

Building The Bonds Of Attachment Awakening Love In Deeply Traumatized Children

Uniting attachment-focused therapy and neurobiology to help distrustful and traumatized children revive a sense of trust and connection. How can therapists and caregivers help maltreated children recover what they were born with: the potential to experience the safety, comfort, and joy of having trustworthy, loving adults in their lives? This groundbreaking book explores, for the first time, how the attachment-focused family therapy model can respond to this question at a neural level. It is a rich, accessible investigation of the brain science of early childhood and developmental trauma. Each chapter offers clinicians new insights—and powerful new methods—to help neglected and insecurely attached children regain a sense of safety and security with caring adults. Throughout, vibrant clinical vignettes drawn from the authors' own experience illustrate how informed clinical processes can promote positive change. Authors Baylin and Hughes have collaborated for many years on the treatment of maltreated children and their caregivers. Both experienced psychologists, their shared project has been the development of the science-based model of attachment-focused therapy in this book—a model that links clinical interventions to the crucial underlying processes of trust, mistrust, and trust building—helping children learn to trust caregivers and caregivers to be the "trust builders" these children need. The book begins by explaining the neurobiology of blocked trust, using the latest social neuroscience to show how the child's early development gets channeled into a core strategy of defensive living. Subsequent chapters address, among other valuable subjects, how new research on behavioral epigenetics has shown ways that highly stressful early life experiences affect brain development through patterns of gene expression, adapting the child's brain for mistrust rather than trust, and what it means for treatment approaches. Finally, readers will learn what goes on in the child's brain during attachment-focused therapy, honing in on the dyadic processes of adult-child interaction that seem to embody the core "mechanisms of change": elements of attachment-focused interventions that target the child's defensive brain, calm this system, and reopen the child's potential to learn from new experiences with caring adults, and that it is safe to depend upon them. If trust is to develop and care is to be restored, clinicians need to know what prevents the development of trust in the first place, particularly when a child is living in an environment of good care for a long period of time. What do abuse and neglect do to the development of children's brains that makes it so difficult for them to trust adults who are so different from those who hurt them? This book presents a brain-based understanding that professionals can apply to answering these questions and encouraging the development of healthy trust.

Building the Bonds of Attachment Awakening Love in Deeply Troubled Children Jason Aronson

This classic text is a comprehensive guide for prospective and actual adoptive parents on how to understand and care for their adopted child and promote healthy attachment. It explains what attachment is and provides parenting techniques matched to children's emotional needs and stages to enhance children's happiness and emotional health.

How traumatic events can break our vital connections—and how to restore love, wholeness, and resiliency in your life From our earliest years, we develop an attachment style that follows us through life, replaying in our daily emotional landscape, our

relationships, and how we feel about ourselves. And in the wake of a traumatic event—such as a car accident, severe illness, loss of a loved one, or experience of abuse—that attachment style can deeply influence what happens next. In *The Power of Attachment*, Dr. Diane Poole Heller, a pioneer in attachment theory and trauma resolution, shows how overwhelming experiences can disrupt our most important connections— with the parts of ourselves within, with the physical world around us, and with others. The good news is that we can restore and reconnect at all levels, regardless of our past. Here, you'll learn key insights and practices to help you:

- Restore the broken connections caused by trauma
- Get embodied and grounded in your body
- Integrate the parts of yourself that feel wounded and fragmented
- Emerge from grief, fear, and powerlessness to regain strength, joy, and resiliency
- Reclaim access to your inner resources and spiritual nature

“We are fundamentally designed to heal,” teaches Dr. Heller. “Even if our childhood is less than ideal, our secure attachment system is biologically programmed in us, and our job is to simply find out what’s interfering with it—and learn what we can do to make those secure tendencies more dominant.” With expertise drawn from Dr. Heller’s research, clinical work, and training programs, this book invites you to begin that journey back to wholeness.

Bringing attachment theory essentials to everyday life.

An invaluable resource for students and professionals as well as parents, this text offers a composite case study of one child's development following years of abuse and neglect. Blending theory and research into a powerful narrative, Hughes offers effective strategies for facilitating attachment in children who have experienced serious trauma.

