

# **Attachment Based Therapy Interventions**

## **attachment based therapy interventions: Handbook of Attachment-Based Interventions**

Howard Steele, Miriam Steele, 2019-09-10 The first volume to showcase science-based interventions that have been demonstrated effective in promoting attachment security, this is a vital reference and clinical guide for practitioners. With a major focus on strengthening caregiving relationships in early childhood, the Handbook also includes interventions for school-age children; at-risk adolescents; and couples, with an emphasis on father involvement in parenting. A consistent theme is working with children and parents who have been exposed to trauma and other adverse circumstances. Leading authorities describe how their respective approaches are informed by attachment theory and research, how sessions are structured and conducted, special techniques used (such as video feedback), the empirical evidence base for the approach, and training requirements. Many chapters include illustrative case material.

## **attachment based therapy interventions: *Attachment Centered Play Therapy* Clair**

Mellenthin, 2019-04-16 Attachment Centered Play Therapy offers clinicians a holistic, play-based approach to child and family therapy that is presented through the lens of attachment theory. Along the way, chapters explore the theoretical underpinnings of attachment theory to provide a foundational understanding of the theory while also supplying evidence-based interventions, practical strategies, and illuminative case studies. This informative new resource strives to combine theory and practice in a single intuitive model designed to maximize the child-parent relationship, repair attachment wounds, and address underlying symptoms of trauma.

## **attachment based therapy interventions: Attachment-Focused Family Play Therapy Cathi**

Spooner, 2020-10-26 Attachment-Focused Family Play Therapy presents an essential roadmap for therapists working with traumatized youth. Exploring trauma and attachment through a neurobiological focus, the book lays out a flexible framework for practitioners treating young clients within the context of their family relationships. Chapters demonstrate how techniques of play and expressive therapy can be integrated into work with different developmental stages, while providing the tools needed to fully incorporate the family into the healing process. The book also provides clinical examples and guidance on the ethical decision-making needed to effectively implement attachment work and facilitate positive change. Written in an accessible style, Attachment-Focused Family Play Therapy is an important resource for mental health professionals who work with traumatized children, adolescents, and adults.

## **attachment based therapy interventions: Attachment Based Family Therapy Guy**

Diamond,

## **attachment based therapy interventions: Handbook of Attachment Interventions Terry**

M. Levy, 1999-11-24 The emotional attachment of a child to caregivers, and the attachment of the caregivers to the child, is of vital importance to the child's socioemotional development. Proper attachment can affect one's ability to feel and express love, moral development, motivation to achieve, and sense of identity. Modern industrial societies have seen a recent surge in attachment problems, yet there has been little information on clinical interventions for attachment disorders. The Handbook of Attachment Interventions meets this need by providing information on diverse patient populations across different therapeutic philosophies, while providing specific techniques for treating attachment disordered children and their families. The book begins with a discussion of how attachment disorders relate to subsequent antisocial behavior patterns and other disorders, as well as general issues parents may encounter with an attachment disordered child. Subsequent chapters discuss special patient populations (the adopted child, military families, etc.) and techniques for intervention. Practitioners in clinical, private practice, managed care, and hospital settings, social workers, developmental psychologists, and interested parents find the Handbook of Attachment

Interventions a valuable reference.

**attachment based therapy interventions: The Neurobiology of Attachment-Focused Therapy: Enhancing Connection & Trust in the Treatment of Children & Adolescents**

**(Norton Series on Interpersonal Neurobiology)** Jonathan Baylin, Daniel A. Hughes, 2016-08-23  
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.

**attachment based therapy interventions: Attachment Processes in Couple and Family Therapy** Susan M. Johnson, Valerie E. Whiffen, 2005-12-15 This practical book presents cutting-edge approaches to couple and family therapy that use attachment theory as the basis for new clinical understandings. Fresh and provocative insights are provided on the nature of interactions between adult partners and among parents and children; the role of attachment in distressed and satisfying relationships; and the ways attachment-oriented interventions can address individual problems as well as marital conflict and difficult family transitions. With contributions from leading clinicians and researchers, the volume offers both general strategies and specific techniques for helping clients build stronger, more supportive relational bonds.

