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Meeting our relational needs: Building a new life after addiction

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Addiction is often a substitute for healthy attachments, and prevents the addict from getting their needs met in a healthy way. Eric Berne wrote of our innate hunger for attachment (recognition hunger) and for stimulus. These hungers can be seen even in newborn babies. Healthy neurological development depends on both attachment and stimulus. Throughout life we continue to grow and mature through meeting these psychological needs.

My focus in the presentation is how difficulties in relational needs may contribute to addiction, and how addiction perpetuates those difficulties. I will explore the profound lifestyle changes that are part of successful recovery from addiction.

Theories from Transactional Analysis to be covered: Psychological Hungers and Relational Needs. Contaminations and Discounting, Strokes, Injunctions, Counter injunctions and Life Positions.

Biography

She works in my private clinic as well as in primary care NHS Foundation Trust to treat symptoms of anxiety, panic attacks, depression, low self-esteem, childhood traumas, suicidal ideations and self-harming.

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