



Attachment Therapy with Adolescents and Adults: Theory and Practice Post-Bowlby

Dorothy Heard, Brian Lake, Una McCluskey

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This is a revised edition of an important title originally published in 2009. It is written primarily for psychotherapists and other practitioners and describes a new and effective form of dynamic therapy designed for working with adults and with adolescents. The theory, on which the new form of therapy is based, is centred in a paradigm that extends and crucially alters the paradigm for developmental psychology opened by the Bowlby/Ainsworth attachment theory. It describes a pre-programmed process, the dynamics sustaining attachment and interest sharing, which is activated as soon as people perceive that they are in danger. This process is made up of seven pre-programmed systems which interact with one another as an integrated whole. They include Bowlby's two complementary goal-corrected behavioural systems: attachment (also referred to as careseeking) and caregiving. Whenever the process is able to function effectively, it enables people to adapt more constructively and co-operatively to changing circumstances.

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