**attachment based therapy interventions: Attachment in Psychotherapy** David J. Wallin, 2015-04-27 This eloquent book translates attachment theory and research into an innovative framework that grounds adult psychotherapy in the facts of childhood development. Advancing a model of treatment as transformation through relationship, the author integrates attachment theory with neuroscience, trauma studies, relational psychotherapy, and the psychology of mindfulness. Vivid case material illustrates how therapists can tailor interventions to fit the attachment needs of their patients, thus helping them to generate the internalized secure base for which their early

relationships provided no foundation. Demonstrating the clinical uses of a focus on nonverbal interaction, the book describes powerful techniques for working with the emotional responses and bodily experiences of patient and therapist alike.

**attachment based therapy interventions:** Treating Attachment Disorders Karl Heinz Brisch, 2014-01-01 Organized around extended case illustrations?and grounded in cutting-edge theory and research?this highly regarded book shows how an attachment perspective can inform psychotherapeutic practice with patients of all ages. Karl Heinz Brisch explores the links between early experiences of separation, loss, and trauma and a range of psychological, behavioral, and psychosomatic problems. He demonstrates the basic techniques of attachment-based assessment and intervention, emphasizing the healing power of the therapeutic relationship. With a primary focus on treating infants and young children and their caregivers, the book discusses applications of attachment-based psychotherapy over the entire life course. New to This Edition\*Incorporates advances in research on neurobiology, genetics, and psychotraumatology.\*Expanded with a section on inpatient treatment for traumatized children, including in-depth cases.\*Describes two promising prevention programs for expectant couples, families, and young children.\*The latest knowledge on disorganized attachment, attachment disorders, and assessments.

**attachment based therapy interventions:** Attachment-based Psychotherapy Peter C. Costello, 2013 Our early attachment experiences with our primary caregiver influence the adult that we become. These experiences forge our patterns of communication, emotional experience, intimate relationships, and way of living in the world. If our early attachments are secure, we learn to access and communicate adaptive feelings, thoughts, and behaviours. In contrast, if our early attachment experiences are insecure, we may struggle with dysregulated, maladaptive emotions and have difficulties in our intimate relationships -- leading to anxiety, depression, and excessive or misdirected anger. This book presents an attachment-based approach to therapy that addresses the limiting and detrimental effects of negative early attachment experiences. Attachment-based psychotherapy has two major components: establishing a security-engendering therapeutic relationship and helping the patient to communicate more openly and thus to access more adaptive feelings, thoughts, and behaviours. Psychotherapists of various theoretical orientations will appreciate this book's richly detailed conceptualisation of common human problems, as well as clear treatment approach for addressing these problems.

**attachment based therapy interventions:** Parent—Child Interaction Therapy Toni L. Hembree-Kigin, Cheryl Bodiford McNeil, 2013-06-29 This practical guide offers mental health professionals a detailed, step-by-step description on how to conduct Parent-Child Interaction Therapy (PCIT) - the empirically validated training program for parents with children who have disruptive behavior problems. It includes several illustrative examples and vignettes as well as an appendix with assessment instruments to help parents to conduct PCIT.

**attachment based therapy interventions:** Attachment-Based Family Therapy for Depressed Adolescents Guy S. Diamond, Gary M. Diamond, Suzanne A. Levy, 2013-10-01 This text shows how to design a treatment manual and adherence measure for attachment-based family therapy (ABFT) for adolescent depression and presents data and results on the treatment's efficacy.

**attachment based therapy interventions:** Integrative Team Treatment for Attachment Trauma in Children Debra Wesselmann, Cathy Schweitzer, Stefanie Armstrong, 2014-03-11 But by working as a collaborative team, EMDR and family therapists can, together, strengthen the parent-child attachment bond and help to mend the early experiences that drive the child's behavior. This book, and its accompanying Parent Manual, are intended to serve as clear and practical treatment guides, presenting the philosophy and step-by-step protocols behind the Integrative Team Treatment approach, so both the family system issues and the child's traumatic past are effectively addressed. You need not be a center specializing in attachment trauma to implement this team model, nor must members of the team practice at the same location. With at least one fully-trained EMDR practitioners as part of the two-person team, any clinician can pair with another to implement this treatment approach, and heal children suffering from attachment trauma.

