

Oregon Daily Emerald

WEDNESDAY, OCTOBER 9, 1991

EUGENE, OREGON

VOLUME 93, ISSUE 30

Recovery group offers new option

By Gerrit Koeping
Emerald Reporter

For decades, Alcoholics Anonymous has been the dominant self-help group for those trying to stop drinking. But the number of alternative self-help organizations that shy away or wholeheartedly reject A.A. methods is increasing.

One such group that is rejecting, if not outright attacking the A.A. system, is Rational Recovery.

Kevin Hornbuckle, local Rational Recovery spokesman, said the program is different from A.A. in that "this is not a disease theory. People are not the victim of some gene that hasn't even been discovered."

Rational Recovery instead tries to make people take responsibility for their own actions, he said.

The A.A. system consists of 12 steps that an alcoholic goes through before he or she can begin to recover.

These steps include the individuals' acknowledgement that they are victims of a disease, that they have no power against it, that they need help from a "higher power" to fight their alcoholism and that they can never fully recover.

This "higher power" can be any form of deity that the individual chooses, or could even be the experience of members of the group at the A.A. meetings, said an A.A. spokesperson.

Part of the A.A. program is that the alcoholic regularly attend A.A. group meetings and that after finishing the 12-step program they tell other alcoholics about the program.

But central to the Rational Recovery program is that the alcoholics accept that they can stop drinking if they want to, Hornbuckle said.

"Rational Recovery offers a more hopeful view of human ability — you can get over drinking problems and get on with life," he said.

Hornbuckle said a person becomes an alcoholic when he or she needs alcohol to do what one can't do for oneself.

"Rational Recovery teaches people how to deal with the problems that caused the alcoholism," Hornbuckle said.

He also said the Rational Recovery system believes that a person can be "cured" of alcoholism.

"You've seen people who say 'I'm an alcoholic and I haven't had a drink in 16 years.' Alcoholism is what you do, not what you are," Hornbuckle said.

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Yoga-na love it

At long last, a class where you can nap — well, sort of. Dr. Kahlsa teaches a Kundalini yoga class in front of the Museum of Art to laid-back students.

Photo by Andre Ranieri



Sexual Assault Support Services offers aid

Organizers seek volunteer help

By Hope Neelson
Emerald Reporter

The Sexual Assault Support Services opened their office just last week. As proof of the need for such an organization, several people have already sought help there.

The new center provides crisis intervention, advocacy and counseling for people who have been sexually assaulted.

SASS Volunteer Coordinator Erin Collier said SASS is seeking volunteers for its 24-hour crisis line. She said a core group of 11 volunteers is now pulling double and triple shifts to keep SASS operating smoothly.

New volunteer training will be Oct. 17. The training will cover areas such as crisis inter-



Erin Collier (left) and Amy Pincus, volunteer coordinator and director of the Sexual Assault Support Services. A core group of 11 volunteers is working double and triple shifts to keep SASS running.

vention skills, counseling skills, multi-cultural training, and homophobia prevention skills. The group will also go to Eugene's Sacred Heart General

Hospital and visit the Springfield and Eugene police departments.

Interested people can call 484-9791.

In addition to the 24-hour crisis line, SASS director Amy Pincus said the program intends to provide counseling, support groups, and referrals.

Community outreach will be another important part of SASS, she said. That will involve speaking in public schools and giving presentations to help educate the public.

Pincus said there was a huge outcry last December when the Sexual Assault Resource Center, formerly the Rape Crisis Network, closed because of funding and management problems.

Other agencies, such as the Whitebird Clinic, Oregon Counseling Center, and the University's Crisis Center took crisis calls for rape and other sexual assaults that were formerly RCN's tasks, Pincus said.

Hasani Kudura, a member of the University's Unwanted Sexual Behavior Task Force, said

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Daring art

The artwork in "Graduate Students '91," an exhibit coming to the LaVerne Krause Gallery, is some of the boldest University student artwork in town. Paintings, prints, ceramics and more will be display from Oct. 14 to 25.

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Muslims

An ongoing dispute between two groups of Muslim students that has resulted in a day in court and the re-organization of the MSA took a new turn recently when one group removed itself from the fray.

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