Adopting or fostering a child with reactive attachment disorder (RAD) is beyond challenging. These kids often have violent outbursts, engage in outlandish lying, steal, play with feces, and hoard food. They are broken children who too often break even the most loving of caregivers. Many parents of these children feel utterly isolated as family, friends, and professionals minimize the struggles. *Reactive Attachment Disorder (RAD) - The Essential Guide for Parents* comes from a parent who's in the trenches with you. Keri has lived the journey of raising a son with RAD and has navigated the mental health system for over a decade. This is the resource you've been waiting for - you won't find platitudes or false hopes. What you will find is critical information, practical suggestions, and resource recommendations that will provide a way forward. If you desperately need help to navigate the difficult RAD journey with your child, this book is it.

Build powerful current and future relationships by understanding your past In order to improve closeness and intimacy in all relationships, it is important to first understand the clear parallels between adult behavior and childhood experiences. Attachment Theory combines traditional teachings with knowledge of subconscious patterns to provide powerful tools for powerful change. Through interactive quizzes, wrap-up summaries, and real strategies you can implement in your daily life, you'll learn the tools needed to reprogram the outdated beliefs causing chaos in your life and relationships--romantic, platonic, or familial. Inside *Attachment Theory*, you'll find: What's your style?--Begin with the 4 basic attachment theory styles--Dismissive-Avoidant, Fearful-Avoidant, Anxious Attachment, and Secure Attachment. The best methods--Using the 3 primary forms of therapy--Acceptance and

Commitment Therapy, Cognitive Behavioral Therapy, and RAIN (Recognition, Acceptance, Investigation, Non-Identification)--you'll begin to reprogram your subconscious mind. Old meets new--Learn through a mix of traditional psychological methodologies and new, cutting edge techniques of attachment theory. With a firm understanding of attachment theory, you'll be on your way to healthier relationships.

Presenting both a theoretical foundation and proven strategies for helping caregivers become more attuned and responsive to their young children's emotional needs (ages 0-5), this is the first comprehensive presentation of the Circle of Security (COS) intervention. The book lucidly explains the conceptual underpinnings of COS and demonstrates the innovative attachment-based assessment and intervention strategies in rich clinical detail, including three chapter-length case examples. Reproducible forms and handouts can be downloaded and printed in a convenient 8 1/2" x 11" size. COS is an effective research-based program that has been implemented throughout the world with children and parents experiencing attachment difficulties. The authors are corecipients of the 2013 Bowlby-Ainsworth Award, presented by the New York Attachment Consortium, for developing and implementing COS. See also the authors' related parent guide: *Raising a Secure Child: How Circle of Security Parenting Can Help You Nurture Your Child's Attachment, Emotional Resilience, and Freedom to Explore*. As Bowlby himself points out in his introduction to this seminal childcare book, to be a successful parent means a lot of very hard work. Giving time and attention to children means sacrificing other interests and activities, but for many people today these are unwelcome truths. Bowlby's work showed that the early interactions between infant and caregiver have a profound impact on an infant's social, emotional, and intellectual growth. Controversial yet powerfully influential to this day, this classic collection of Bowlby's lectures offers important guidelines for child rearing based on the crucial role of early relationships.

Put attachment theory into practice--the definitive workbook. What do you want from your closest relationships, and are you getting it? What concrete steps do you need to take to develop happier and healthier attachments? These are the central questions attachment theory seeks to answer, and this definitive workbook shows you how to apply these insights to your life and relationships. Armed with effective tools and strategies, you'll discover your personal attachment style and the role it plays in your closest relationships--with your partner, parents, siblings, or close friends. With guidance to confront challenges and explore possibilities for real change, *The Attachment Theory Workbook* offers an active approach to build close, healthy, long-lasting relationships. With *The Attachment Theory Workbook* you'll learn: *Attachment Theory 101*--Learn the founding principles of attachment theory and what they mean to you. *Your Attachment Style*--Understand how your thoughts and feelings about relationships impact anxious, avoidant, and even secure attachment behaviors. *How to Heal*--Use exercises and questionnaires to foster understanding, intimacy, and stability in your relationships. All the tools you need to lay the foundation for strong and lasting relationships--*The Attachment Theory Workbook*.

