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Addiction: An Intimate Relationship
When ideas fail, words come in very handy.

Johann Wolfgang von Goethe
Convergence

- Spiritual
- Cultural
- Genetic
- Psychological
- Biological
- Social
Current state of Affairs
Relational idea of Addiction

- Addictions are intimate relationships
- Love at first sight or seasoned over time
- Language of love
- Companionship
“Alcohol dependency replaces human dependency, at the same time punishing the subject for his needs. Atonement and assumption combine.

...the physical addictiveness of alcohol plays a role in the self-sustaining nature of the drinkers pattern. I would say that it is the physical that makes alcohol such a ready replacement for relatedness:
the alcoholic genuinely comes to crave alcohol more than people. “Wine is my wife,” I heard one lonely drinker say.
“Perhaps we should understand the endogenous opioid system as a physiologic aid to owning pain, a natural buffer between ourselves and the inevitable injuries of existence, without which addiction, depression, psychosis and general human inertia all would be more prevalent than they are”
“Generally speaking nobody wants to suffer. But our means about going about getting happy are not in sync with our desire to not suffer.”
Addiction

In the First Person

- Functional
- Purposeful
- Rewarding
- Meaningful
Addictions are intimate relationships
Attunement & Misattunement
Relational idea of Addiction

- Addictions are intimate relationships
- Love at first sight or develop over time
- Language of love
- Companionship
- Lifestyle changes and identity consolidated
- Sacrifices made
- Divorce rate high
Who is Jim Brown?
Richard Pryor
Live on the Sunset Strip (1982)
CHANGE

The Great Mystery of our Field
Types of Practice

- Evidence-Based Practice
- Practice Based Evidence
- Spiritual Practice
- Personally Informed Based Practice
- Mindfulness Practice
- Collective Experience Based Practice
- Cultural Healing Based Practice
What is Best Practice?

Best practices can also be defined as the most efficient and effective ways of accomplishing a task, based on repeatable procedures that have proven themselves over time for large numbers of people.
“It is likely, of course, that no single model or factor will suffice to account for the complexity of change inside and outside of treatment.”

Motivation

“Everybody is motivated to do something”
Life

"Life is not anything, but an opportunity for something." Johann Wolfgang von Goethe

"Life is not anything, but an opportunity for something." Robert Frost
What is the Meaning of Life?
Meaning of My Life

"What matters, therefore, is not the meaning of life in general, but rather the specific meaning of a person's life at a given moment."

Search for Meaning

We can discover this meaning in our life in three different ways: (1) by doing a deed; (2) by experiencing a value; and (3) by suffering.

One who knows the why for their existence, will be able to bear almost any how.”

Going out on a ledge

Tuesday, 15 September 2009
What do I have to Offer?
Carl R. Rogers (1957)

A relationship with a helper who is genuine, real, experiencing an unconditional caring and a sensitive empathy for the troubled person.

Could I be talking About...
The strangely transforming power of love has been widely lauded for millennia, yet it is a concept often curiously absent in traditional psychology textbooks and clinical training.

Love is living the experience of another person in all their uniqueness and singularity.

Love is more than emotional condition, is an intentional act.

Love is not deserved, is unmerited - it is simply grace.

1. You are talking to another human being
2. The person is most likely in pain
William Miller (2007)

“I don’t know how far love can reach”
TC’s Provide

- Safety
- Structure
- Support
- Secure Base
- Sanity
Family

- Home vs. Just a place
  - Internalised experience to take with you
- Corrective emotional, relational and familial experiences
- Freedom for self-discovery and knowing
- Re-peoplisation - Bill W.