

**Addiction as a
Response to
Developmental
Trauma: The
Role of**

**Attachment
and
Attunement in
Providing Care**



What is Developmental Trauma

- Freud
- Bruce Perry
- Childhood Trauma- PTSD and Diagnostics
- Self Regulation and Difficulties with Regulation
- Severed Connection
- Loss of predictability
- Unsettling nature of sudden stability.

ACE Study

- Vincent Felitti- “The basic cause of addiction is predominantly experience-dependent during childhood, and not substance dependent.”
- 2/3 of injection drug use can be attributed to abusive and traumatic childhood events(Mate, 2008).
- For each ACE, the risk for early initiation of substance abuse increased 2 to 4 times (Mate, 2008).
- Subjects with five or more ACEs had seven to ten times greater risk for substance abuse than did those with none(Mate, 2008).

Attachment

- John Bowlby
 - Original Relationship with primary caregiver.
- Mary Ainsworth
 - Strange Situation
 - Attachment Styles
 - Anxious Avoidant Insecure
 - Secure
 - Anxious Resistant Insecure
 - Disorganized/Disoriented
- D.W Winnicott
 - Holding Space
 - Good Enough parenting

Attachment and Addiction

- Gabor Mate- In the Realm of Hungry Ghosts
 - Opiates and Attachment
 - “Thus Addiction to opiates like morphine and heroin arises in a brain system that governs the most powerful emotional dynamic in human existence: The attachment instinct. Love
 - Three environmental conditions absolutely essential to optimal human brain development- nutrition, physical security, consistent emotional nurturing.



Attachment and Addiction

- Mate (cont.)
 - “At all costs, drug addicts want to escape spending “alone time” with their minds. “
 - A soft warm hug
 - “It is not what we do that has the greatest impact but who we being as we do it.”



Addiction and Trauma

- Numbing
- Dissociation
- Self worth and depression
- Identity
- Self Regulation
- That which we resist persists

Reclaiming Identity after Traumatic and Attachment Based loss

- HIV and Self
- HIV and Identity
- Gentleness and Self
Compassion
- Mind and Body Connection

What do we do?

- Creating Safety
 - First and foremost
- Rolling with Resistance
 - Patience and Timing
 - Stages of change
 - Reducing confrontation and questioning

What Helps?

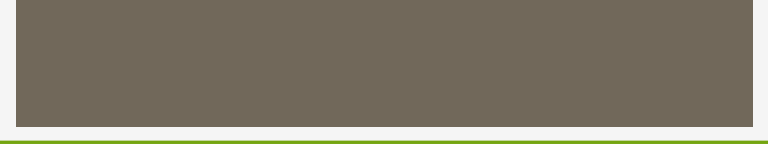
- Therapist Attunement
 - Getting , "in tune."
 - Finding your voice
- Paralanguage
- Rogerian Strategies
- Mutually agreed upon goals (Mitchell, 2012)
- Tell me how this is a problem for you (Mitchell, 2012).

What Helps?

- Object Relations
 - Internalized vs. Externalized
 - Templates of Interpersonal functioning
 - Practitioners can tolerate and not ameliorate (Bodenheimer, 2016.)

What Helps?

- Systems Theory
- Person In environment
- Mindfulness
- Experiential Techniques
- MEET THEM WHERE THEY ARE AT!
- Respect Narrative



“The other day I heard about a little boy who was spending the night at his aunt’s and complained about the fact that she had turned out the light. “What is the matter with you, Tommy?” asked the aunt. “You sleep in the dark at home, don’t you?” “Yes, Auntie, “ replied the boy, “but it is my own dark.”

-Theodore Reik, “Listening with the Third Ear.”