This comprehensive volume shows how to use both diagnostic and behavioral assessment knowledgeably and effectively throughout the process of treatment. The two traditions have developed along separate paths--each with its own conceptual underpinnings and psychometric strengths. Used together, they can produce a complete picture of a child's or adolescent's needs and strengths. The expert editors and contributors describe the full range of evidence-based assessment tools and illustrate their application with two intake-to-termination case examples, both based on DSM-5. Reproducible tools include a behavioral recording form and a multipage case conceptualization worksheet that can be downloaded and printed in a convenient 8 1/2" x 11" size.

From the founder of DDP, this updated and comprehensive guide is the authoritative text on DDP. DDP is an attachment-focused treatment for children and adolescents who experience abuse and neglect and who are now living in stable foster and adoptive families. Its central interventions are influenced by enhanced knowledge about the structure and functions of the brain, as well as the latest findings regarding developmental trauma and the related attachment problems it brings.

Drawing on cutting-edge research on adult attachment--and providing an innovative roadmap for clinical practice--Susan M. Johnson argues that psychotherapy is most effective when it focuses on the healing power of emotional connection. The primary developer of emotionally focused therapy (EFT) for couples, Johnson now extends her attachment-based approach to individuals and families. The volume shows how EFT aligns perfectly with attachment theory as it provides proven techniques for treating anxiety, depression, and relationship problems. Each modality (individual, couple, and family therapy) is covered in paired chapters that respectively introduce key concepts and present an in-depth case example. Special features include instructive end-of-chapter exercises and reflection questions.

An expert clinician brings attachment theory into the realm of parenting skills. Attachment security and affect regulation have long been buzzwords in therapy circles, but many of these ideas—so integral to successful therapeutic work with kids and adolescents— have yet to be effectively translated to parenting practice itself. Moreover, as neuroscience reveals how the human brain is designed to work in good relationships, and how such relationships are central to healthy human development, the practical implications for the parent-child attachment relationship become even more apparent. Here, a leading attachment specialist with over 30 years of clinical experience brings the rich and comprehensive field of attachment theory and research from inside the therapy room to the outside, equipping therapists and caregivers with practical parenting skills and techniques rooted in proven therapeutic principles. A guide for all parents and a resource for all mental health clinicians and parent-educators who are searching for ways to effectively love, discipline, and communicate with children, this book presents the techniques and practices that are fundamental to optimal child development and family functioning—how to set limits, provide guidance, and manage the responsibilities and difficulties of daily life, while at the same time communicating safety, fun, joy, and love. Filled with valuable clinical vignettes and sample dialogues, Hughes shows how attachment-focused research can guide all those who care for children in their efforts to better raise them.

Foundations for Attachment Training Resource is a six-session programme to help parents and carers to nurture attachments with their child. It is designed specifically for those caring for children whose capacity to emotionally connect has been compromised as a result of attachment problems, trauma, and loss or separation. Informed by attachment theory and Dyadic Developmental Psychotherapy (DDP), it consists of three core modules: * Understanding Challenges of Parenting * Therapeutic Parenting * Looking After Self It includes relevant theory and process notes for trainers, and a range of activities supported by electronic resources with downloadable activity sheets and handouts. This is a complete resource containing everything you need to run the sessions, and is perfect for any professionals involved in training foster carers, adoptive parents and kinship carers.

Nurturing Attachments combines the experience and wisdom of parents and carers with that of professionals to provide support and practical guidance for foster and adoptive parents looking after children with insecure attachment relationships. It gives an overview of attachment theory and a step-by-step model of parenting which provides the reader with a tried-and-tested framework for developing resilience and emotional growth. Featuring throughout are the stories of Catherine, Zoe, Marcus and Luke, four fictional children in foster care or adoptive homes, who are used to illustrate the ideas and strategies described. The book offers sound advice and provides exercises for parents and

their children, as well as useful tools that supervising social workers can use both in individual support of carers as well as in training exercises. This is an essential guide for adoptive and foster parents, professionals including health and social care practitioners, clinical psychologists, child care professionals, and lecturers and students in this field.

Troubled children need special parenting to build attachments and heal from trauma. This book provides a parenting model that parents and carers can follow to incorporate love, play, acceptance, curiosity and empathy into their parenting. These elements are vital to a child's development and will help children to feel confident, secure and happy.

