

Theories of Addiction

Basic Six

- Biological/disease Model
- Psychodynamic Model
- Moral/spiritual Model
- Environmental Model
- Biopsychosocial model

Biological

- Indicates a biological predisposition – neurotransmitter imbalance – brain dysfunction
- Has been linked to the development of:
- Addiction
- Mood disorders
- Physical health disorders

Biological research

- Adoption studies have shown that children from addicted parents are more likely to develop addictions, even if adopted.
- Twin studies have shown that in identical twins, if one develops an addiction, there is greater concordance toward addiction than fraternal.

Psychodynamic

- Addicts are self medicating.
- Addictions are a symptom of an underlying psychological problem.
- Addiction is a maladaptive coping strategy.
- When the underlying psychological issues are addressed, the addiction will remit.

Moral

- Abusing substances is a choice borne out of weak, sinful character.

Environmental/Social Learning

Emotionally

- Stress
- Lack of education about coping skills

Socially

- Peer pressure
- Observational learning

Environmental/Social Learning

Spiritually

- Absence of hope
- Absence of love/compassion

Environmentally

- Advertising
- Laws

Biopsychosocial

- All of above have some element of truth.
- Effective treatment involves addressing the whole person and environment.
- Maslow's hierarchy