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A Model for the Treatment of Substance Abuse: An Introduction

David H Cook Ph.D.

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The developed Model extends Freud's structural theory (id, ego and superego) thru Douglas McGregor's Theory X (boundaries) and Theory Y (humanistic), and Abraham Maslow's Theory Z (transpersonal), to yield a XYZ-based systematic approach to the resolution of substance abuse, with the methodology extensible to the full array of human foibles. The XYZ-based Model is presented as a 3-cell by 3-cell array that in turn supports five Cognitive Attributes with respect to enabling a person to achieve the "talking cure" as experienced by Josef Breuer's famous "Anna O". The five Cognitive Attributes are Awareness, Exploration, Empowerment, Ownership and Responsibility that are applied via Boolean assertions.

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