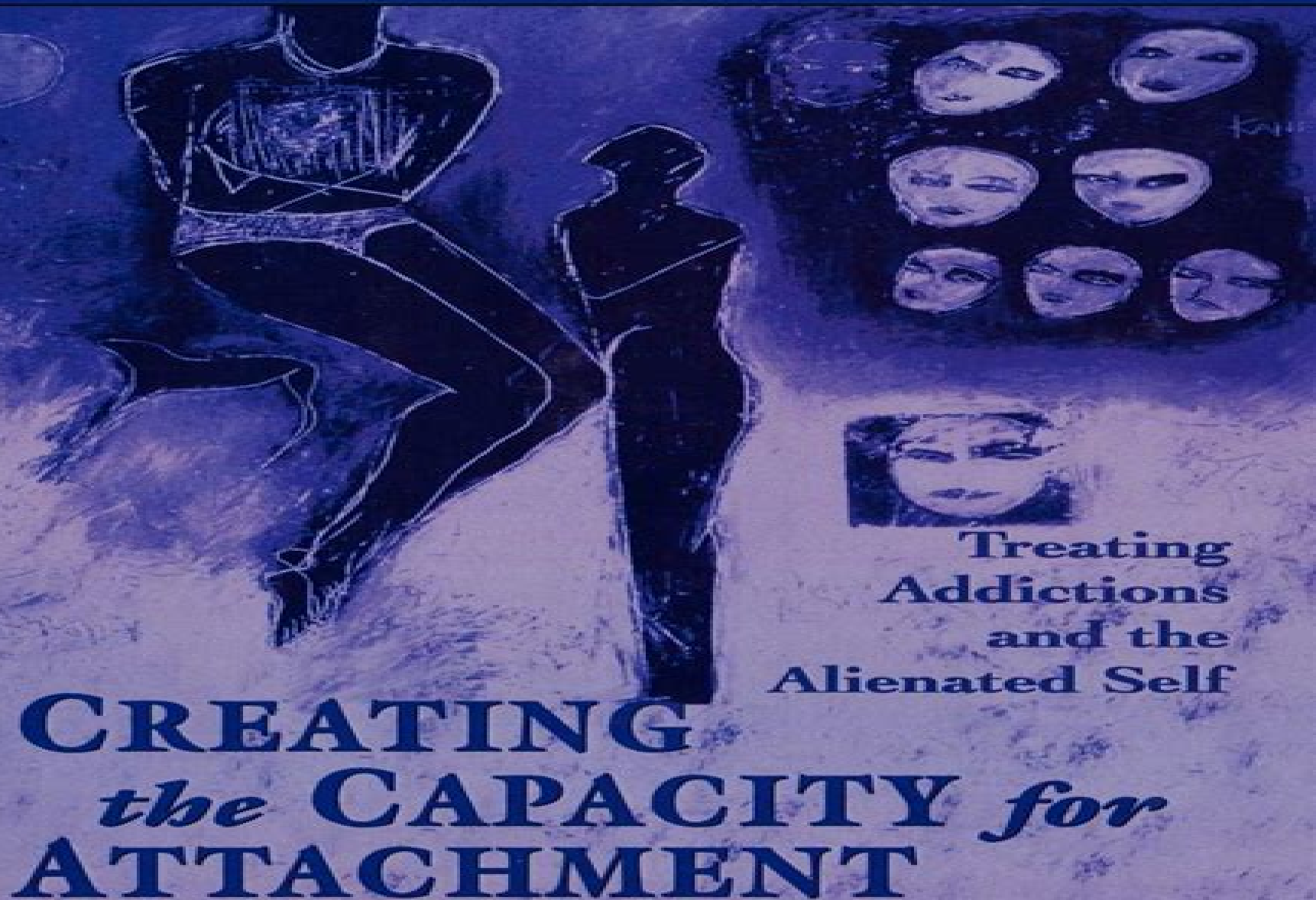


# Karen B. Walant



# Creating The Capacity For Attachment Treating Addictions And The Alienated Self

**Antoine Douaihy, H. Patrick Driscoll**



## **Creating The Capacity For Attachment Treating Addictions And The Alienated Self:**

**Creating the Capacity for Attachment** Karen Walant,1995 Systematically examines psychodynamic paradigms for understanding development and applies this analysis to the needs and problems of substance dependent individuals

