



## Role of Psychoanalysis in the Treatment of Addictive Disorders

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### INTRODUCTION

Psychoanalysis is a field of psychology that sets it apart from other disciplines in terms of its wealth of knowledge and intensive therapeutic approach. It aims at structural changes and modifications of personality. Psychoanalysis promotes recognition of unconscious, maladaptation, and habitually recurring emotional and behavioral patterns, enabling integration of previously unconscious aspects of the self, optimal functioning, healing, and creative expression promotes it [1].

### DESCRIPTION

Psychoanalysis is a controversial area and its effectiveness as a treatment is controversial. It retains significant impact in psychiatry but was largely replaced by similar but broader psychodynamic psychotherapy in the mid-20th century [2]. The concept of psychoanalysis is widely used outside the therapeutic field not only in areas such as literary criticism of psychoanalysis, but also in philosophical perspectives such as movies, fairy tales, Freud's Marxism, and the analysis of other cultural phenomena. I am. The fact that addiction has a significant negative impact on the health of the world's population is well documented in modern health literature. What is not well documented is the unpleasant perception that our armour tools to help people suffering from addiction are limited. Many people will spend their lives "cycling" a continuum of addiction treatments just to relapse. Third-party reimbursement for addiction treatment focuses on limited-time treatment and "short-term" treatment, more on participation in support groups, and little evidence of efficacy for short-term treatment [3]. Minimal focus on the fact that there isn't. This article explores alternatives to short-term therapy by relying on psychoanalysis, the fastest and most comprehensive treatment we have for behavioral changes. This article reviews literature reviews to determine if there is sufficient evidence to use psychoanalysis as a treatment for addiction. Describes the impact on advanced psychiatric nurses. Most people come to psychother-

apy because something is bothering them and they feel their problems are hurting the people they love and care for. They are worried that they are stuck in their lives, despite their talents. In contrast, addicts are often brought about by others. Most addicts, at least for them, can't think of making a difference. As a rule, people who suffer from drug or alcohol use disorders do not come to a psychotherapist. People suffering from sexual addiction may find sex interesting to psychotherapists [4]. They are unaware that their problem is not sex, but addiction to repetitive and meaningless things, and a lack of true relationships. Early psychoanalytic theories of addiction emphasized greedy and aggressive impulses. But today, psychoanalysis takes a much broader perspective and understands it as a means of managing the effects of intolerable pain and disorientation of addiction. It's like a state of self-healing from subjective stress and suffering. This is often not the focus of addicts to be costly, and if guilt or loss is bothering them, they can also be dealt with addiction.

### CONCLUSION

The idea of finding the meaning and origin of addiction behavior and treating it at the root is a fascinating and logical suggestion that many addicts seek themselves. Unfortunately, what looks logical and clear is full of obstacles and dead ends. Addiction itself can paralyze the anxiety associated with the analytical process and is often a barrier to more complete and deeper involvement in the analytical process. This requires a careful evaluation process before recommending this method as a treatment option. With good consensus, the process and outcome can be fruitful for both the patient and the therapist.

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### CONFLICT OF INTEREST

The author's declared that they have no conflict of interest.

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