

The Life of Francis Eugene Seale, M.D. (*Sample*)

EDITORIAL RATIONALE

Purpose of Work & Intended Readership

The purpose of this work is to present the life of Francis Eugene Seale, M.D. as it relates to his alcoholism and his treatment of alcoholics and other addicts with chemical and drug dependencies. Dr. Seale impacted the lives of thousands of patients admitted to Starlite Village Hospital in Center Point, Texas. He did not simply relieve them of their drug or alcohol dependencies through medical detoxification and prescriptions, but he also helped them adopt a new attitude on life. Heavily influenced by early members of Alcoholics Anonymous, his philosophy and approach to addictionology cannot be understood outside of this context. He focused on teaching his patients how to live, that is, they must be honest, open-minded, and willing to be relieved of their dependencies (H.O.W.)¹. Positive will and determination was not something he could prescribe, but only something he could teach, and Dr. Seale often taught by example.

His sobriety story is one wrought with domestic violence, felonies, anger, and self-pity, but that is only one part of his life. During his 43 years of sobriety, Dr. Seale continued to learn about himself, a process that aided in his ability to help others. The story of his sobriety is not narrowed to that critical day when he took his last drink; no, his story of sobriety is the story of his life, how he grew, changed, and thus, how he taught. Dr. Seale helped others to develop their stories by relating his own. His immoral actions and the subsequent lessons learned is why he said, "I am proud of who we are" as alcoholics². This work primarily focuses on his individual sobriety story, but that story is interdependent with his philosophy on addictionology. His personalized treatment method is grounded both in the individual and in the supportive community and is based on the twelve steps of Alcoholics Anonymous. In this work, I hope to show that because of his life as an abusive and raging alcoholic this man became an influential doctor in the

¹ AA mtg Dr Gene Starlite BBQ 1981. Audiocassette. 1982.

² DR. GENE S. A.A. Perf. Dr. Francis Eugene Seale. Bruce Stohr. Audiocassette. 2000.

treatment of alcohol and other drug dependencies, positively affecting the lives of thousands, whom he knew by name.

Even if the reader is not haunted by a chemical or drug addiction, Dr. Seale's attitude and philosophy applies to all those who have felt worthless or incapable. Struggles of self-pity and self-condemnation are not limited to those with addictions, nor is Dr. Seale's approach to healing limited. In his talks he applies these approaches to specifically help addicts, but that is because he himself was an addict and could personally relate to them. However, Dr. Seale genuinely cared about other people, addict or not. He was interested in the well-being of all, and in his talks, he expresses his firm belief that humility and surrender, courage and willingness would change an addicts' life, and I believe, can change anyone's. Whether we are addicted to chemicals and drugs or not, we are addicted to the prideful belief that we have ultimate control over our own lives. Therefore, I hope that this work will reach out to those with any kind of dependency, those who find themselves constricted by self-pity, a lack of self-worth, and pride. It is intended that Dr. Seale's example and philosophy will continue to enliven others even after his death.