The papers featured in Attachment and Sexuality create a dense tapestry, each forming a separate narrative strand that elucidates different configurations of the relationship between attachment and sexuality. As a whole, the volume explores the areas of convergence and divergence, opposition, and integration between these two systems. It suggests that there is a bi-directional web of influences that weaves the attachment and sexual systems together in increasingly complex ways from infancy to adulthood. The volume's unifying thread is the idea that the attachment system, and particularly the degree of felt security, or lack thereof in relation to early attachment figures, provides a paradigm of relatedness that forms a scaffold for the developmental unfolding of sexuality in all its manifestations. Such manifestations include infantile and adult, masturbatory and mutual, and normative and perverse. Also central to the papers is the idea that the development of secure attachment is predicated, in part, on the development of the capacity for mentalization, or the ability to envision and interpret the behavior of oneself and others in terms of intentional mental states, including desires, feelings, beliefs, and motivations. Topics discussed in the book will help to shape the direction and tenor of further dialogues in the arena of attachment and sexuality.

This book shows how to work successfully with emotional and behavioral problems rooted in deficient early attachments. In particular, it addresses the emotional difficulties of many of the foster and adopted children living in our country who are unable to form secure attachments. Traditional interventions, which do not teach parents how to successfully engage the child, frequently do not provide the means by which the seriously damaged child can form the secure attachment that underlies behavioral change. Dr. Daniel Hughes maps out a treatment plan designed to help the child begin to experience and accept, from both the therapist and the parents, affective attunement that he or she should have received in the first few years of life. Hughes' approach includes: —Using foster and adopted parents as co-therapists —Teaching differentiation between old and new parents —Overcoming the perception of discipline as abusive —Framing misbehavior, discipline, conflicts, and parental authority as important aspects of a child's learning to trust. All children, at the core of their beings, need to be attached to someone who considers them to be very special and who is committed to providing for their ongoing care. Children who lose their birth parents desperately need such a relationship if they are to heal and grow. This book shows therapists how to facilitate this crucial bond. A Jason Aronson Book

Today's parents are constantly pressured to be perfect. But in striving to do everything right, we risk missing what children really need for lifelong emotional security. Now the simple, powerful "Circle of Security" parenting strategies that Kent Hoffman, Glen Cooper, and Bert Powell have taught thousands of families are available in self-help form for the first time. You will learn: How to balance nurturing and protectiveness with promoting your child's independence. What emotional needs a toddler or older child may be expressing through difficult behavior. How your own upbringing affects your parenting style--and what you can do about it. Filled with vivid stories and unique practical tools, this book puts the keys to healthy attachment within everyone's reach--self-understanding, flexibility, and the willingness to make and learn from mistakes. Self-assessment checklists can be downloaded and printed for ease of use.

"What the heck is my partner thinking?" is a common refrain in romantic relationships, and with good reason. Every person is wired for love differently, with different habits, needs, and reactions to conflict. The good news is that most people's minds work in predictable ways and respond well to security, attachment, and rituals, making it possible to actually neurologically prime the brain for greater love and fewer conflicts. *Wired for Love* is a complete insider's guide to understanding a partner's brain and promoting love and trust within a romantic relationship. Readers learn ten scientific principles they can use to avoid triggering fear and panic in their partners, manage their partners' emotional reactions when they do become upset, and recognize when the brain's threat response is hindering their ability to act in a loving way. By learning to use simple gestures and words, readers can learn to put out emotional fires and help their partners feel more safe and secure. The no-fault view of conflict in this book encourages readers to move past a "warring brain" mentality and toward a more cooperative "loving brain" understanding of the relationship. Based in the sound science of neurobiology, attachment theory, and emotion regulation research, this book is essential reading for couples and others interested in understanding the complex dynamics at work behind love and trust in intimate relationships.

Looks at parent-child attachment during the first five years of a child's development and discusses ways parents can foster secure attachment, promote healthy social skills, and regulate a child's emotions.