*Creating the Capacity for Attachment* Karen B. Walant,1998-08-01 Detached alienated people many of them functioning with a pathologically developed false self barely navigate life s challenges Our cultural emphasis on autonomy and separateness has led to a retreat from valuing interpersonal communal dependence and has greatly contributed to a rise in the number of people whose suffering is often expressed in addictions and personality disorders Using actual patient material including diaries and letters Karen Walant s *Creating the Capacity for Attachment* shows how immersive moments in therapy moments of complete understanding between patient and therapist are powerful enough to dislodge the alienated detached self from its hiding place and enable the individual to begin incorporating his or her inner core into his or her external social self

Addictions From an Attachment Perspective Richard Gill,2018-05-15 This outstanding book is an important collection of papers from the 2013 John Bowlby Memorial Conference by accomplished clinicians from different modalities who share their experience of working with people with different kinds of addiction The papers bring together an in depth understanding that addictions are a response to and hold the pain of broken attachments and are best treated within healthy interpersonal relationships For a long time the person with an addiction has been seen as the problem with society being able to live in denial of the causes These papers open up innovative and effective ways of working with people troubled by addiction from an attachment informed perspective Contributors Cara Crossan Richard Gill Lynn Greenwood Bob Johnson Liz Karter Edward Khantzian Arlene Vetere Kate White Jason Wright

**Treating Addiction** Edward J. Khantzian,2018-02-12 In *Treating Addiction Beyond the Pain* Edward Khantzian offers a collection of his recent works on the study and treatment of substance abuse and addiction Based on his five decades of experience in working with substance dependent individuals this volume builds upon Khantzian s theory of addiction as self medication and provides insights into how addiction is rooted in human psychological suffering and not pleasure seeking or self destruction Almost without exception life histories of human discomfort disconnection and unhappiness leave those so burdened to be vulnerable to the appeal of addictive drugs including alcohol Khantzian s sensitive teaching voice weaves together an annotated collection of previously published papers into a powerful and engaging volume of effective practice based treatments A timely complement to his earlier collection *Treating Addiction as a Human Process* this book provides an inclusive and accessible resource for mental health professionals from any background as well as graduate students and those in training

**Responding to the Oppression of Addiction, Fourth Edition** Rick Csiernik,William Rowe,Gabriela Novotna,2023-02-07 Responding to the Oppression of Addiction brings together the voices of over 40 academics and social work practitioners from across Canada to provide a diverse and multidimensional perspective to the study of addiction This thoroughly updated edition features eight

new chapters and streamlines the content of the previous editions with chapters condensed and combined to create a more accessible text. The fourth edition features new content on themes such as residential schools, prevention initiatives, special needs of different populations, policy perspectives framed within an anti-oppression standpoint, cognitive behavioral therapy, and the emerging topic of problem gambling. Returning chapters have been updated with contributors providing more in-depth examinations of trauma-informed approaches. The entire volume has a strengthened anti-oppressive framework on both an overarching and by chapter level. This celebrated and varied collection is an indispensable resource for upper-level students, graduate students, and practitioners working in the fields of social work, addictions studies, and the helping professions.

**FEATURES** Thoroughly updated chapter-by-chapter content grounded in an anti-oppressive framework with deeper exploration of trauma-informed approaches. Provides an authoritative analysis of the practices and policies that contribute to the construction of the meaning of addiction through a Canadian lens.

**The Self Psychology of Addiction and its Treatment** Richard B. Ulman, Harry Paul, 2013-04-03 In the time of Freud, the typical psychoanalytic patient was afflicted with neurotic disorders; however, the modern-day psychotherapy patient often suffers instead from a variety of addictive disorders. As the treatment of neurotic disorders based on unconscious conflicts cannot be applied to treatment of addictive disorders, psychoanalysis has been unable to keep pace with the changes in the type of patient seeking help. To address the shift and respond to contemporary patients' needs, Ulman and Paul present a thorough discussion of addiction that studies and analyzes treatment options. Their honest and unique work provides new ideas that will help gain access to the fantasy worlds of addicted patients. *The Self Psychology of Addiction and Its Treatment* emphasizes clinical approaches in the treatment of challenging narcissistic patients struggling with the five major forms of addiction. Ulman and Paul focus on six specific case studies that are illustrative of the five forms of addiction. They use the representative subjects to develop a self-psychological model that helps to answer the pertinent questions regarding the origins and pathway of addiction. This comprehensive book links addiction and trauma in an original manner that creates a greater understanding of addiction and its foundations than any clinical or theoretical model to date.

