

Stability and change: addressing the symptom of substance dependency

By

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STABILITY AND CHANGE: ADDRESSING THE SYMPTOM OF  
SUBSTANCE DEPENDENCY

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## **SUMMARY**

The aim of this study is to demonstrate how the complementary concepts of stability and change could manifest during the therapeutic process, specifically with clients showing the symptom of dependency.

The study is guided by a literature study on systems/cybernetic theory with a focus on the cybernetic complementarity of stability and change. A brief description is provided of the symptom of dependency from a more traditional lineal perspective as well as a non-lineal (systemic) perspective.

A single case study is utilized to describe how both stability and change could manifest in the therapeutic process. From this description the relevance and usefulness of addressing both stability and change during the therapeutic process emerge and are outlined.

## **KEY TERMS**

Stability and change, systems/cybernetics, context, wholeness, process, interaction, relationships, substance dependency.

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