The Attachment Bond: Affectional Ties across the Lifespan draws together and evaluates the vast body of research on the causes and consequences of attachment security in infants, growing children, and adults. Reviewing and synthesizing the results of five decades of attachment theory and research in the fields of developmental, clinical, and social and personality psychology, Virginia M. Shiller succinctly summarizes the most important findings regarding the significance of early as well as ongoing security in attachment relationships.

Conclusions from studies conducted around the globe inform the reader of the impact of relational experiences in childhood, adolescence, and adulthood on the social, emotional, and physical well-being of individuals.

Following on from the ground-breaking first edition, which received the 2014 EDRA Achievement Award, this fully updated text includes new chapters on current issues in the built environment, such as GIS and mapping, climate change, and qualitative approaches. Place attachments are powerful emotional bonds that form between people and their physical surroundings. They inform our sense of identity, create meaning in our lives, facilitate community, and influence action. Place attachments have bearing on such diverse issues as rootedness and belonging, placemaking and displacement, mobility and migration, intergroup conflict, civic engagement, social housing and urban redevelopment, natural resource management, and global climate change. In this multidisciplinary book, Manzo and Devine-Wright draw together the latest thinking by leading scholars from around the globe, including contributions from scholars such as Daniel Williams, Mindy Fullilove, Randy Hester, and David Seamon, to capture significant advancements in three main areas: theory, methods, and applications. Over the course of fifteen chapters, using a wide range of conceptual and applied methods, the authors critically review and challenge contemporary knowledge, identify significant advances, and point to areas for future research. This important volume offers the most current understandings about place attachment, a critical concept for the environmental social sciences and placemaking professions.

The call for trauma-informed education is growing as the profound impact trauma has for the children's ability to learn in traditional classrooms is recognized. For children who have experienced abuse and neglect their behavior is often highly reactive, aggressive, withdrawn or unmotivated. They struggle to learn, to make positive relationships or be influenced positively by teachers and school staff. Students become more and more at risk for mental health difficulties. Teachers become more and more frustrated and discouraged as they

attempt to teach this vulnerable group of students. Even though it is relationships that have hurt students with developmental trauma, it is known that they must find safe relationships to learn and heal. Forming those relationships with children who have been hurt and no longer trust adults is not easy. This book focuses on three important and comprehensive areas of theory and research that provide a theoretical, clinical, and integrated intervention model for developing the relationships and felt sense of safety children with developmental trauma need. Using what is known from attachment theory, intersubjectivity theory, and interpersonal neurobiology, the reader is helped to understand why children behave in the challenging ways they do. This book offers successes and ongoing challenges as a means to continue the conversation about how best to support some of our most at-risk youth.

Attachment research has tremendous potential for helping clinicians understand what happens when parent–child bonds are disrupted, and what can be done to help. Yet there remains a large gap between theory and practice in this area. This book reviews what is known about attachment and translates it into practical guidelines for therapeutic work. Leading scientist-practitioners present innovative strategies for assessing and intervening in parent–child relationship problems; helping young children recover from maltreatment or trauma; and promoting healthy development in adoptive and foster families. Detailed case material in every chapter illustrates the applications of research-based concepts and tools in real-world clinical practice.

This book provides a theoretical framework and an innovative model of intervention for distressed couples whose relationships are affected by the echoes of trauma. Combining attachment theory, trauma research, and emotionally focused therapeutic techniques, Susan M. Johnson guides the clinician in modifying the interactional patterns that maintain traumatic stress and fostering positive, healing relationships among survivors and their partners. In-depth case material brings to life the process of assessment and treatment with couples coping with the impact of different kinds of trauma, including childhood abuse, serious illness, and combat experiences. The concluding chapter features valuable advice on therapist self-care.