**Treating Addiction as a Human Process** Edward J.

Khantzian, 2007-05-01 Innovative and humane treatment of patients with substance use disorders distinguishes this highly esteemed practitioner and major psychodynamic thinker. From his initial contribution of identifying the self-medicating function of abused substances to the continued elaboration and refinement of his work focusing on the addict's ego deficits of self-regulation and self-care, Edward Khantzian's ideas have become the standard in the field of addictions treatment. His insights into the dynamics of substance abuse have changed the ways that clinicians understand their addicted patients, significantly raising the likelihood of successful treatment. Shifting the focus from a pleasure-seeking to a pain-relieving approach to their patients' substance use enables clinicians to engage in a more positive, compassionate psychotherapeutic relationship unhampered by countertransference feelings of contempt and condemnation. Passionate professional and

unfailingly astute Dr Khantzian examines his patients internal worlds revealing vulnerabilities while uncovering resiliency and strength This book comprehensive in scope abundant in clinical material and written with clarity and intelligence provides a depth of understanding of substance use disorders and an increased hope for recovery A Jason Aronson Book

*Understanding Addiction as Self Medication* Edward J. Khantzian, Mark J. Albanese, 2008-09-18 Too often addiction is perceived to be merely a moral weakness or purely a brain disease ignoring the deep personal pain that can permeate the lives of the addicted Doctors Khantzian and Albanese see addictions primarily as a kind of self medication that can temporarily soothe anxiety or pain but that ultimately wreaks havoc on the lives and health of both the addicted and their loved ones With practical advice compelling case studies and nuanced theory drawn from years of clinical practice this book looks at the underlying reasons behind many addictions and provides a pathway to hope Gender and Addictions Shulamith Lala Ashenberg Straussner, Elizabeth Zelvin, 1997 Recognizing that men and women have different patterns and different needs the book emphasizes the relational model of female psychological development formulated by such theorists as Miller Chodorow and Gilligan which illuminates women s functional focus on connection and relationship as opposed to men s on separation and individuation *Couple and Family Therapy of Addiction* Jerome D. Levin, 1977-07-07 This is a comprehensive clinical resource for addiction counselors who want to learn about the psychological components of the problem for individual therapists dynamic cognitive and behavioral who want to understand systems approaches in order to draw on a broader repertoire of useful interventions and for couple and family therapists who want to learn more about the intrapsychic biological and pharmacological aspects of addiction Dr Jerome D Levin takes the reader down the parallel paths of addiction treatment and individual and family therapy until they meet on the bridge of actual clinical practice Practitioner professor prolific author and respected authority in the field Dr Levin uses approaches to the treatment of alcoholism as a model for illustrating how theory research technique and flying by the seat of the professional pants can integrate into a therapeutic style to help substance abusers and their partners and families **Addiction Counseling Review** Robert Holman Coombs, 2004-12-13 *Addiction Counseling Review* Preparing for Comprehensive Certification and Licensing Examinations offers a clear readable overview of the knowledge and skills those training as alcohol or other drug counselors need to pass their final degree program certification and licensing examinations It is organized into six sections Addiction Basics Personality Development and Drugs Common Client Problems Counseling Theories and Skills Treatment Resources and Career Issues Each chapter includes challenging study questions that enable readers to assess their own level of understanding including true false multiple choice and provocative discussion questions Each chapter also provides a glossary of key terms and in addition to references annotated suggestions for further reading and Web site exploration This book will be a resource to which students and trainees will go on referring to long after it has helped them through their examinations In addition faculty and established professionals will find it a useful one stop summary of current thinking

about best practice     *Humanizing Addiction Practice* Antoine Douaihy, H. Patrick Driscoll, 2018-06-21 This original eloquent compassionate and timely book offers all healthcare practitioners interested and involved in addiction practice a powerful account of an addiction psychiatrist's journey of professional and personal growth thereby offering readers a unique opportunity to learn deeply from the author's insights, experiences and struggles in becoming a patient centered empathic healer. Through sharing and exploring clinical experiences in addiction practice this fascinating title delves into the lead author and his mentee's personal professional and ethical challenges and weaves together science and humanism offering a wealth of experiential wisdom and tools that have the power to transform our understanding of therapeutic work with people with addictions. Written with empathy and humility *Humanizing Addiction: Blending Science and Personal Transformation* provides a compelling argument and framework for integrating humanism with empirically grounded practices. This important book is an invaluable resource for healers from a range of backgrounds: physicians, physician assistants, nurse practitioners, social workers, case managers, patient navigators, clinical and health psychologists, pharmacists, counselors, graduate students and medical trainees involved in clinical care of people with addiction and substance use problems.

