

# Addiction Therapy-2014

Chicago, USA

August 4 - 6, 2014





TRADITIONS & PUNISHMENTS  
THE WHITE RUM OF THE SAILOR AND THE WHISKY OF THE  
COMMANDER

*International Conference and Exhibition on Addiction Research & The  
August 4-6, 2014*



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**PhD in Mental Health**  
**FEDERAL UNIVERSITY of RIO DE JANEIRO (UFRJ)**  
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FRIGATE-COMMANDER of the BRAZILIAN NAVY

**Chief of the DIVISION of MENTAL HEALTH**  
**and of the CENTER for CHEMICAL DEPENDENCY for 5 years**

**Currently HEALTH DEPARTMENT CHIEF**  
**of the NAVY CENTRAL HOSPITAL**

**Member of the research project *Violences, Communication and Mental Health* - Psychiatry Institute, Federal University of Rio de Janeiro, since**

based on a research conducted for PhD in Mental Health

**First scientific study about the Navy** tradition to drink alcohol in the workplace;

Center for Chemical Dependency (CEDEQ): founded in 1997, is a pioneer initiative of the Brazilian Navy, unparalleled amongst the Brazilian Armed Forces;

is a milestone that determined the official beginning of actions - from prevention to rehabilitation - directed to officers.



Navy Central Hospital

HOSPITAL CENTRAL DA MARINHA



Investigate the influence of the naval institution in the **construction** of alcohol dependency of CEDEQ's scientists, particularly the aspects related to naval traditions in favor of beverage consumption in their domain, from a socio-cultural perspective.



considered to be more than a medical condition, but a **sociological phenomenon**;

is a **multi-determined experience** that can be examined from diverse angles;

the reasons for alcohol intake varies according to different cultures, societies, and historic circumstances.

group treatment, two-hour therapeutic sessions, twice a week;

treatment program consists of 5 steps: motivational group, phase I, II, III, and consolidation group;

each stage involves compliance with specific goals;

achievement of sobriety;

behavioral techniques and on the 12 Steps and 12 Traditions of Alcoholics Anonymous.

EDEQ is available to every military personnel from the age of 18: Enlisted Personnel (Praças) and Officers;

Officers: rarely seek for help, preferring private sessions

Enlisted Personnel: the vast majority of the patients, and the numeric majority of the organization.

rank lower in the military hierarchy and are at the base of the pyramid chain of command. In general, they are responsible for equipment operation and maintenance of activities of their military units.

MARINHA	EXÉRCITO	AERONÁUTICA
Almirante	Marechal	Marechal-do-Ar
Almirante-de-Esquadra	General-de-Exército	Tenente-Brigadeiro
Vice-Almirante	General-de-Divisão	Major-Brigadeiro
Contra-Almirante	General-de-Brigada	Brigadeiro
Capitão-de-Mar-e-Guerra	Coronel	Coronel
Capitão-de-Fragata	Tenente-Coronel	Tenente-Coronel
Capitão-de-Corveta	Major	Major
Capitão-Tenente	Capitão	Capitão
1º Tenente	1º Tenente	1º Tenente
2º Tenente	2º Tenente	2º Tenente
Guarda-Marinha	Aspirante-a-Oficial	Aspirante
Suboficial	Subtenente	Suboficial
1º Sargento 2º Sargento 3º Sargento	1º Sargento 2º Sargento 3º Sargento	1º Sargento 2º Sargento 3º Sargento
Cabo	Talfeiro-Mor Cabo	Cabo Talfeiro-Mor
Marinheiro	Talfeiro de 1ª Classe	Soldado de 1ª Classe Talfeiro de 1ª Classe



ETHNOGRAPHY in the CEDEQ  
2005-2009

PARTICIPANT OBSERVATION in TWO TREATMENT GROUPS  
2010

OPEN-ENDED INTERVIEWS with 13 PATIENTS  
Multiple Case Study: comparative and explanatory

HISTORY of WORK and LIFE of a PATIENT  
SINGLE-CASE STUDY – SEVEN INTERVIEWS

SAMPLING, DATA COLLECTION, ANALYSIS and INTERPRETATION of DATA

**Interactive movement (circular), non-sequential  
(Tesch, 1990; Maxwell, 1996; Fossey et al, 2002)**

**The Realization of Feedback Loops  
(Whitley; Crawford, 2005)**

The steps flowed dynamically, rather than following a fixed script.

al focus: the existence of an open and evolutionary character, as well as a constant dialectical move  
analysis and synthesis.