Over fifty years ago, John Bowlby and Mary Ainsworth’s research on the developmental psychology of children formed the basic tenets of attachment theory. And for years, following these tenets, the theory’s focus has been on how children develop vis-a-vis the attachments—whether secure or insecure—they form with their caregivers. In the therapy room, this has meant working with individuals one-on-one, with the therapist assuming the role of the attachment figure in order to provide a secure base for treating clients’ problems that arose from troubled interpersonal relationships in childhood. Here, Daniel A. Hughes, an eminent clinician and attachment specialist, is the first to expand this traditional model, applying attachment theory to a family therapy setting. Drawing on more than 20 years of clinical experience, Hughes presents his comprehensive, effective, and accessible treatment model for working with all members of a family—not simply the individual in question—to recognize, resolve, and heal personal and family problems using principles from theories of attachment and intersubjectivity. Beginning with an overview of attachment and intersubjectivity—the twin theories from which he forms his treatment plan—Hughes carefully outlines, chapter by chapter, the core principles and strategies of his family-based approach. He elaborates on the need to develop and maintain PACE (playfulness, acceptance, curiosity, and empathy)—the central therapeutic stance of attachment-focused family therapy—and supplies tips and sample dialogues for implementing this position. The importance of fostering affective/reflective (a/r) dialogue is covered in detail, as well as helping families to manage shame, understand and embrace the break-and-repair cycle of their interactions, and explore and resolve childhood trauma. Also discussed are the more procedural issues of how to incorporate parents into therapeutic conversations, when and how to question them on their own attachment histories, and how to “be” with children. Grounded in the

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fundamental principle of parents facilitating the healthy emotional development of their children, Attachment-Focused Family Therapy is the first book of its kind to offer therapists a complete manual for using attachment therapy with families. Extensive case studies, vignettes, and sample dialogues throughout clearly demonstrate how Hughes's model plays out in the therapy room. By showing therapists how to create a bond of psychological safety and intersubjective discovery with parents and caregivers, Hughes reveals how they, in turn, can bring about similar experiences of safety and discovery for their children.

Offers practical attachment-based strategies to support disaffected teenagers integrate into schools and society. This book enables teachers, psychologists, therapists and social workers to reach out to young people in fresh ways, establishing genuine connection and real possibilities for learning and hope.

This book guides childcare professionals through attachment theory and provides techniques for caring for children with attachment difficulties. It explains what attachment is, what different patterns of attachment look like in children and young people, how early attachment experiences affect their lives, and how this understanding can help childcare workers to develop therapeutic ways of caring. By understanding these issues, childcare workers are better equipped to help and support the troubled children they care for. This book shows how to promote recovery through secure base experiences in a therapeutic environment and provides solutions and methods to tackle challenging and problem behaviour, anger and the effects of trauma in children with attachment problems. This essential book will be invaluable to professionals such as residential carers, social workers and foster carers who work in a therapeutic environment with vulnerable and troubled children and young people.

Attachment is a word used to describe a simple idea – the relationship with someone you love or whose opinions are important to you – so why is so much of the language relating to attachment so obscure, and why is it so challenging to help children who lack healthy attachment bonds? Attachment in Common Sense and Doodles aims to bring some clarity and simplicity to the subject. Providing grounded information and advice accompanied by a series of simple 'doodles' throughout, it explains attachment in language that is easy to understand and describes how to apply this information in everyday life. It describes how the attachment patterns in children who are adopted or fostered differ, summarises the latest research in the field and provides advice on how to repair attachment difficulties and to build secure, loving relationships. Covering all of the 'need to know' issues including how to spot attachment difficulties, build resilience and empathy and responding to problematic behaviour, this book will be an invaluable resource for families and professionals caring for children who are fostered, adopted or who have experienced early trauma.

What to Say to Kids When Nothing Seems to Work offers parents an effective, step-by-step guide to some of the most common struggles for kids aged 5–12. Written by mental health professionals with over 30 years' experience listening to kids' thoughts and feelings, this book provides a framework to explore new ways of responding to your child that will help them calm down faster and boost their resilience to stress. With a dose of humor and plenty of real-life examples, the authors will guide you to "build a bridge" into your child's world to make sense of their emotions and behavior. Sample scenarios and scripts are provided for you to customize based on your caregiving style and your child's personality. These are then followed by concrete support strategies to help you manage current and future situations in a way that leaves everyone feeling better. Chapters are organized by common kid-related issues so you can quickly find what's relevant to you. Suitable for parents, grandparents, and other caregivers of children and pre-teens, as well as professionals working closely with families, What to Say to Kids When Nothing Seems to Work is an accessible resource for efficiently navigating the twists, turns, and sometimes total

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chaos of life with kids.

Explains the brain mechanisms behind caregiving and parenting and describes how parents can help regulate their emotions to best preserve their parent-child relationship and learn how to be a "good parent."

