

**Bożena Maciek-Haściło**

**Raising the Curtain. Psychodynamic Understanding and Treatment of Addictions**

An addiction is a heterogenic disorder characterized by complex aetiology. In this presentation I will demonstrate the connection between the disorder of infant attachment, traumas from this period and the addiction. The addictive substance has a fundamental meaning when it comes to alleviating the anxiety – it is a substitute of closeness.

Many people, among whom are also psychotherapists, associate substance use with the loss of control, whereas that loss refers to more important relationships and substance use is an attempt at regaining the control. As research and therapeutic experiences show, people with history of addiction and substance abuse are exposed to harm, violence, abandonment and humiliation in their childhood. The substance is an asylum in experiencing the inner void, “a mother good enough”.

By referring to these theses, the axioms of neuroscience and object relations theory I will present the understanding of function of anger in psychotherapy of the addicted patients. I will describe the group as a healing factor, the power of mentalization and corrective experience of relationship in building trust towards oneself and the other.