

How Childhood Trauma Leads to Addiction by one of my heroes, Dr. Gabor Maté

Gabor Maté CM (born January 6, 1944) is a Hungarian-born Canadian physician. He has a background in family practice and a special interest in childhood development and trauma, and in their potential lifelong impacts on physical and mental health, including on autoimmune disease, cancer, ADHD, addictions, and a wide range of other conditions.

Now retired from clinical practice, he travels and speaks extensively on these and related topics, both in North America and abroad. His books have been published internationally in over twenty-five languages. Maté's approach to addiction focuses on the trauma his patients have suffered and looks to address this in their recovery, with special regard to indigenous populations around the world.

Gabor notes and I agree that contrary to what is often stated, addiction is most often not a brain disorder or a choice, but rather a function of attachment trauma in childhood which changes the trajectory of brain development. In order to successfully address most addictions, we must therefore understand and address that trauma.

Content of the artwork in the following slides goes exclusively to the brilliant YouTube channel, [After Skool](#), and is a high recommend.



Gabor
Maté

ADDICTION

ANY BEHAVIOR THAT
A PERSON FINDS RELIEF &
THEREFORE **CRAVES** IN THE
SHORT-TERM, BUT
SUFFERS **NEGATIVE
CONSEQUENCES** IN THE
LONG-TERM & **DOESN'T**
GIVE UP DESPITE
THE NEGATIVE
CONSEQUENCES

What is the most fitting definition of addiction? Gabor has it right.



Click the link below to listen to Gabor Mate's excellent talk on how childhood trauma, most specifically attachment trauma which moves us toward addiction:

<https://youtu.be/BVg2bfqblGI>

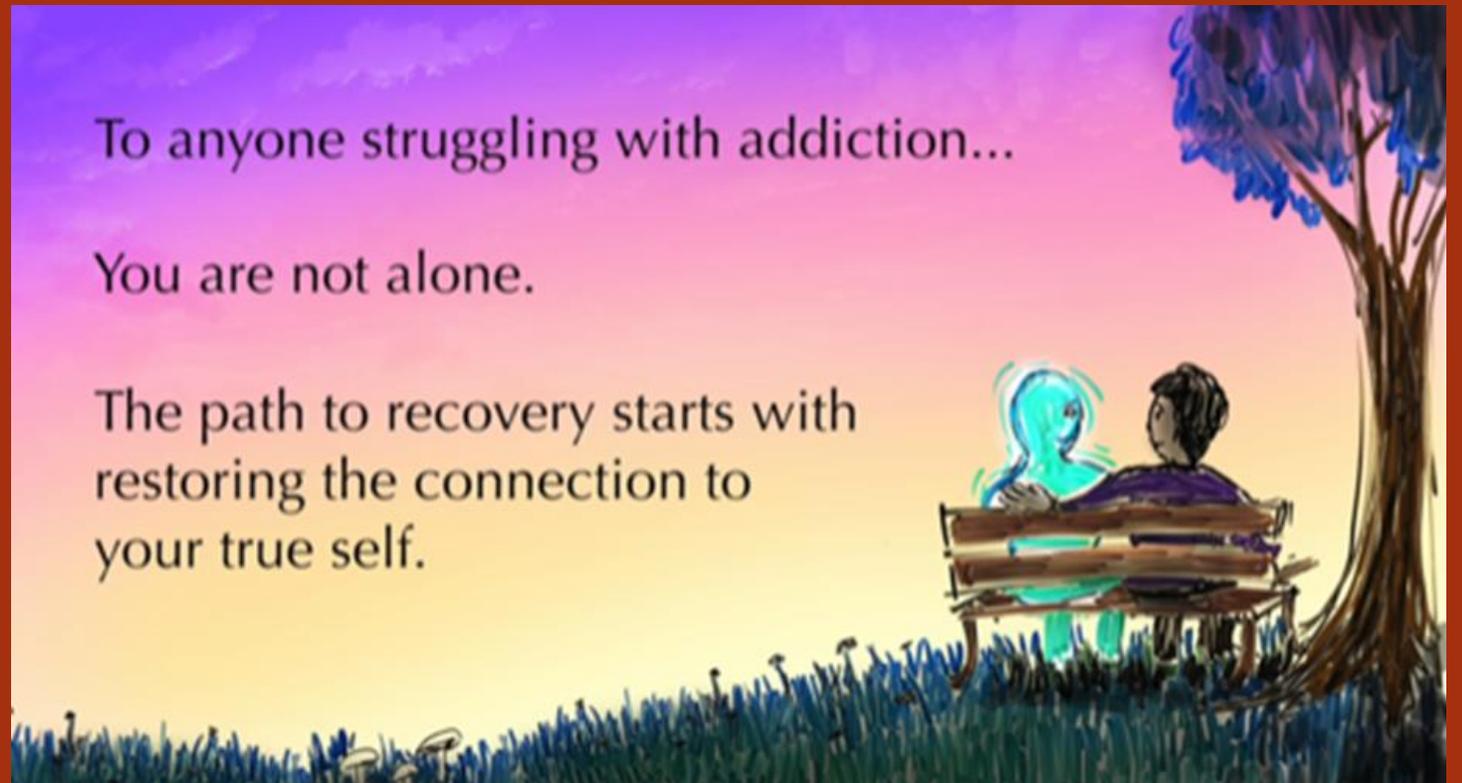


Remember – you
are not alone as
Gabor Maté
kindly reminds
us.

To anyone struggling with addiction...

You are not alone.

The path to recovery starts with
restoring the connection to
your true self.



"We may not be responsible for the world that created our minds, but we can take responsibility for the mind with which we create our world."

As Gabor encourages us, take responsibility now and find healing and peace.

