



The Psychodynamics of Addiction

Martin Weegmann, Robert Cohen

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In the treatment of addictions and their psychological understanding, cognitive-behavioural and motivation approaches have been paramount. In contrast, the psychodynamic contribution has been muted. This book redresses this imbalance by bringing together a team of senior clinicians with psychotherapeutic backgrounds as well as extensive experience in addiction. Stress is placed on the diversity of psychodynamic understanding and its relevance to the everyday problems met by addicted individuals. The first theoretical part of the book is followed by examples from group and individual therapy, and the foreword is written by Dr Edward Khantzian. The Psychodynamics of Addiction will be of interest to psychotherapists who may lack experience in addiction, and to other clinicians working in the field - doctors, nurses and psychologists.

Introduction - Review of Different Schools: Container and Contained: The School of Bion - The Application of Bowlby's Attachment Theory to the Psychotherapy of Addictions - The Vulnerable Self: Heinz Kohut and the Addictions - Therapy: Dynamics of Addiction in the Clinical Situation - Psychodynamic Assessment of Drug Addicts - Individual Psychotherapy with Addicted People - Group Therapy for Addiction - Helping the Helpers: Psychodynamic Perspective on Relapse Prevention in Addiction - In Search of A Reliable Container: Staff Supervision in a DDU -Countertransference with Addicts - Addiction and the Family: Growing up with Alcohol or Drug Abuse in the Family - References - Index

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