

Psychoanalysis Is Not Irrelevant:

How Concepts from Relational Psychoanalysis
Can Enhance Substance Use Treatment

Integrated Methods of Treatment

Psychoanalytic Perspective does NOT replace traditional cognitive behavioral methods

Cognitive Behavioral and other techniques are woven into a Relational Approach

A psychoanalytic understanding helps make these other methods more effective

Treatment addresses total psychological health and growth

A Psychoanalytic Perspective

- Flexible, open and curious
- Curious about how the mind works, motivations and basic beliefs
- Articulate what was never previously articulated or formulated
- Open to the unexpected, new possibilities and change

Psychoanalytic Approach to Substance Use Treatment

- Like any other psychoanalytic psychotherapy
- Focus on the whole person, not just substance misuse
- Understand that substance use has meaning and function

Relational Psychoanalysis

- Relationships are fundamental
 - in development, in life, in treatment
 - the work happens in the relationship between clinician and client
- Relationships are external and internal
 - between real people
 - with images of others carried in mind
- Relationships between parts of the self

Dissociated Self States

- A discontinuity between various aspects of self
- An inability to hold conflicting views of self simultaneously
- No experience of conflict
- Diminished capacity for self-reflection

Focus on Process

The non-verbal dynamic between people

-Between clinician and client

- Enactments communicate what cannot be verbalized
- Recognizing enactments and putting words to them is a significant part of therapy