Freudian Concepts of Id, Ego and Superego Applied to Chemical and Other Addictions

Introducing Twelve-Step Programs as the Superego

Leon Dickerson, Ph.D., LCSW, CASAC

Contents

Introduction .................................................. 1
• Existing Field Notes .................................... 1
• Spirituality .................................................. 2
• Aftercare/Continuing Care Descriptions ............... 2
• Specific Goals of Continuing Care ..................... 3
• Specialized Training and Educational Program System (S.T.E.P.S.) ....................... 5
• Hazelden Clinician’s Catalog ............................ 6

Chapter 1 ..................................................... 7
• Paradigms of Addiction .................................. 7
• Psychoanalytic Approaches: The Self-Medication Hypothesis ......................... 8
• Practical Approaches to Chemical Dependency Psychotherapy ..................... 10
• Setting the Stage for S.T.E.P.S. ....................... 14
<table>
<thead>
<tr>
<th>Chapter 2</th>
<th>18</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diagnostic Criteria</td>
<td>18</td>
</tr>
<tr>
<td>The Counseling Situation and Treatment Plan</td>
<td>18</td>
</tr>
<tr>
<td>Interventions and Components of Recovery</td>
<td>20</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Chapter 3</th>
<th>21</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cocaine Addiction</td>
<td>21</td>
</tr>
<tr>
<td>Mary A., Aftercare Group Member</td>
<td>21</td>
</tr>
<tr>
<td>The Cocaine High</td>
<td>22</td>
</tr>
<tr>
<td>Progressive Symptoms of Crack Cocaine Dependency</td>
<td>23</td>
</tr>
</tbody>
</table>

Freudian Concepts of Id, Ego and Superego Applied to Chemical and Other Addictions

| • Experimental Use | 23 |
| • Recreational Use | 24 |
| • Abuse | 25 |
| • Dependency and Compulsive Use | 25 |
| • Crack Cocaine Dependency | 26 |
| • Special Treatment Problems Posed by Crack Addiction | 27 |
| • Progression versus Compulsiveness | 29 |
| • Crack Cocaine and the Family | 30 |
| • James W., Aftercare Group Member | 31 |

<table>
<thead>
<tr>
<th>Chapter 4</th>
<th>32</th>
</tr>
</thead>
<tbody>
<tr>
<td>Relapse Prevention: Definitions of Relapse and Recovery</td>
<td>32</td>
</tr>
<tr>
<td>Review of Outcome Studies Concerning Relapse: The Former Thirty-Day Rehab Facilities</td>
<td>36</td>
</tr>
<tr>
<td>Models of Relapse Prevention</td>
<td>37</td>
</tr>
<tr>
<td>Cognitive Behavioral Model</td>
<td>38</td>
</tr>
<tr>
<td>Coping Skills Model</td>
<td>39</td>
</tr>
<tr>
<td>Recovery Training and Self-Help Model Aftercare and Continuing Care Programs</td>
<td>40</td>
</tr>
</tbody>
</table>

| • Denial: The Wall between Recovery and Relapse | 42 |
| • Ego Defense Mechanisms | 42 |
| • Barry S., Aftercare Group Member | 44 |
Chapter 5 ................................................................. 46
  • Review of Freud’s Topographical Theory of the Mind ................ 46
  • Id, Ego, and Superego Addiction: A Regression to Pre-Oedipal* State of Affairs in
    the Person. .................................................. 47
  • Id ......................................................... 48
  • Ego ......................................................... 48
  • Superego ................................................... 49
  • Negative Lifestyle Consequences ................................. 50
  • The Concept of Addiction from Freud’s Topographical Point of View .... 53
  • Primary Process and the Addictions .............................. 55

Leon Dickerson vii
  • The Shifting of the Cathexis .................................. 56

Chapter 6 ................................................................. 58
  • Review of Severe Consequences Suffered by the Addicted Person. .... 58

Chapter 7 ................................................................. 61
  • Drug-Cravings A Psychodynamic Perspective .................... 61
  • Drug Cravings ............................................. 62
  • Drug Cravings as They Relate to Freud’s Topographical System ...... 64
  • Delaying Gratification ...................................... 67

Chapter 8 ................................................................. 69
  • Twelve-Step Programs: Research Study Employing Freudian Concepts of Id, Ego,
    and Superego ............................................... 69
  • How Alcoholics Anonymous Works .............................. 70
  • The Twelve Steps of Alcoholics Anonymous ..................... 71
  • The Twelve Traditions of Alcoholics Anonymous ................. 72
  • Twelve-Step Programs as the Superego An Analysis of Alcoholics and Narcotics
    Anonymous as the Superego .................................. 74

Chapter 9 ................................................................. 77
  • The Social Work Research Project Completed May 1994 ............ 77
  • Hypotheses ............................................... 77
  • Methods Research Design ................................... 78
  • Group Setting ............................................. 78
  • Operational Definitions for Dependent Variables .................. 79
  • Operational Definitions for Independent Variables Specialized Training and
    Educational Program System S.T.E.P.S. ....................... 80
  • Figure 1 .................................................. 81