



## **The British Doctors + Dentist Group (BDDG)**

### **Frequently Asked Questions**

## **What does BDDG do?**

The BDDG aims to help Doctors and Dentists who suffer from alcoholism or other addictions. Our principal aims are to sustain our own recovery and to help the still suffering doctor and dentist. In doing so we can show that alcoholism (and, by extension, any other addiction) is a treatable disease with a high rate of recovery.

## **Is it confidential?**

In all our discussions we expect complete confidentiality and we feel that this is covered by our accepted code of medical ethics.

## **Does it have links with the GMC or the GDC?**

The GMC and the GDC can require people to attend but we do not communicate with them. If requested to do so by a member, we will provide the member with confirmation of their attendance.

## **How much does it cost?**

Each group is self-supporting. Members pay each Meeting for the rent of the room and for refreshments where these are provided.

## **How often does it meet?**

Once a month.

## **Where are the meetings?**

Aberdeen, Edinburgh, Sheffield,  
Belfast, Glasgow, Stirling,  
Birmingham, London, Swansea,  
Bristol, Manchester, Winchester.  
Chelmsford, Petersfield,  
Durham, Plymouth,

## **How does one become a member?**

Membership is open to Doctors and Dentists and to students in these disciplines who seek recovery from their addictions. Turn up at a meeting and join it. There's no selection process and nobody is turned away.

## **Does it accept all health professionals?**

No, it's as it says in the title, it's for Doctors and Dentists.

## **What happens in a meeting?**

The group provides a forum for discussing regulatory and other concerns with other Doctors and Dentists who share or have shared

similar experiences. In addition, most Groups offer also encouragement to members to engage with their relevant 12 Step recovery programmes.

## **Is there a regular format for the meeting?**

Meeting formats can vary: most start with a round of self-introductions followed by reading the letter written by Max Glatt to the Lancet in 1975 describing the setting up of the first group. Some meetings have a guest speaker, others invite someone on the room to start us off. In some groups members share, in turn, going around the room. There's an expectation that we don't interrupt one another.

## **Do I have to speak?**

No, it is permissible to say, "I pass" if one does not wish to speak when one's "turn" comes around.

## **Is 12 step recovery mandatory?**

No, it is left to the individual. Those who started BDDG and many of us who still rely on it also rely on AA, NA or other 12 step programmes.

## **How do I find a group?**

The email address and the telephone number of the national officers are shown on the BDDG website. <http://www.bddg.org/> These people will supply contact details on request. This apparently cumbersome procedure is to protect confidentiality.

## **Making Contact**

**BDDG National Chairperson**  
**Dr Catherine D. - 0782 510 7970**  
**or**  
**[info@bddg-london.org](mailto:info@bddg-london.org)**

**The Sick Doctors Trust**  
**[www.sick-Doctors-trust.co.uk](http://www.sick-Doctors-trust.co.uk)**  
**0370 444 5163**  
**[help@sick-Doctors-trust.co.uk](mailto:help@sick-Doctors-trust.co.uk)**

**The Dentists' Health Support  
Programme**  
**0207 224 4671**

**International Doctors in  
Alcoholics Anonymous**  
**[www.idaa.org](http://www.idaa.org)**

# **You are not alone**

**If you think you have a problem with alcohol or drugs, you are probably feeling very alone!**

**We know how you feel – we have been there!**

**We also know the immense feeling of fellowship we get when we confidentially share our problems with other alcoholics or addicts with the same professional background as ourselves.**

**When we begin to share, we can begin to recover.**