**Table 4: Possible Benefits and Harms of The Sinclair Method**

*Benefits:*

* Patients unwilling to be abstinent can be engaged in treatment.
* Alcohol craving can be permanently eliminated.
* Low cost treatment; can be used in developing countries.
* Costly and inconvenient inpatient treatment can be avoided.
* May be lower cost than daily use of naltrexone.
* Less risk of adverse side effects of naltrexone than with daily use.
* Long term compliance is enhanced compared with daily use.
* Pleasurable endorphins from healthy activities are not blocked.
* Gradual reduction of drinking minimizes the risk of delirium tremens.

*Harms:*

* People with people with AUD may be led to embrace a risky path of “moderate drinking” rather than abstinence
* Patients who could remain abstinent may be encouraged to drink
* Patients may feel that drinking has been sanctioned by their physician.
* If driving occurs while intoxicated, naltrexone may further impair coordination.
* The use of MAT may delay someone from seeking psychosocial support for abstinence.

Source: Umhau, J. (n. d.).