**attachment based therapy interventions: Promoting Positive Parenting** Femmie Juffer, Marian J. Bakermans-Kranenburg, Marinus H. Van IJzendoorn, 2023-06-22 The Classic Edition of Promoting Positive Parenting illuminates the widespread success of the Video-feedback Intervention to promote Positive Parenting and Sensitive Discipline (VIPP-SD), now used in many countries, offering thousands of families the support they need to thrive. A new preface from the authors reflects on the original research and development of the program, considers its effectiveness, and outlines future aims to broaden implementation and test new modalities. The original volume offers a new generation of students and professionals an introduction to the brief and focused parenting intervention program that has been successful in a variety of clinical and nonclinical groups and cultures. It offers detailed descriptions and case reports of studies with the program, describes the implementation and testing of VIPP-based interventions in a variety of family and childcare settings, and in various countries including the Netherlands, Italy, the United Kingdom, and the United States. It details the successful implementation of the program in samples of insecure mothers, mothers with eating disorders, preterm infants, adopted children, children suffering from dermatitis, and children with early externalizing behavior problems. The Classic Edition of Promoting Positive Parenting is for all those concerned with family support and parenting interventions in the fields of developmental and clinical psychology, human development and family studies, psychiatry, social work, public health and nursing, and early childhood education.

**attachment based therapy interventions: Techniques and Interventions for Play Therapy and Clinical Supervision** Fazio-Griffith, Laura Jean, Marino, Reshelle, 2020-09-25 The use of techniques and interventions for play therapy during the supervision process for graduate and post-graduate counselors provides a host of benefits for the counseling student, post-graduate intern, and supervisor. The counselor in training is able to experientially integrate theory with practice through the use of different modalities that provide reflection and insight into their work with clients. Additionally, the use of techniques and interventions for play therapy allows a secure and strong supervisory relationship, which allows the counselor in training to explore personal and professional goals; verbalize and conceptualize client issues, goals, and effective interventions; and develop counselor-client relationships that allow the client to progress during the therapeutic process. However, play therapy techniques and interventions are not often incorporated into the supervision process unless the clinician is a registered play therapist being supervised by a registered play therapist supervisor. Techniques and Interventions for Play Therapy and Clinical Supervision is a critical reference source that provides an opportunity for all clinicians to incorporate play therapy techniques and expressive art interventions into the process of supervision. It presents techniques and methods that allow for more effective supervision for counselors in training, which allows for more effective service delivery to clients. Highlighting topics that include play techniques in supervision, cognitive behavioral play therapy, and trauma, this book is ideal for individuals in a university, clinical, school, agency, etc. setting who provide supervision for counselors in training, including graduate students and postgraduate students. The book is an excellent supplement for clinical courses at universities with counseling programs and play therapy programs, as well as universities with graduate social work and psychology programs that have play therapy courses and provide play therapy supervision.

**attachment based therapy interventions: Trauma and Attachment** Christina Reese, 2021-08-20 Christina Reese has dedicated her life's work to helping those with trauma cope to live healthier, happier, and more fulfilling lives. In her newest book, Trauma and Attachment, she has created a resource to guide clients from a place of fear, anxiety, and trauma to healthy attachment. In this comprehensive yet accessible book, Dr. Reese provides an attachment framework for treating clients who have experienced a multitude of traumas, ranging from abuse and neglect to medical traumas, natural disasters, and exposure to violence. Through a variety of worksheets, exercises, and activities, this book provides clients with the tools they need to develop a foundation for healing so they can find feelings of safety and security within relationships again. Inside, clinicians will find tools to help clients heal from the impact of: - Abuse by helping them establish safety and security

within relationships. - Neglect by teaching them to find their voice and express their needs. - Medical trauma by helping them adjust to a new normal and better tolerate uncertainty. - Natural disasters by using mindful grounding techniques to navigate sensory triggers and cultivate mind-body awareness. - Witnessing violence by restoring clients' sense of felt safety and helping clients identify what they can control to keep themselves safe.

