

# The role of dynamic inter-family characteristics in drug addiction

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In the context of this qualitative study, the relationship between heroin addicts and parents were investigated, taking into consideration the trajectory from adolescence to adulthood, including the active periods of substance abuse and rehabilitation clinical trial. The aim of this study was the identification of problematic communicational processes in the relationship between parents and heroin addicts which contribute to the initiation and maintenance of addiction. The study was carried out with the participation of addictive members of the Social Unit of Rehabilitation Center "Ianos" which pertains to the Psychiatric Hospital of Thessaloniki. In this qualitative study, fourteen semi-structured (one to one) interviews have been received by male heroin addicts aged 30 to 45 years old. The results of the qualitative research highlight a dysfunctional dyadic interaction between parents and heroin addicts which affects negatively the parental practices, the subsequent psychological and emotional development of the addict and his direction towards the addiction. This study found that the majority of these families show restricted communicational patterns with double bind dilemmas, triangulation traumas as well as features of rigidness and co-dependency. However, the addict due to chronic social and psycho-emotional deficits hesitates to separate from the family, escalating the communicational, social and economic difficulties in a vicious family circle. Considering the context of therapy, the results of the study recommend that family therapy looks promising as a substantial treatment for the addict and his family as a system. The whole family needs to participate in therapy, to be restructured and more flexible in order to support the rehabilitation process and prevent the relapse of the heroin addict.

Words - Keys: Addiction, Heroin, Qualitative Method, Communication, Co-dependency

**Biography**

Kalia Nikolaou is a second year-PhD student at the department of Clinical Psychology of University of Cyprus. She has completed the postgraduate program "Criminal Law and Addictions" in the Department of Law at the Aristotle University of Thessaloniki. In 2015, while she participated in the Erasmus+ Program, she completed her 6-month internship at the psychiatric hospital in Thessaloniki, the Drug Rehabilitation Centre. Afterward, she continued as a volunteer for two years in the rehabilitation center at the Psychiatric Hospital of Thessaloniki. At the moment, her clinical and research focus is in adolescents with internalizing and externalizing behavioral problems considering the family resilience perspective. She has contributed as an author and co-author in two articles published in foreign and Greek journal respectively.

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Session name/ number: 9th World congress on Addictive Disorders & Addiction Therapy
Category: Poster presentation