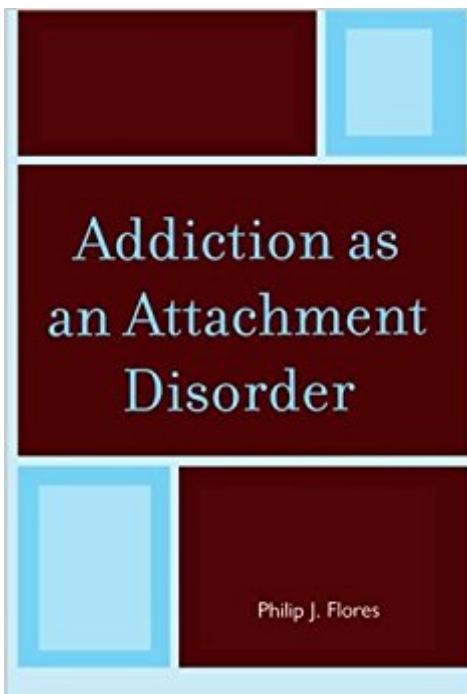


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# Addiction As An Attachment Disorder



## Synopsis

From the Foreword:"Addiction is a disorder in self-regulation. Individuals who become dependent on addictive substances cannot regulate their emotions, self-care, self-esteem, and relationships. In this monumental and illuminating text Philip Flores covers all the reasons why this is so. But it is the domain of interpersonal relations that he makes clear why individuals susceptible to substance use disorders (SUDs) are especially vulnerable. His emphasis on addiction as an attachment disorder is principally important because he provides extensive scholarly and clinical insights as to why certain vulnerable individuals so desperately need to substitute chemical solutions and connections for human ones. The strength of Flores's paradigm of addiction as an attachment disorder is that it is a theory that effectively and wisely guides treatment, but at the same time, when properly implemented or practiced, the treatment resonates with and further enhances the theory. Flores's work here is an extraordinary one because, in parsimonious and clear language, he makes a major contribution to the literature and practice of effective psychotherapy in general and effective psychotherapy for the addictions in particular. He fills in all the gaps between theory and practice covering wide and ranging issues of what practice and empirical findings have to teach about the critical ingredients of AA, group therapy, and individual psychotherapy. This is a job well done because it helps students and experienced clinicians alike to always be mindful of how they bring their humanity to the distress and suffering of others. His theory of addiction as an attachment disorder makes it particularly clear how especially important this is for those suffering with addictive disorders. "Edward J. Khantzian, M.D., clinical professor of psychiatry, Harvard Medical SchoolA Jason Aronson Book

## Book Information

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## Customer Reviews

This text excels in its discussion of how attachment theory informs the therapeutic alliance (what some would call 'professional use of self') and in explaining how and why therapy works.

(PsycCRITIQUES)At last a book has been written which brings to light what most psychotherapists and addiction counselors intuitively understand: addictive processes and attachment problems are intricately intertwined. For the addicted individual, relationships with substances supercede human relationships. Flores spells out the myriad ways in which addiction and attachment are connected, including how the two overlap at the biological, psychological, and social levels. Evolving out of this theoretical understanding, the book describes effective treatment strategies which can include 12-step programs, individual and/or group therapy. Like the best of clinical texts, this one brings abstract theoretical concepts to the experiential and practice levels. In so doing, Flores provides the reader with two books in one. He develops a general model for an attachment-based psychotherapy. Specific to the addiction field, he convincingly shows how relational problems, whether the cause or consequence of addictive behaviors, are best treated by developing the capacity for healthy interpersonal relationships. (Marilyn Freimuth, PhD, faculty member at the Fielding Graduate Institute and private practitioner in New York City)It is indeed rare to find a thoughtful and scholarly blend of theoretical material and clinical wisdom in a single volume. Dr. Flores has integrated the critical elements of attachment and object relations theory, individual, group, and family interventions, relevant addiction research findings, and their therapeutic applications to the problem of substance abuse in a pragmatic and readably accessible text. This unique book should be on the 'must read' list not only for mental health professionals but for anyone seeking a comprehensive understanding of contemporary therapy for addictions. (Henry I. Spitz, MD, director, Group & Family Therapy Programs, Columbia University, College of Physicians & Surgeons)

Winner of the Gradiva Award 2005. --This text refers to the Hardcover edition.

This is one of my favorite books on understanding the struggle and challenge of addiction. Behaviors will start to make sense and solutions will begin to be revealed. This book is recommended to all therapists working in the field of addictions and anyone who craves a deeper

understanding of what makes people tick. R. Williams, coauthor of *The Mindfulness Workbook for Addiction*.

An important resource in the field of addiction studies, and of course from the attachment theory perspective. Some important insight that you may like as a counselor/therapist.

Flores does a great job of reviewing and expelling attachment theory. It is obvious that his work is in the chemical dependency field and should be mandatory ready for those in addictions, especially those not familiar with attachment theory.

This is an excellent and profound book that brings together the matter of addiction through the attachment perspective using mainly Bowlby's and Kohut's psychoanalytical concepts

I haven't had a chance to read the whole book, but what I have read has been excellent. The book has really helped me to understand addiction, and makes total sense. The only thing is you need to have a dictionary with you while you read it.

Excellent resource

Brilliant book!

The only work on addiction which has ever made complete sense to me. I am so grateful for this work, I believe it will likely help save lives. I hope I get the chance to work more with addictions and attachment, and I strongly urge others working in the field to buy this book.

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