

breaking addiction lance m dodes md

Breaking Addiction: Lance M. Dodes, MD

Addiction is a complex and pervasive issue that affects millions of individuals and their families across the globe. In the pursuit of understanding and treating this ailment, Dr. Lance M. Dodes has emerged as a leading figure. A former Assistant Clinical Professor of Psychiatry at Harvard Medical School and a practicing psychiatrist, Dr. Dodes has devoted his career to exploring the psychological underpinnings of addiction. His work emphasizes the importance of emotional and psychological factors in addiction, challenging traditional views that often focus solely on biological mechanisms. This article dives into Dr. Dodes' insights on breaking addiction, exploring his theories, methods, and the implications for treatment and recovery.

The Nature of Addiction

Addiction is often misunderstood as a simple lack of willpower or moral failing. Dr. Dodes argues that addiction is fundamentally an emotional response to psychological pain. Understanding addiction requires looking beyond substances to the emotions and experiences that drive individuals towards compulsive behaviors.