

Introduction

- Lifetime importance of attachment relationships
- Wide range of applications of Bowlby's work

Influences on Bowlby's work

- Born 1907 in London
- Three underlying components of his theory:
 - Psychoanalysis
 - Reliance on scientific research (his own scientific education)
 - Reliance on real life experiences (his own and those of troubled children)
- Synthesis of viewpoints that contributed to attachment theory:
 - Ethology: Study of behavior based on evolutionary theory Darwin/Lorenz)
 - Psychoanalysis: Importance of early relationships (Freud, Klein and Erikson)
 - Cognitive psychology: Study of thought processes (Piaget and Inhelder)
- Field research of Mary Ainsworth (*Strange Situation* assessment)

Elements of Attachment Theory

- **Safe Haven**: Attachment figure as a resource in stressful situations
- **Secure Base**: Attachment figure as a base from which to explore
- **Internal Working Model**: An organized view of how human relationships work
 - Developed from thousands of interactions, most importantly those in early childhood
 - Tends to persist, but can be changed later in life
 - Adult Attachment Interview—assesses the internal working model in adults (Mary Main)
- Types of attachment patterns:
 - Secure-Autonomous—(55% of adults)
 - Avoidant-Dismissing—Avoidance of negative feelings (20%)
 - Resistant-Preoccupied—Overemphasis on negative feelings (10%)
 - Disordered-Unresolved—Lack of organized response to stress (5%)

Psychotherapy from an Attachment Perspective

- Bowlby's five point model for psychotherapy:
 1. Provide a secure base.
 2. Examine internal working models of current relationships.
 3. Examine internal working models of past relationships.
 4. Examine influences of past upon present.
 5. Revise and update internal working models.
- Power of family/couple therapy
- Importance of collaboration/supervision

Attachment across the Life Cycle

- Prevention more powerful than treatment
- Mothers' internal working model impacts the child's understanding of emotions.
- Fathers' internal working model impacts the child's understanding of social skills.
- Need for secure attachments continues across full life span.
- Bowlby died in 1990, after finishing a biography of Darwin.

- “A society that values its children must cherish their parents.”

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