



**Thursday,
Nov 27, 2025
12 - 1 p.m.
MS Teams**

In search of home: Exploring addiction and recovery narratives through the lens of attachment

Discussion will include an overview of the literature review, methodologies, findings, and their relevance to social work practice.

Presented by Regan Toni, MSW Thesis Candidate

Presentation will be recorded



Her thesis project is a narrative research study involving individuals who identify as being in recovery from addiction. Participants were invited to share the story of their relationship with substances across time. Narratives were then examined through an attachment lens highlighting how experiences of connection and disconnection shaped, and were shaped by, their relationship with substances.

After completing her BSW at the University of Regina in 2016, Regan Toni (BSW, RSW) has worked as a social worker with the Saskatchewan Health Authority in in-patient and out-patient addiction services, mental health counselling, and medical social work. She is currently in the final stages of her Master of Social Work after successfully defending her thesis in September 2025.

Regan is passionate about supporting individuals who have experienced complex trauma and substance use challenges. She believes deeply in the power of storytelling, and in the role social workers have in offering empathetic listening and creating space for people to speak their truths, be witnessed, and be understood.



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