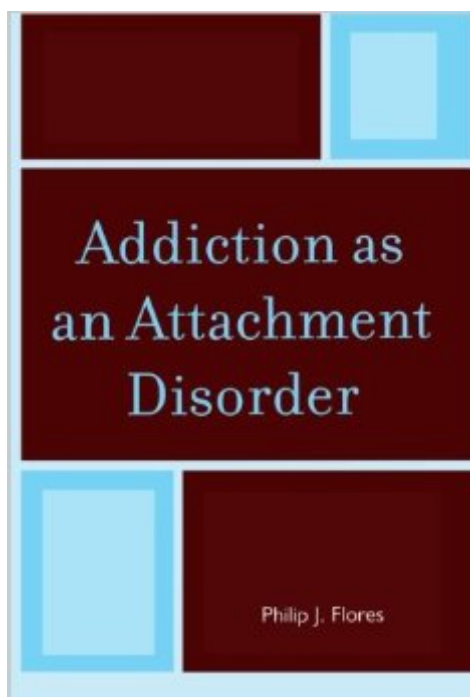


The book was found

# 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 School

Jason Aronson Book

## Book Information

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## Customer Reviews

The thesis of this book is that addiction is a disorder of an individual's ability to have healthy attachments, or primary, intimate relationships. Starting from birth, everyone needs to have two basic things for a secure attachment: a secure base and a safe haven. A secure base is a supportive relationship that gives you the security from which to explore the world and face risks. A safe haven is a supportive relationship to turn to for help when facing stress or crisis in order to manage our emotions. When we fail to have secure relationships, we often try to find these needs in the wrong ways. We might use drugs or alcohol to manage our emotions or to give us a sense of confidence. This in turn destroys our relationships further. Thus, we have insecure attachment styles, when we are either avoidant/dismissing (counterdependent) or anxious/preoccupied or both. Dr. Flores alludes to the fact that addicts tend to be emotionally avoidant or counterdependent. The book makes a good point that 12 step groups like AA help in fostering healthy attachments, which are important for an addict's recovery, though I felt the book was more of a promotion for Alcoholics Anonymous rather than expanding on attachment theory and how to treat addiction--it tried too hard to fit research on attachment into the 12-steps philosophy, though I do believe the 12 steps is very helpful. For example, I like the principles of surrendering control of our lives to a higher power as a way to achieve serenity and recognize that we have little control over our lives, though the book doesn't get much into that. I like the author's point that addicts must learn they are not Gods (p. 98-99), as they have an "illusion of control." This is something I tell my clients all the time.

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