*Treating Trauma in Adolescents* Martha B. Straus, 2018-04-19 This book presents an innovative and empathic approach to working with traumatized teens. It offers strategies for getting through to high risk adolescents and for building a strong attachment relationship that can help get development back on track. Martha B. Straus draws on extensive clinical experience as well as cutting edge research on attachment, developmental trauma and interpersonal neurobiology. Vivid case material shows how to engage challenging or reluctant clients, implement interventions that foster self regulation and an integrated sense of identity and tap into both the teen's and the therapist's moment to moment emotional experience. Essential topics include ways to involve parents and other caregivers in treatment.

***The Emotionally Focused Casebook*** James L. Furrow, Susan M. Johnson, Brent A. Bradley, 2011-05-09 There is currently no single resource that compiles the various applications to the many clinical populations being served by Emotionally Focused Therapy today. *The Emotionally Focused Casebook* fills that void as a substantive reference for clinicians, students, professors and supervisors using and teaching EFT. Each chapter utilizes a hands on case study approach with concrete guidelines and illustrations for the adaptation and application of EFT with specific treatment populations. This Casebook is the perfect practical resource for professionals and students looking for examples of specific theoretical, conceptual and treatment applications of EFT.

*CBT for Compulsive Sexual Behaviour* Thaddeus Birchard, 2015-05-15 Increasing numbers of therapists are coming into contact with the problem of compulsive sexual behaviour disorders. However it is still a relatively new field and there is little in the current literature available that enables the therapist to work with and treat this problem. *CBT for Compulsive Sexual Behaviour: A guide for professionals* addresses this by providing a guide to cognitive behavioural theory and practice which includes the assessment, diagnosis and treatment of addictive sexually compulsive disorders. Beginning with a description of addictive sexuality and an

overview of cognitive behavioural therapy in which CBT is presented as the most useful response Thaddeus Birchard provides clear therapeutic information about the implementation of CBT treatment intervention The chapters included cover the neuroscience that underpins the addictive process a how to chapter on the use of groups paraphilias trauma and attachment comorbid disorders and cross addictions and analysis on the function of internet pornography all written from a cognitive behavioural stance Using case vignettes throughout Thaddeus Birchard draws on his own experience as a psychosexual therapist along with the latest research in the field to enable the therapist to treat a range of compulsive sexual problems in a way that can be applied in individual practice or in a group setting as well as how to prevent relapse This book will be essential reading for psychosexual therapists cognitive behaviour therapists and other professional working with sexual compulsive disorders

*Treating Co-Occurring Disorders* Sharon Ekleberry, 2014-03-18 In the real world caseloads include clients with substance abuse psychiatric and co occurring disorders Here you ll find reliable information and informative case examples to help you manage your caseload more effectively Caseloads that include mental health substance use and co occurring disorders are becoming more and more common yet most texts in this area focus on one specific type of disorder This unique handbook reflects the reality facing mental health and substance abuse professionals in their daily practices focusing on how to effectively manage caseloads that include individuals with vastly differing levels of functioning Providing diagnostic criteria treatment regimens and a great deal more *Treating Co Occurring Disorders A Handbook for Mental Health and Substance Abuse Professionals* is an exceptional single source for useful information on handling all of these types of cases and clients *Treating Co Occurring Disorders A Handbook for Mental Health and Substance Abuse Professionals* describes the psychiatric and substance use disorders that commonly co occur and examines the evolution of co occurring concepts and treatment It provides an overview of relapse prevention and symptom management models for use with clients with co occurring disorders and another covering mental health and substance abuse recovery movements *Treating Co Occurring Disorders A Handbook for Mental Health and Substance Abuse Professionals* will bring you closer to topics that impact day to day practice including conducting comprehensive assessments for individuals with psychiatric and substance use symptoms providing individual group family and case management interventions for clients of differing levels of function who exhibit psychiatric and substance abuse symptoms identifying standard interventions for all clients with co occurring disorders measuring change and establishing reasonable treatment outcome performance standards for these clients supervising staff who work with multifarious caseloads From the authors Currently most mental health and substance abuse professionals are aware of how to effectively assess and treat individuals with diagnoses for which they were trained However few therapists exclusively have clients who manifest only psychiatric or substance abuse symptoms This book provides information and case examples concerning how to effectively manage a caseload composed of individuals with substance abuse psychiatric and co occurring disorders It presents strategies for

providing comprehensive assessments for these individuals Additionally it describes how to provide effective case management as well as individual group and family treatment for individuals with multiple disorders and levels of function and provides information on interacting effectively with the mental health and substance abuse recovery communities Tables figures and a generous portion of intriguing case descriptions will help you apply the information in this useful volume to your own work

