

ADDICTION AFFECT REGULATION & THE RELATIONAL FRAME

FIONA MCKINNEY
(CPSYCHOL, DCPSYCH)

DB RECOVERY CONFERENCE
1st July 2022



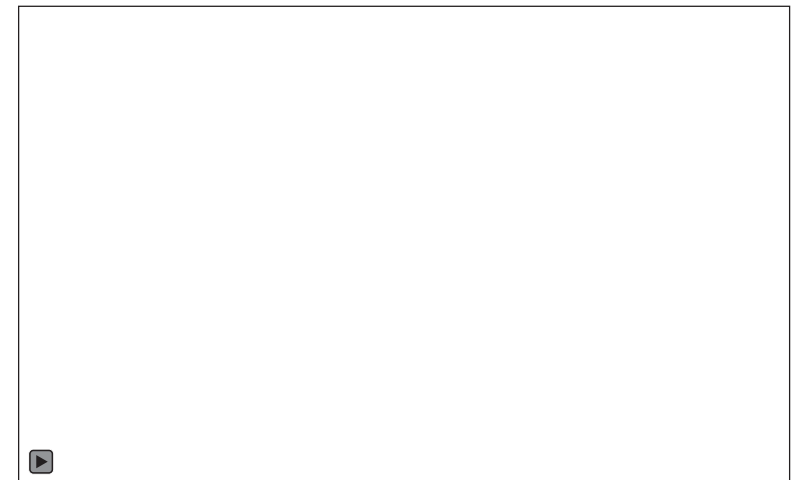
MARK
ROTHKO

WHAT DO WE MEAN BY AFFECT?

Affect is that which is vital and spontaneous and comes to the fore when efforts to inhibit spontaneity (defense) are not in operation. Core affective experience refers to our emotional responses when we do not try to block, distort or severely mute them. (Fosha, 2000)



MAESTRO



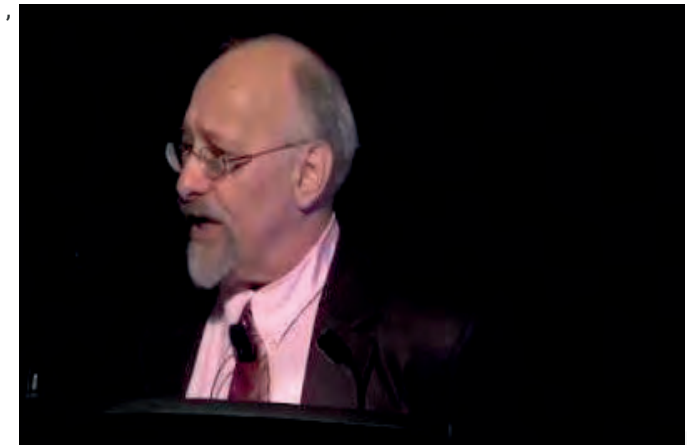
AFFECT/EMOTION REGULATION

Function of Regulation

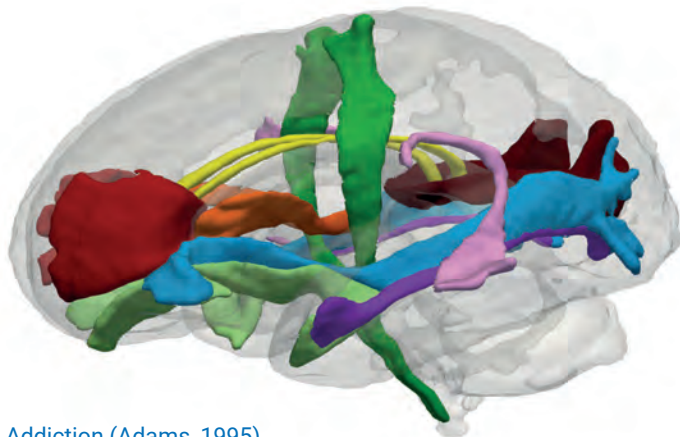
- Tolerance of closeness and distance in connection
- Mutuality and autonomy
- Vulnerability and intimacy
- Self-esteem and self-function
- Ease with boundaries
- Cognitive function
- 'Affective array' & 'Vitality affects' (Stern, 1984)
- Self & Co-regulation

A PARADIGM SHIFT

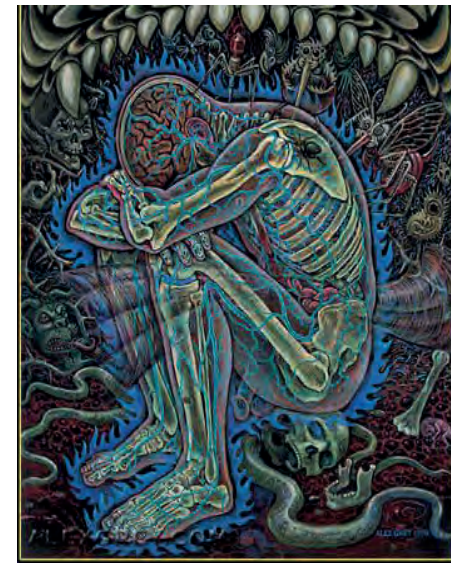
ALAN SCHORE



REGULATORY DYSFUNCTION



Alcohol Addiction (Adams, 1995)
Drug Addiction (Volkow, 1991)



THE TRANSFORMING POWER OF AFFECT

The defining feature of core affect is that it has the power to engender a potentially healing state of transformation especially when experienced in the absence of our defenses and blocking emotions such as anxiety, helplessness and shame. (Fosha, 2008)

The experience of vital affects [in the relationship](#) with therapists and peers is the primary agent of emotional transformation in therapy and in life. (Fosha, 2000)



CENTRALITY OF RELATIONSHIP



A RELATIONAL MODEL

- Therapeutic Alliance
- 'Therapeutic Action of Change' (BCPSG, 2010)
- Modern Attachment Theory (Schore, 2004; 2019)
- Regulation Theory (Hill, 2010)
- Intersubjectivity Theory (Mitchell, 2000; Trevarthen, 2008)
- Relational Psychology (Kaskett, 2011)



RELATIONSHIP AND RESPONSIVENESS NORCROSS & LAMBERT (2019)

Treatment methods and the therapeutic relationship constantly shape and inform each other. Both clinical experience and research evidence point to a complex, reciprocal interaction between the interpersonal relationship and the instrumental methods. The relationship does not exist apart from what the therapist does in terms of method, and we cannot imagine any treatment methods that would not have some relational impact. Put differently, treatment methods are [relational acts](#) (Safran & Muran, 2000).



USEFUL RESOURCES

Relationality (Mitchell, 2000)

Interpersonal Diagnosis and Treatment of Personality

Disorders (Smith Benjamin, 1996)

Personality Adaptations (Joines and Stewart, 2002)

Character Styles (Johnson, 1994)



TO CONCLUDE

Feeling tugged inside by the tension of tenderness in our deepest affective involvement with what we recognise in the **OTHER**, both devoted and conflicted, we are moved to offer what we can of ourselves as therapist. We engage with a tender generous involvement and this is not only an empathy witnessing and being with, it entails a 'going-forthness' from ourselves toward the patients' need' both addressing the diagnostic criteria and the relational . (Trevarthen, 2008)

