

ABSTRACT

The purpose of this dissertation is to examine from a humanistic and integrative stance how working with 'Affect Regulation' (Schore, 1994) is an important part of the therapeutic work for individuals presenting with addiction. It is structured in three parts; Rationale for Practice, Literature Review and a Case Study.

This dissertation explores the definition of addiction and what makes individuals vulnerable. Research has been carried out on the psychotherapy theories and models that provide a framework for working with addiction and affect regulation, drawing on child development, attachment theory (Bowlby, 1988) and the reparative relationship (Clarkson, 2003). These are supported with measurable neuroscientific evidence. It explores what purpose addiction may serve as a way of 'self-regulation' (Schore, 1994) and links this to what is then needed in the therapeutic relationship. The case study demonstrates how when working with an individual who presents with an addictive process, this can be applied to clinical practice and guide the therapeutic intent to become a 'regulating other'.