Heralded by the New York Times and Time as the couples therapy with the highest rate of success, Emotionally Focused Therapy works because it views the love relationship as an attachment bond. This idea, once controversial, is now supported by science, and has become widely popular among therapists around the world. In *Hold Me Tight*, Dr. Sue Johnson presents Emotionally Focused Therapy to the general public for the first time. Johnson teaches that the way to save and enrich a relationship is to reestablish safe emotional connection and preserve the attachment bond. With this in mind, she focuses on key moments in a relationship -- from "Recognizing the Demon Dialogue" to "Revisiting a Rocky Moment" -- and uses them as touch points for seven healing conversations. Through case studies from her practice, illuminating advice, and practical exercises, couples will learn how to nurture their relationships and ensure a lifetime of love.

Provides insight for parents, social workers, and therapists who work with poorly attached children by blending attachment theory, research, and trauma therapy.

Today more pediatric therapists are centering their work on the parent-child relationship and are turning to parents as a primary modality in solving children's problems. *Parent-Focused Child Therapy: Attachment, Identification, and Reflective Functions* is an edited collection, drawing from leading psychotherapists with specialties in family therapy. Carrol Wachs and Linda Jacobs tap into the current literature on the efficacy of working with parents in therapy situations. The collected essays in this book, from renowned psychotherapists, focus on identifying and evaluating a variety of approaches and their effects on standard questions of attachment, identity, and reflection in dealing with children in therapy. *Parent-Focused Child Therapy* is especially attractive given its currency, integrating relational theory, attachment theory and infant research.

Introduces the theory of adult attachment as an advanced relationship science that can enable individuals to find and sustain love, offering insight into the roles of genetics and early family life in how people approach relationships.

"Nine central issues relevant to attachment theory and research constitute this volume: Defining attachment and attachment security, Measuring the security of attachment, The nature and functioning of internal working models, Stability and change in attachment security, Influence of early attachment, Culture and attachment, Separation and loss, Attachment-based interventions, and Attachment, systems, and services. This is a time of widening interest in attachment theory, and this book exists alongside others that provide perspective on the field as a whole. The authors of these chapters have synthesized their views into fresh perspectives that, juxtaposed with others addressing the same questions, offer novel and useful insights into the current status of attachment theory and research, and perspective on its future"--
A full-scale investigation of the controversial and often misunderstood science of attachment theory, inspired by the author's own experience as a parent and daughter. "A profound and beautiful work . . . searingly honest, brazenly fresh, and startlingly rich."--Andrew Solomon, author of *The Noonday Demon*
When professional researcher and writer Bethany Saltman gave birth to her daughter, Azalea, she loved her deeply but felt as if something was missing. Looking back at her lonely childhood, dangerous teenage years, and love-addicted early adulthood, Saltman thought maybe she was broken. Then she discovered the science of attachment, the field of psychology that explores the question of why--from an evolutionary point of view--love exists between parents and children. Saltman went on a ten-year journey visiting labs, archives, and training sessions, while learning the meaning of "delight" from Mary Ainsworth, one of psychology's most important but unsung

researchers, who died in 1999. Saltman went deep into the history and findings from Ainsworth's famous laboratory procedure, the Strange Situation, which, like an X-ray, is still used today by scientists around the world to catch a glimpse of the internal workings of attachment. In this simple twenty-minute procedure, a baby and a caregiver enter an ordinary room with two chairs and some toys. During a series of comings and goings, a trained observer studies the minutiae of the pair's back-and-forth with each other. Through the science of attachment, what Saltman discovered was a radical departure from everything she thought she knew--about love and about her own family, her story, and herself. She was far from broken--she saw that love is too powerful to ever break. Strange Situation is a scientific, lyrical, life-affirming exploration of love. Not only will readers be taken on an emotional ride through one mother's reckoning with her own past and her family's future, but they will also be given the tools with which to better understand their own life histories and their relationships today. Praise for Strange Situation "A fascinating deep dive into attachment theory . . . Carefully researched and with copious endnotes, this is an excellent resource for anyone interested in child development."--Publishers Weekly "Honest and complex . . . A thoughtful engagement with a topic that affects all parents."--Kirkus Reviews

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