W. SUBSTANCE ABUSE: ALCOHOL

The problem of alcoholism has been widely recognized in Western society since the 18th century, when the availability of cheap distilled spirits made it possible for the large number of the poor and other disadvantaged persons to "drown their sorrows" in liquor. The role that alcohol may play in the relaxation of sexual inhibitions has been known for an even longer period. It remains curious that in the early decades of the century, when psychiatrists and others were inclined to charge homosexuals with every kind of deficiency, the problem of alcoholism was little recognized. That it has now been singled out is largely the work of concerned homosexuals and lesbians themselves.


3301. DIAMOND, DEBORAH, and SHARON C. WILSNACK. "Alcohol Abuse among Lesbians: A Descriptive Study," JH, 4 (1978), 123-42. Interviews with ten lesbian alcoholics indicate that lesbians with this problem need therapists who will accept their sexual orientation and treatment that will help them increase their sense of power and self-esteem without alcohol. See also James L. Hawkins, "Lesbians and Alcoholism," in M. A. Greenblatt and M. A. Schlacht (eds.), Alcohol Problems in Women and Children (New York: 1976), 137-53; and Brenda Weathers, "Alcoholism and the Lesbian..."

Counselors who treat gay alcoholics should examine their own attitudes, become acquainted with healthy gay men and lesbians to dispel stereotypes, learn to tolerate clients' defensive reactions, and be willing to discuss sober sex and the question of gay bars.

Judgmental therapeutic approach strongly influenced by psychoanalysis. Chapter 5, "Alcoholism and Homosexuality" (pp.181-215), is followed by discussions of child molestation, incest, rape, etc. Holds that clinicians should treat alcoholism first, then homosexuality: "The total person must recover."

Personal accounts of ten persons who have recovered from alcoholism with the help of Alcoholics Anonymous.

The affect of alcohol on sex life. Lecture given by the noted sexologist--himself a teetotaller--before a workers' temperance group.

Critical examination of the psychoanalytic theory that linked alcoholism causally with homosexuality. The development of the humanistic model in the 1960s and 70s, the emergence of labeling theory, and the work of better-informed social scientists and clinicians laid much of the old theory to rest by the 1970s.

Heavy drinking was more common in a sample of 57 lesbians as compared to a control group of 43 heterosexual women.

In 42 gay male alcoholics, drinking was perceived as a solution to problems, and related to urban living, education, current sexual preference, and reliance on prescription drugs.

3309. MICHAEL, JOHN. The Gay Drinking Problem ... There is a Solution. Minneapolis, MN: CompCare Publications, 1976. 15 pp.
Approach stemming from Alcoholics Anonymous. See also his: Sober, Clean and Gay (Minneapolis, MN: CompCare, Publications, 1978; 19 pp.).

Sociological perspective showing that friendship networks and dyads function otherwise in this context than they do for heterosexuals. See also his: "Alcohol and Homosexuality: A Theoretical Perspective," JH, 7 (1981-82), 9-25.


Interviews with 28 male homosexuals and one lesbian highlighted the role of bars as places for meeting and socializing.

3313. SHTLTS, RANDY. "Alcoholism: A Look in Depth at How a National Menace is Affecting the Gay Community," Advocate, no. 184 (February 25, 1976), 16-25.
A somewhat alarmist view of the incidence of what is conceded a grave problem among gay men and lesbians.

Since homosexuality and alcoholism are independent states, homosexuality need not be an obstacle to treatment for alcoholism.

Anthology of personal accounts of lesbian alcoholism and
recovery. Replication of parental alcoholism patterns is found to be significant.


Inherent stresses, issues, and patterns engender an alcoholism rate in the homosexual community that is two to three times that of the general population. Regrettably, even the process of formation of a positive gay identity can create stress situations that put one at risk for alcoholism.


X. SUBSTANCE ABUSE: DRUGS

The potential for drug addiction in Western society has been fostered by a number of factors, including the spread of previously exotic substances through international trade patterns, the chemical synthesis of new stimulants, and the growth of a youth culture which tends to prefer drugs to alcohol. The spread of drug use in the gay community was undoubtedly aided by the 1960s symbiosis with the counterculture. The formerly widespread use of amyl nitrites ("poppers") among gay men became a matter of concern because of an alleged link with AIDS.


Provides 1432 annotated items arranged under headings: alcohol, amphetamines, antidepressants, antipsychotics, barbiturates, benzodiazepines, caffeine, cocaine, LSD, marihuana, methaqualone, narcotics, nitrites, PCP, tobacco, and general.

3319. AMENDT, GUNTER. *Huschisch und Sexualität: eine empirische Untersuchung über die Sexualität Jugend-