

14th World Congress on
PSYCHIATRIC & MENTAL HEALTH NURSING
&
5th World Congress on
MENTAL HEALTH AND WELLBEING
July 25-26, 2018 | Vancouver, Canada

Addiction as attachment

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This presentation will discuss the relationship between attachment style and addictive behavior. Healthy attachment style is significantly related to positive mental health. The work of John Bowlby and Mary Ainsworth were groundbreaking in shedding light on the importance of attachment in healthy development. There is now neuroscience evidence that supports their findings. In addition to this presentation outlining the psychological relationship attachment style and addiction, it will present the underlying neuroscience that supports this relationship. The presentation will offer recommendations regarding treatment from an informed attachment perspective. This includes recommending the importance of group therapy. The presentation will include numerous clinical examples that support the theory. Issues of cultural diversity will be reviewed as well as future implications for this particular area of study.

Biography

Kevin Coffey has a master's degree in Social Work and a doctorate in Counseling in Human Development. He has 28 years of working in behavioral health. He currently runs the day to day operations of a mental health center and supervises 30 clinicians. He is an assistant professor of Psychiatry at the University of Rochester Medical Center. He teaches in the University of Rochester Counseling Program and at Empire State College.

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