**attachment based therapy interventions: Attachment** Christina Reese, 2018-10 In a society that values independence, self-preservation and individualistic thinking, we are missing the key to fulfillment: Connection through Attachment. Simply, attachment is the way that we connect to each other. Without attachment, people feel alone to deal with challenges they face, which leads to distress, dysfunction and mental health disorders. It is possible to repair dysfunctional attachment, but first it is necessary to recognize attachment style, unhealthy relationship patterns, and the impact they are having. Improve your client's relationships by teaching them strategies to feel more connected, reestablish trust, and restore positive emotions. Dr. Christina Reese, a recognized attachment and trauma professional, has created a comprehensive guide that explains attachment over a lifetime, and offers trauma-informed approaches to treat attachment at any age. Clinical examples, handouts and worksheets to use with clients of all ages Recognize attachment styles Identify key symptoms of attachment difficulties and their inception Interventions that repair attachment traumas to heal stress, shame, and anxiety Techniques to help clients improve their relationships (children, parents, friends, and significant others)

**attachment based therapy interventions: A Primer for Emotionally Focused Individual Therapy (EFIT)** Susan M. Johnson, T. Leanne Campbell, 2021-09-28 From best-selling author, Susan M. Johnson, with over 1 million books sold worldwide! This essential text from the leading authority on Emotionally Focused Therapy, Susan M. Johnson, and colleague, T. Leanne Campbell, applies the key interventions of EFT to work with individuals, providing an overview and clinical guide to treating clients with depression, anxiety, and traumatic stress. Designed for therapists at all levels of expertise, Johnson and Campbell focus on introducing clinicians to EFIT interventions, techniques, and change processes in a highly accessible and practical format. The book begins by summarizing attachment theory and science – the theoretical basis of this model – together with the experiential approach to change in psychotherapy. Chapters describe the three stages of EFIT, macro-interventions, such as the EFIT Tango, and various micro-interventions through clinical exercises, case studies, and transcripts to demonstrate this model in practice with individuals, highlighting the unique benefits of EFT as a cross-modality approach for treating emotional disorders. With exercises interwoven throughout the text, this book is built to accompany in-person and online training, helping the practicing clinician offer targeted and empirically tested interventions that not only alleviate symptoms of distress but expand the client's emotional balance, agency, and sense of self. As the next major extension of the EFT approach, this book will appeal to therapists already working with couples and families as well as those just beginning their professional journey. Psychotherapists, psychologists, counselors, social workers, and mental health workers will also find this book invaluable.

**attachment based therapy interventions: Attachment Theory in Practice** Susan M. Johnson, 2019 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.

**attachment based therapy interventions: Healing Relational Trauma with Attachment-Focused Interventions: Dyadic Developmental Psychotherapy with Children and Families**

Daniel A. Hughes, Kim S. Golding, Julie Hudson, 2019-01-08 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.

**attachment based therapy interventions: Handbook of Play Therapy, Advances and Innovations** Kevin J. O'Connor, Charles E. Schaefer, 1994-12-13 In the decade since its publication, Handbook of Play Therapy has attained the status of a classic in the field. Writing in the most glowing terms, enthusiastic reviewers in North America and abroad hailed that book as an excellent resource for workers in all disciplines concerned with children's mental health (Contemporary Psychology). Now, in this companion volume, editors Kevin O'Connor and Charles Schaefer continue the important work they began in their 1984 classic, bringing readers an in-depth look at state-of-the-art play therapy practices and principles. While it updates readers on significant advances in sand play diagnosis, theraplay, group play, and other well-known approaches, Volume Two also covers important adaptations of play therapy to client populations such as the elderly, and new applications of play therapeutic methods such as in the assessment of sexually abused children. Featuring contributions by twenty leading authorities from psychology, social work, psychiatry, psychoanalysis, and other related disciplines, Handbook of Play Therapy, Volume two draws on clinical and research material previously scattered throughout the professional literature and organizes it into four main sections for easy reference: Theoretical approaches— including Adlerian, cognitive, behavioral, gestalt, and control theory approaches as well as family, ecosystem, and others Developmental adaptations— covers ground-breaking new adaptations for adolescents, adults, and the elderly Methods and techniques— explores advances in traditional techniques such as sand play, Jungian play therapy, and art therapy, and examines other new, high-tech play therapies Applications— reports on therapeutic applications for psychic trauma, sex abuse, cancer patients, psychotics, and many others The companion volume to the celebrated classic in the field, Handbook of Play Therapy, Volume Two is an indispensable resource for play therapists, child psychologists and psychiatrists, school counselors and psychologists, and all mental health professionals. HANDBOOK OF PLAY THERAPY Edited by Charles E. Schaefer and Kevin J. O'Connor . . . an excellent primary text for upper level students, and a valuable resource for practitioners in the field of child psychotherapy.— American Journal of Mental Deficiency . . . a thorough, thoughtful, and theoretically sound compilation of much of the accumulated knowledge. . . . Like a well-executed stained-glass window that yields beauty and many shades of light through an integrated whole, so too this book synthesizes and reveals many creative facets of this important area of practice.— Social Work in Education 1983 (0-471-09462-5) 489 pp. THE PLAY THERAPY PRIMER Kevin J. O'Connor The Play Therapy Primer covers the impact of personal values and beliefs on therapeutic work, and provides a detailed description of the process preceding the beginning of therapy. It then offers guidelines and strategies for developing treatment plans respective of the various phases of therapy, including specific in-session techniques, modifications for different ages, transference considerations, and the termination and follow-up of clinical cases. 1991 (0-471-52543-X) 371 pp. PLAY DIAGNOSIS AND ASSESSMENT Edited by Charles E. Schaefer, Karen Gitlin, and Alice Sandgrund The first and only book to fully explore the assessment potential of play evaluation, this book offers an impressive array of papers by nearly fifty authorities in the field. Following a logical progression, it is divided into six parts covering the full range of practical and theoretical concerns, including developmental play scales for normal children from preschool to adolescence; diagnostic play scales including those for the evaluation of children with a variety of cognitive, behavioral, and/or emotional disorders; parent/child interaction play scales; projective play techniques; and scales for assessing a child's behavior during play therapy. 1991 (0-471-62166-8) 718 pp. GAME PLAY Edited by Charles E. Schaefer and Steven E. Reid This important work highlights the psychological significance of using games to assess and treat various childhood disorders. In

