



FOR IMMEDIATE RELEASE

**EXCELLENCE IN JOURNALISM PRIZE AWARDED FOR ARTICLE ADDRESSING
ADDICTION TREATMENTS (OR LACK OF)**

New York, NY (January 15, 2016) – The American Psychoanalytic Association will present Gabrielle Glaser with its **Award for Excellence in Journalism** for her article [*The Irrationality of Alcoholics Anonymous*](#) published in the April 2015 issue of *The Atlantic* magazine. The award recognizes professional reporting of outstanding merit that offers a different perspective or deeper understanding of human behavior, or of the mind, or of a societal issue.

In her article, Ms. Glaser weaves together solid research data with personal stories to offer a persuasive argument that 12-step programs and rehab facilities are not that effective at treating addiction. The article further examines alternative treatments that have been proven to work through clinical trials and borrows research from Lance Dodes, M.D., an APsaA member and author of *The Sober Truth: Debunking the Bad Science Behind 12-Step Programs and the Rehab Industry*. It is a timely article as the Affordable Care Act will be expanding coverage for addiction treatment for over 30 million Americans, and states will have to decide which treatments they're willing to pay for.

“Ms. Glaser’s article challenges us, all of us, including the entire justice system and medical field to take a hard look at the institution of 12-step, abstinence-based treatment programs and ask ‘Can we do better?’” said Mark Smaller, president of APsaA. “The answer is we must do better.”

The award will be presented at 9:30 a.m. on Friday, January 15, during the American Psychoanalytic Association’s 2016 National Meeting, taking place at the Waldorf Astoria Hotel in New York City.

“I am deeply honored that my work has been recognized by this respected group of great thinkers,” said Glaser.

The Award for Excellence in Journalism is given out annually and is accompanied by a \$500 prize. To be eligible, work must have been written in English and intended for the layperson. Entries for the 2016 award must be published between July 1, 2015 and June 30, 2016. Eligibility and submission requirements can be found at www.apsa.org.

About The American Psychoanalytic Association

The American Psychoanalytic Association is a professional organization of psychoanalysts with approximately 3,300 members. The Association is comprised of psychiatrists, psychologists, social workers, educators, researchers and students who have an interest in psychoanalysis and psychoanalytic therapy. Visit apsa.org for more information.

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