

INTERPERSONAL DEPENDENCY-PATHOLOGICAL BONDING

Abstract of the Lecture given by Arun Mansukhani at EFS 2013 Congress.

Introduction:

Interpersonal dependence is a major problem from a clinical and social point of view. To the subjective pain suffered by people in disruptive relationships, we have to add the suffering that arises from comorbidity of emotional dependence with other clinical problems such as gender violence, substance addiction or sexual dependence, to all of which it is closely related. If we sum up the amount of patients that consult due to emotional dependence directly and those in which this condition is an underlying feature (such as substance addiction, anxiety problems, depression or PTSD) it's clear that emotional dependence is a condition that health professionals in general and mental health professionals in particular have to know how to assess and treat. At the same time, we observe a lack of integrative models from which professionals can handle this condition.

Aims:

Our aim in the present conference is to provide mental health professionals with a integrative model, as well as with specific techniques and tools, to assess and treat emotional dependence.

Method and Results:

After revising the existing scientific literature on interpersonal dependence and major mental health theories relevant to understand this condition (like Attachment Theory, EMDR-AIP, or Structural Dissociation Theory) and based on our case experience, due to more than 15 years working at the Instituto Andaluz de Sexología y Psicología with this type of cases with a multidisciplinary approach, we will outline a comprehensive and integrative framework to understand, assess and treat interpersonal dependence.