SAMPLING, DATA COLLECTION, ANALYSIS and INTERPRETATION of DATA

**Constructivist perspective: active involvement of participants in the construction of meanings (Holstein, Gubrium, 1995; Whitley, Crawford, 2005; Groleau, Young, Kirmayer, 2006);**

**Interactionist perspective (Whyte, 1943/2005), individuals are the product of social interaction (Mead, 1982; Blumer, 1986);**

Three constructs:

- ▶ The alcoholic *habitus*;
- ▶ The *sailors' duties*;
- ▶ The *sailors' sociabilities*





The alcoholic *habitus* is internalized since admission into the Brazilian Navy and it is strengthened throughout their career. Internalized patterns of behaviors, attitudes, and thoughts associated to ways of drinking, mainly collectively.

*I go with my pals to “Broadway” [a place near the Navy District in Rio de Janeiro where they drink and have fun]. There, we “loosen up” and forget the issues on board.*

work-related experiences peculiar to the Brazilian Navy  
working conditions that may contribute to alcohol addiction

Those who work embarked know the cleaning system of the ship. This happens when we arrive at the port, you know? It is a heavy job, scrubbing and cleaning all day long! Then, the chiefs distribute “cachaça” to accomplish these tasks.



manners of consuming beverages, usually in group, associated with the execution of naval tasks:

*On Fridays, lots of “caipirinhas” are served with the famous “feijoada” or “dobradinha” [a Brazilian dish made with tripe].*



## Ritualized Opportunities to Drink on Board

It's easy to drink on board, right? We have lots of events, parties in the barracks, celebrations. The guys drink a lot! It is tradition in the Navy: every day, with or without authorization, they drink anyway, because it is tradition in the Navy.

## Availability of drinks in the workplace

Each one takes his share of drinks in the maneuvers. In the intervals, everyone takes a sip. If you don't, you can't stand the heavy drills. The captain knows what's going on, but pretends that he is not aware.

## PROHIBITION vs. INCITEMENT

The Discipline Regulation of the Navy has got 84 disciplinary misdemeanors available to punishment, including inebriation on board;

In practice its use varies according to subjective interpretation, it depends on circumstances and according to the judgment of each Command.

**Sometimes they encourage drinking, especially to finish the tasks. Depending on the Command, they decide to arrest us. Nowadays, they refer the military to CEDEQ to avoid problems with the "law".**



## PROHIBITION vs. INCITEMENT

Administrative and punitive procedures are applied without clear criteria, indicating differences in the manners of drinking among Enlisted Personnel and Officers.

*The Navy is a lie, you have heard that, huh? [addressing the therapists].*

*The Commander drinks whiskey; Sailor drinks cachaça [white rum].*

*Early in the morning, the steward [responsible for serving food and drinks] arrives with whiskey of the Commander.*

The Navy is divided into two groups: those who drink and those who are Believers. You cannot sit on the fence. The guy who doesn't drink on board is dumb.



I used to drink a lot. From the moment I was caught, when I deserted, I was tagged as a drunker. I was forced to go to CEDEQ against my will. Everybody began to label me as an alcoholic.



Since there are no systematic records concerning alcohol use in the administrative, operational, forensic and medical spheres, little is known;

The results cannot be generalized to other groups besides EDEQ. They can serve as an explanatory model on a small scale (Elias & Scotson, 2000), which can be expanded to the military contingent of the Armed Forces.



As the chief of CEDEQ: a privileged position from which  
enabled to undertake the investigation, obtaining official  
access from within;

Her social position enabled the development an  
understanding of a **sociological configuration** after a long  
period of observation;

It is particularly hard to overcome the chain of command,  
denials, administrative requirements, and suspicions, chi  
when the subject is alcoholism.

the realization of a single path, always unfinished, open to criticism, and to reinterpretations;

to average an interpretation of a culture, through a "native" researcher who went through a process of *denativization*;

the findings are never in their "pure" or "natural" state, they are affected by different viewpoints;

finally, the cultural analysis of a survey is intrinsically incomplete and "essentially contestable", according to the social theorist, philosopher and British Major WB Gallie.

The referral of the military personnel to CEDEQ usually occurs when alcohol has already affected their lives, private and professional;

The professional approach seems to occur too late;

Considering that the Brazilian Navy has a crew of about 10,600 men, while a little over 50 people are treated in CEDEQ, a hidden demand must exist;

Finally, it is expected that this research encourages the assessment of the situation of alcohol drinking in the workplace to implement protective measures on behalf of workers and the navy organization.

# Articles Published

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# Articles in Press

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