



# The Role of Attachment and The Window of Tolerance in Addiction

By

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## **Description of Presentation**

The impact of neural wiring stemming from our earliest attachments can provide powerful understanding toward the later relationship between the insecurely attached person and addictive processes. This workshop will present the concept of The Window of Tolerance, which can be an effective psychoeducational tool in assisting the addicted client in understanding compulsion and relapse..

## **Objectives**

- 1) Learn the relationship between attachment and addiction.
2. Evaluate how, for some, addiction can become a substitute for attachment.
3. Provide psychoeducation to assist the addicted client with continuous recovery.

## **Bio**

G Pace has been a therapist for several decades in Oklahoma City and Grand Lake Oklahoma focusing on assisting the traumatized individual. In 1988, Ms. Pace became a founding therapist and executive director for H.A.V.E.N. (Help All Violence End Now) and has taught at The University of Central Oklahoma since 1992 where her major focus has been on teaching aspiring students skills for treating the traumatized client. Along with becoming licensed as a Professional Counselor and Alcohol and Drug Counselor, Ms. Pace is a certified Grief Counselor, Board Certified Expert in Traumatic Stress, Dipolmate, American Academy of Experts in Traumatic Stress, Listed in the International Registry of The American Academy of Experts in Traumatic Stress, Certified Clinical Trauma Professional, A Member of the International Association of Trauma Professionals and a Level Two EMDR Clinician