chapters written by leading authorities, it examines the content of various types of games and provides theoretical approaches, techniques, and practical guidelines for applying games to play therapy with children. Case histories demonstrate the use of game play with childhood problems ranging from hyperactivity to divorce counseling and juvenile delinquency. 1986 (0-471-81972-7) 349 pp.

**attachment based therapy interventions: Attachment Disturbances in Adults: Treatment for Comprehensive Repair** Daniel P. Brown PhD, David S. Elliott PhD, 2016-09-13 Winner of the 2018 International Society for the Study of Trauma and Dissociation (ISSTD) Pierre Janet Writing Award. A comprehensive treatment approach for the repair and resolution of attachment disturbances in adults, for use in clinical settings. With contributions by Paula Morgan-Johnson, Paula Sacks, Caroline R. Baltzer, James Hickey, Andrea Cole, Jan Bloom, and Deirdre Fay. Attachment Disturbances in Adults is a landmark resource for (1) understanding attachment, its development, and the most clinically relevant findings from attachment research, and (2) using this understanding to inform systematic, comprehensive, and clinically effective and efficient treatment of attachment disturbances in adults. It offers an innovative therapeutic model and set of methods for treating adult patients with dismissing, anxious-preoccupied, or disorganized attachment. In rich detail, it integrates historical and leading-edge attachment research into practical, effective treatment protocols for each type of insecure attachment. Case transcripts and many sample therapist phrasings illustrate how to apply the methods in practice. Part I, Foundational Concepts, features a comprehensive overview of the field of attachment, including its history, seminal ideas, and existing knowledge about the development of attachment bonds and behaviors. Part II, Assessment, addresses the assessment of attachment disturbances. It includes an overview of attachment assessment for the clinician and a trove of practical recommendations for assessing patients' attachment behavior and status both outside of and within the therapeutic relationship. In Part III, Treatment, the authors not only review existing treatment approaches for attachment disorders in adults, but also introduce an unprecedented, powerful new treatment method. This method, the Three Pillars model, is built on three essential clinical ingredients: Systematically utilizing ideal parent figure imagery to develop a new positive, stable internal working model of secure attachment Fostering a range of metacognitive skills Fostering nonverbal and verbal collaborative behavior in treatment Used together, these interdependent pillars form a unified and profoundly effective method of treatment for attachment disturbances in adults—a must for any clinician. In Part IV, Type-Specific Treatment, readers will learn specific variations of the three treatment pillars to maximize efficacy with each type of insecure attachment. Finally, Part V, A Treatment Guide and Expected Outcomes, describes treatment in a step-by-step format and provides a success-assessment guide for the Three Pillars approach. This book is a comprehensive educational resource and a deeply practical clinical guide. It offers clinicians a complete set of tools for effective and efficient treatment of adult patients with attachment disturbances.