*Adolescent and Young Adult Addiction*, 2012-09 This thought provoking book *Adolescent Young Adult Addiction The Pathological Relationship to Intoxication and The Interpersonal Neurobiology Underpinnings* discusses the struggles of that the youth of today are faced with and puts forth that adolescent and young adult addicts are not addicted to marijuana heroin etc The name of the drug is an illusion as they are hooked on a pathological relationship to intoxication This book bridges the gap between the mental health and the addiction fields This book helps the reader to understand that there is no separation between relationships mind and brain bio psycho social The peak of intoxication is a release of neurotransmitters such as dopamine and often opiate endorphins These regulatory systems are actually built sustained broken and also repaired in attuned and mis attuned relationships How is this so How does it get repaired How do we bring this awareness to the client family and offer the experience of attuned relationships How do pressures of our left brain solution focused material chasing on the go culture contribute to this problem Adolescents and young adults are not supposed to ask for help as it is the role of the social systems to work together in a way that helps them recognize their drug use as a problem After these systems have helped to lift the bottom and dislodge the addict s relationship to intoxication then the work is on understanding and treating the underpinnings that drive addiction If the underpinnings are not dealt with then relapse and cross addictions will occur Utilizing attuned relationships to rewrite the internal working model and sustain neurobiological regulatory systems is the key for long term sobriety Jon Daily LSCW CADCII is an expert in the specialized field of adolescent and young adult addictive disorders and dual diagnosis Jon s wisdom on understanding and treating today s youth combined with his ability to conceptualize and translate interpersonal neurobiology in a straight forward applicable fashion is a real gift to the reader

**America on the Couch** Pythia Peay, 2015-04-01 What lies behind America s historic romance with the gun Why does it have such a troubled relationship with alcohol and drugs Why is it so wedded to consumerism and so resistant to the evidence of climate change What are its enduring myths about individuality freedom and independence and how might we re imagine our vision of the United States as the Promised Land and The City on the Hill to reflect a multiculturalism that offers the last best hope for the world In a two decades long journey through the American psyche depth journalist Pythia Peay has asked these and many more questions of no fewer than thirty six of the world s leading psychologists and psychoanalysts From Robert Jay Lifton to Marion Woodman A Thomas McLellan to Judith V Jordan Mihaly Csikszentmihalyi to June Singer and James Hillman to Mary Pipher the thinkers in *America on the Couch* discuss violence addiction the environment capitalism and consumerism politics and power and the soul of America The result is a



uniquely comprehensive wide ranging and compelling kaleidoscope of insights into the psychodynamics of a hegemon in peace and at war as it confronts the shadows of the American century and charts its way into an uncertain multi polar future Featuring Stephen Aizenstat John Beebe Bonnie Bright Gary S Bobroff Mihaly Csikszentmihalyi Philip Cushman Larry Decker Raymond De Young Edward Edinger Michael Eigen Stephen J Foster Charles Grob Bud Harris A Chris Heath James Hillman Judith V Jordan Donald Kalsched Robert J Langs Linda Schierse Leonard Harriet Lerner Robert Jay Lifton A Thomas McLellan Thomas Moore Ginette Paris Mary Pipher Ernest Rossi Andrew Samuels Erel Shalit June Singer Thomas Singer Lawrence Staples Murray Stein Charles B Strozier Paul Wachtel Karen B Walant Marion Woodman and Luigi Zoja     *When the Body Is the Target* Sharon Klayman Farber,2002-11-05 In this comprehensive and insightful work Dr Sharon K Farber provides an invaluable resource for the mental health professional who is struggling to understand self harm and its origins Using attachment theory to explain how addictive connections to pain and suffering develop she discusses various kinds and functions of self harm behavior From eating disorders to body modifications such as tattooing Dr Farber explores the language of self harm and the translation of that language and its psychic functions in the therapeutic setting She tells us When the body weeps tears of blood we need to wonder what terrible sorrows cannot be spoken Brilliantly illustrated with rich clinical material this book offers a practical approach to the diagnosis assessment and treatment of the increasing number of patients whose emotions are expressed through bodily harm The challenges of working with patients who tend to view the world of relationships in terms of predator and prey are clearly explicated and the stormy countertransference responses that threaten to destroy the treatment are given a full hearing Finally she shows how the attachment relationship formed in treatment can repair the traumatic attachment in mind body psyche and soul and can serve as the cornerstone of therapeutic change A Jason Aronson Book

## Reviewing **Creating The Capacity For Attachment Treating Addictions And The Alienated Self**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Creating The Capacity For Attachment Treating Addictions And The Alienated Self**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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