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The struggle of an addict on the way to autonomy

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The following intervention aims at exploring addiction from the perspective of Existential Analysis. The addict in recovery asks him/herself fundamental questions about his existence, self, and meaning, ultimately revealing his lack of the feeling of life; as he battles constantly between dependence and autonomy. This empirical study uses a mixed research method with a qualitative interview and quantitative scales on addiction severity, interpersonal reactivity, existential functioning, and fundamental existential motivations with a sample of adults in a short-term inpatient addiction rehabilitation program in Lebanon with multiple addictions. An overview of the existential themes addictive patients are occupied with will be presented (e.g. what moves them, what are their sufferings, what is their lack, what disturbs them, etc.) This is followed by other possible causes of addiction; in addition to identification of possible changes on an existential level that the addicts might show before and after the treatment. Finally, the intervention will conclude on implications of the findings of this study for treatment of addictive patients.

Biography

Sareen Hagopian is a Clinical Psychologist and Psychotherapist. She worked in diverse settings including but not limited to addiction rehabilitation center, hospital, clinic, dispensary, and school. In addition, she also worked with varied populations including individuals with dependence, physically ill patients, refugees, domestic migrant workers, students, and handicapped (mental and physical).

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