researcher - The Freedom Model

Michelle Dunbar was first thrust into the addiction recovery world as a young child. At the time she learned from family members who were immersed in the 12 step culture about the alleged supernatural powers of alcohol and drugs. As a result of these beliefs, she struggled with alcohol and drugs succumbing to the disease rhetoric. Thankfully, Michelle was blessed with an inquisitive mind and a skeptic’s heart. By 1990, then in her early twenties, these personal attributes proved to be a compass that guided her out of heavy substance use completely. She learned never to take anything at face value and was heard quite frequently saying, “Let’s look at the data.” This attitude and hunger for the truth pushed her past the addict/alcoholic self image, and provided a firm platform to research and help others learn the truth that addiction is not a disease, and that people can move past their addictions.

She began her career at Baldwin Research Institute, Inc. (BRI) in 1992 as a volunteer helping women to solve their substance use problems. In 2002, she joined BRI in a professional capacity working directly with substance users and their families. During her tenure at BRI she has worked in nearly every division and capacity. She co-authored and taught a program extension offered by BRI called Continuing Education which tackled life issues and goal setting. She developed and taught The Saint Jude Family Program and she has worked extensively on the past four program revisions. She is one of the co-authors of BRI Publishing’s latest book, the revolutionary text entitled, The Freedom Model for Addictions. Michelle’s dedication to finding a solution for addictions and extensive experience helping substance users and their families has provided her life-saving and powerful insights into how best to help people solve their substance use problems permanently.



Michelle Dunbar’s Comments ON ADDICTION

“Addiction treatment turns a temporary personal issue into a large scale family disease that traps everyone involved into a confusing world of guilt, shame and hopelessness.”

“ADDICTION IS NOT A DISEASE! Make no mistake, the growing problem that we are seeing today is the direct result of more than 75 years of saying it is.”

“Do you think it’s more advantageous for people to believe they do have the power to change or they don’t? In this question we have captured the root problem with the idea of powerlessness. Whether people believe they can change or believe they can’t, they are right.”



Media Inquiries

media@thefreedommodel.org

www.thefreedommodel.org

888.973.9597