

## Commonly Held Myths

### Example 1

*Unless someone enters treatment freely and is already motivated to change, he or she will not do well.* This is not true. In fact, research clearly shows that even people who are forced into treatment can, and often do, recover. In fact, according to research by Nora Volkow, a scientist who heads the National Institute on Drug Abuse, we now know that the outcomes for those who are legally mandated to enter treatment can be as good as the outcomes for those who entered treatment voluntarily. (Hoffman & Froemke, 2007).

- 1) What do you think about this statement by Dr Volkow?
- 2) In what way does knowing this influence the way you think about treatment?
- 3) If you had a different belief before hearing this, how might this new information change your beliefs about treatment outcomes?

### Example 2

*Substance users have to hit "rock bottom" before they can change.* Although hitting rock bottom has often happened for people before they enter treatment, there is no evidence that it must happen in order for someone to recover successfully. In fact, in actuality it is quite the contrary; the earlier in the addiction process a person gets intervention, the longer he or she can live a healthy, substance free life (Hoffman & Froemke, 2007).