Chapter 14: Substance-Related and Addictive Disorders

**Video Title:** How I Overcame Alcoholism | Claudia Christian | TEDx London Business School  
**Video URL:** <https://youtu.be/6EghiY_s2ts>   
**Run Time:** 14:43  
**Source:** TEDx/YouTube  
**Close Caption Available:** Yes

Summary of Video:

Chapter 14 discusses topics surrounding addiction and delves into various aspects that may affect addiction and addictive behaviors. Whereas there are many variables that may be at play at any given time, substance use disorders typically involve great internal struggle. In this TED talk, Claudia Christian shares about overcoming alcoholism and describes the hardships and desperation she faced prior to her eventual success. As you watch the video, please answer the following questions:

1. What happened when Claudia tried to quit drinking 'cold turkey'?

2. How do you think her experiences with rehabilitation may have differed had she not had the ability to afford the exotic remedies that she tried at first? Do you think they had an effect on her number of relapses?

3. What is the Sinclaire Method and how is it supposed to work?

4. What kind of fears did Claudia have about taking Naltrexone? Why do you think she was having these kinds of thoughts and feelings?

5. What estimated amount of AUD sufferers do NOT seek treatment and why? What recommendations do you have to help more people seek treatment?