**attachment based therapy interventions: Attachment Focused Emdr** Laurel Parnell, 2013-09-24 Integrating the latest in attachment theory and research into the use of EMDR. Much has been written about trauma and neglect and the damage they do to the developing brain. But little has been written or researched about the potential to heal these attachment wounds and address the damage sustained from neglect or poor parenting in early childhood. This book presents a therapy that focuses on precisely these areas. Laurel Parnell, leader and innovator in the field of eye-movement desensitization and reprocessing (EMDR), offers us a way to embrace two often separate worlds of knowing: the science of early attachment relationships and the practice of healing within an EMDR framework. This beautifully written and clinically practical book combines attachment theory, one of the most dynamic theoretical areas in psychotherapy today, with EMDR to teach therapists a new way of healing clients with relational trauma and attachment deficits. Readers will find science-based ideas about how our early relationships shape the way the mind and brain develop from our young years into our adult lives. Our connections with caregivers induce neural circuit firings that persist throughout our lives, shaping how we think, feel, remember, and

behave. When we are lucky enough to have secure attachment experiences in which we feel seen, safe, soothed, and secure—the “four S’s of attachment” that serve as the foundation for a healthy mind—these relational experiences stimulate the neuronal activation and growth of the integrative fibers of the brain. EMDR is a powerful tool for catalyzing integration in an individual across several domains, including memory, narrative, state, and vertical and bilateral integration. In Laurel Parnell’s attachment-based modifications of the EMDR approach, the structural foundations of this integrative framework are adapted to further catalyze integration for individuals who have experienced non-secure attachment and developmental trauma. The book is divided into four parts. Part I lays the groundwork and outlines the five basic principles that guide and define the work. Part II provides information about attachment-repair resources available to clinicians. This section can be used by therapists who are not trained in EMDR. Part III teaches therapists how to use EMDR specifically with an attachment-repair orientation, including client preparation, target development, modifications of the standard EMDR protocol, desensitization, and using interweaves. Case material is used throughout. Part IV includes the presentation of three cases from different EMDR therapists who used attachment-focused EMDR with their clients. These cases illustrate what was discussed in the previous chapters and allow the reader to observe the theoretical concepts put into clinical practice—giving the history and background of the clients, actual EMDR sessions, attachment-repair interventions within these sessions and the rationale for them, and information about the effects of the interventions and the course of treatment.

**attachment based therapy interventions:** *Attachment in Group Psychotherapy* Cheri L. Marmarosh, 2019-12-18 Attachment theory is influencing how we understand interpersonal relationships and how psychotherapy can help facilitate change for those struggling in relationships. More recently, researchers and clinicians have applied attachment theory to group treatment, one of the most effective forms of psychotherapy to address interpersonal difficulties. This book highlights some of the bridges between attachment theory and contemporary approaches to group treatment. In addition to applying attachment theory to innovative treatments, each chapter addresses a specific way in which attachment impacts the members’ capacity for empathy and perspective taking; the development of cohesion in the group; the automatic fight-flight response during group interactions; members’ ability to tolerate diversity; and the leaders’ capacity to foster safety within the group. This book will help group leaders gain a richer understanding of attachment theory and attachment based techniques that will ultimately benefit their groups. This book was originally published as a special issue of the *International Journal of Group Psychotherapy*.

**attachment based therapy interventions:** *Attachment Issues in Psychopathology and Intervention* Leslie Atkinson, Susan Goldberg, 2003-12-08 To be a human being (or indeed to be a primate) is to be attached to other fellow beings in relationships, from infancy on. This book examines what happens when the mechanisms of early attachment go awry, when caregiver and child do not form a relationship in which the child finds security in times of uncertainty and stress. Although John Bowlby, a psychiatrist and psychoanalyst, originally formulated attachment theory for the express purpose of understanding psychopathology across the life span, the concept of attachment was first adopted by psychologists studying typical development. In recent years, clinicians have rediscovered the potential of attachment theory to help them understand psychological/psychiatric disturbance, a potential that has now been amplified by decades of research on typical development. *Attachment Issues in Psychopathology and Intervention* is the first book to offer a comprehensive overview of the implications of current attachment research and theory for conceptualizing psychopathology and planning effective intervention efforts. It usefully integrates attachment considerations into other frameworks within which psychopathology has been described and points new directions for investigation. The contributors, who include some of the major architects of attachment theory, link what we have learned about attachment to difficulties across the life span, such as failure to thrive, social withdrawal, aggression, anxiety, depression, bipolar disorder, dissociation, trauma, schizo-affective disorder, narcissistic personality disorder, eating disorders, and comorbid disorders. While all chapters are illuminated by rich case examples



