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