CONTENTS

CHAPTER 1:

Addiction as an Attachment Disorder Attachment Theory and Self Psychology Cross-Addiction Addiction as an Attachment Disorder Dynamics of Multiple Additions CHAPTER 2: Substance Abuse as a Consequence of and Solution for Impaired Attachment Relationships Addiction—The Cart or Horse of Mental Illness? 13 Abstinence: Is it Necessary? 16 Criterion Question 17 Addiction or Substance Abuser: Differential Diagnosis 21 The Relationship Between Mental Health and Addiction 23 Character Pathology and Addiction Axis I Disorders 30 The Relational Models: An Integration 31 CHAPTER 3: 35 **Attachment Theory: Implications for Treatment** Attachment and Biology: Historical Influence 38 Implications for Treatment 40 Attachment: A Generalized Theory of Love 59

61

Compulsive Caretaking

CHAPTER 4: 68 Addiction: An Attempt at Self-Repair that Fails

Self Psychology	69
Empathy	72
Narcissism	73
Selfobject	73
Selfobject Relationships and Transferences	74
AA and Selfobject Functions	76
The Reparative Approach	77
The Restoration of Healthy Self-Esteem	79
Healthy and Unhealthy Narcissism	80
A New Definition of Addiction	83
Self Psychology as a Deficit Theory	84
Self-Medication Hypothesis and Affect Regulation	86
Affect Regulation Theory	87
Dependency and Pathology	88
Selfobject Transferences: Implications for Treatment	93
Parallels Between Psychic Structure and Internal Working Models	95
Lifelong Need for Selfobjects and Affect Regulation	96
AA and Narcissism	97
CHAPTER 5: 101 Neurophysiology and Attachment	
Attachment and Loss	102
Attachment Is an Expected Experience of the Brain	103
Biology of Attachment and Emotion	104

CONTENTS	vii
Anatomy of Attachment	108
The Myth of Higher Brain Functions	109
The Developing Brain	110
Attachment and Development	113
Reward Deficiency Syndrome	114
Secure Attachment Creates Neurophysiological Homeostasis	117
Implicit vs. Explicit Memory	118
Knowledge that Cannot Be Explained	119
Attachment and Animal Research	121
Attachment and Opiate Receptors	123
CHAPTER 6: 126	
Avoidant Society: Cultural Roots of Impaired Atta	achment
Secure Attachment	133
Attachment, Loss, and Emotions	134
Ainsworth and the Strange Situation	137
Attachment Styles	138
Attachment and Self	141
Secure Attachment, Play, and Self-Awareness	142
Longitudinal Studies of Attachment	143
Attachment Patterns in Adult Relationships	145
Implications for Addiction Treatment	148
Addiction and Treatment	149

CHAPTER 7: 151 Rules for Effective Treatment: An Attachment Perspective

How and Why Therapy Works	154
Implicit Memory	157
Rules for Effective Therapy: Kendall's Principles of Psychotherapy	161
Addiction Treatment and Attachment	165
CHAPTER 8: 168	
Early Treatment: Creating the Capacity for Attachment	
Early Treatment Strategies	169
Addiction Treatment as a Time-Dependent Process	170
Early Treatment Issues	172
Gratification vs. Frustration	176
Emotional Availability of the Therapist	177
Creating the Capacity for Attachment	178
Alexithymia	179
Trauma Bonding	182
Neropsychological Impairment	185
Motivation and Stages of Change	187
Relapse Prevention	189
The Life History: Narratives and AA from a Phenomenological Perspective	192
Character Defects	197
Narratives and the Life Story	198
Narratives and Attachment	199
Self-Attribution of Alcoholism	201

1	3	C

CONTENTS

CHAPTER 9: 203 Late-Stage Treatment Issues

Emotions: Self-Discovery and Self-Care	
Late-Stage Relapses	207
Anhedonia and Addiction	209
Late-Stage Treatment Concerns	210
The Importance of the Therapeutic Alliance	210
Mutuality and Dependence	215
Summary of Treating Addiction as an Attachment Disorder	218
CHAPTER 10: 221 Attachment and Group Therapy	
Group Treatment of Substance Abuse	221
AA and Group Therapy	222
Individual vs. Group Therapy	223
Role of the Group Leader	227
Group Cohesion	228
Group, Transference, Shame, and Object Hunger	233
Late-Stage Group Therapy	239
CHAPTER 11: 240 Attachment and the Therapeutic Alliance	
Principles of Attachment-Oriented Therapy	241
Addiction and the Working Alliance	245
Research and the Therapeutic Alliance	250
The Alliance: What Is It and Why Is It Important?	253

Attachment Styles and the Therapeutic Alliance	255
Therapists' Contributions	257
Research Evidence	260
Empathy	260
Flexibility	269
Management of Negative Process	279
Repairing Alliance Ruptures	281
Patient Contributions	287
Initial Phase of Treatment	288
The Testing Hypothesis	290
The Alliance and Addiction: Special Considerations	298
A Crisis Opens a Patient's Attachment System	299
CHAPTER 12: 307 Addiction and Attachment-Oriented Therapy: Long-Term Implications	
Theoretical Uncertainty	310
Conclusions	316

REFERENCES: 321