and discuss intervention at length, half focus solely on interventions informed by attachment theory, such as toddler-parent psychotherapy and emotionally focused couples therapy. Mental health professionals and researchers alike will find much in this book to stimulate and facilitate effective new approaches to their work.

**attachment based therapy interventions: Creative Arts and Play Therapy for Attachment Problems** Cathy A. Malchiodi, David A. Crenshaw, 2015-07-22 This book vividly shows how creative arts and play therapy can help children recover from experiences of disrupted or insecure attachment. Leading practitioners explore the impact of early relationship difficulties on children's emotions and behavior. Rich case material brings to life a range of therapeutic approaches that utilize art, music, movement, drama, creative writing, and play. The volume covers ways to address attachment issues with individuals of different ages, as well as their caregivers. Chapters clearly explain the various techniques and present applications for specific populations, including complex trauma survivors.

**attachment based therapy interventions: The Circle of Security Intervention** Bert Powell, Glen Cooper, Kent Hoffman, Bob Marvin, 2013-09-26 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*.

**attachment based therapy interventions: The Routledge Handbook of Attachment: Theory** Paul Holmes, Steve Farnfield, 2014-06-27 The Routledge Handbook of Attachment: Theory provides a broadly based introduction to attachment theory and associated areas, written in an accessible style by experts from around the world. The book covers the basic theories of attachment and discusses the similarities and differences of the two predominant schools of attachment theory. The book provides an overview of current developments in attachment theory, explaining why it is important not only to understanding infant and early child development but also to adult personality and the care we provide to our children. The Routledge Handbook of Attachment: Theory provides detailed descriptions of the leading schools of attachment theory as well as discussions of this potentially confusing and contentious area, and includes a chapter on the neuropsychological basis of attachment. The book also examines other domains and diagnoses that can be confused with issues of attachment and assesses contexts when different approaches may be more suitable. Providing a comprehensive yet accessible introduction to the theories of attachment, The Routledge Handbook of Attachment: Theory is an indispensable guide for professionals working with children and families in community and court-based settings, clinical psychologists, psychiatrists and social workers, clinicians in training and students.

**attachment based therapy interventions: How We Love, Expanded Edition** Milan Yerkovich, Kay Yerkovich, 2009-01-20 Did you know the last fight you had with your spouse began long before you even met? Are you tired of falling into frustrating relational patterns in your marriage? Do you and your spouse fight about the same things again and again? Relationship experts Milan and Kay Yerkovich explain why the ways you and your spouse relate to each other go back to before you even met. Drawing on the powerful tool of attachment theory, Milan and Kay explore how your childhood created an "intimacy imprint" that affects your marriage today. Their stories and practical ideas help you: \* identify your personal love style \* understand how your early life impacts you and your spouse \* break free from painful patterns that keep you stuck \* find

healing for the source of conflict, not just the symptoms \* create the close, nourishing relationship you dream about Revised throughout with all-new material and additional visual diagrams, this expanded edition of *How We Love* will bring vibrant life to your marriage. Are you ready for a new journey of love? Note: The revised and expanded *How We Love Workbook* is available separately.

**attachment based therapy interventions: Enhancing Early Attachments** Lisa J. Berlin, 2007-01-09 Synthesizing the latest theory, research, and practices related to supporting early attachments, this volume provides a unique window into the major treatment and prevention approaches available today. Chapters address the theoretical and empirical bases of attachment interventions; explore the effects of attachment-related trauma and how they can be ameliorated; and describe a range of exemplary programs operating at the individual, family, and community levels. Throughout, expert authors consider cross-cutting issues such as the core components of effective services and appropriate outcome measures for attachment interventions. Also discussed are policy implications, including how programs to enhance early child - caregiver relationships fit into broader health, social service, and early education systems.

**attachment based therapy interventions: A Secure Base** John Bowlby, 2012-11-12 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.

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