



The Holy Spirit's work:

Person can learn to experience God's closeness & nearness- connect with Him - major challenge to ambivalents.

Can make more change in a weekend of solitude than 6 mths of therapy.

Phil. 4:4-7 has all essential components of attachment relationship.

"Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Expresses a belief that Lord is near, then statement about not being anxious.

Goes back to child at park- can play because of belief that mother is near.

If child questions that- overwhelmed with anxiety.

In same way, this requires not just a cognitive way of experiencing God's nearness, but heart level & involves a spiritual encounter (not just telling someone!)

How does this happen?

EXERCISE

- How might 'secure base' parenting pave the pathway to a loving relationship with God in later life?



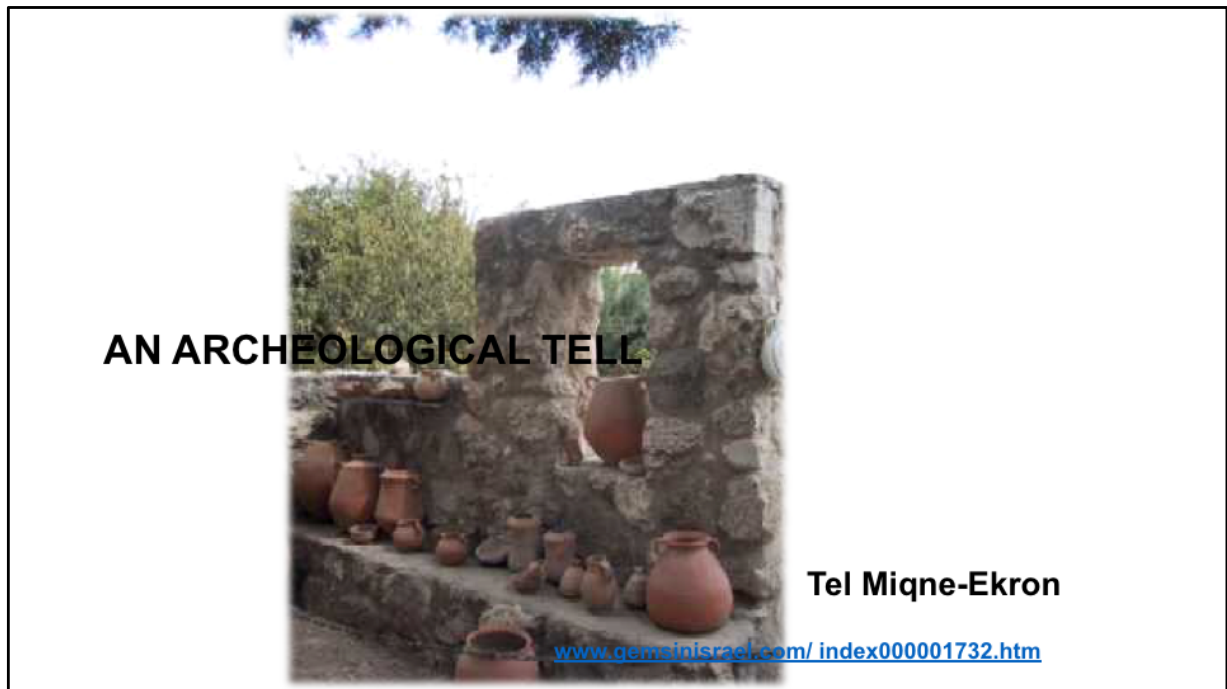
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One study on Christian college students in US found those with insecure attachment styles felt anxious, overwhelmed and angry.

Ambivalent style tended to doubt their salvation very frequently, wondering if they had really said the right thing to God when they were saved or if they had somehow committed the unpardonable sin.

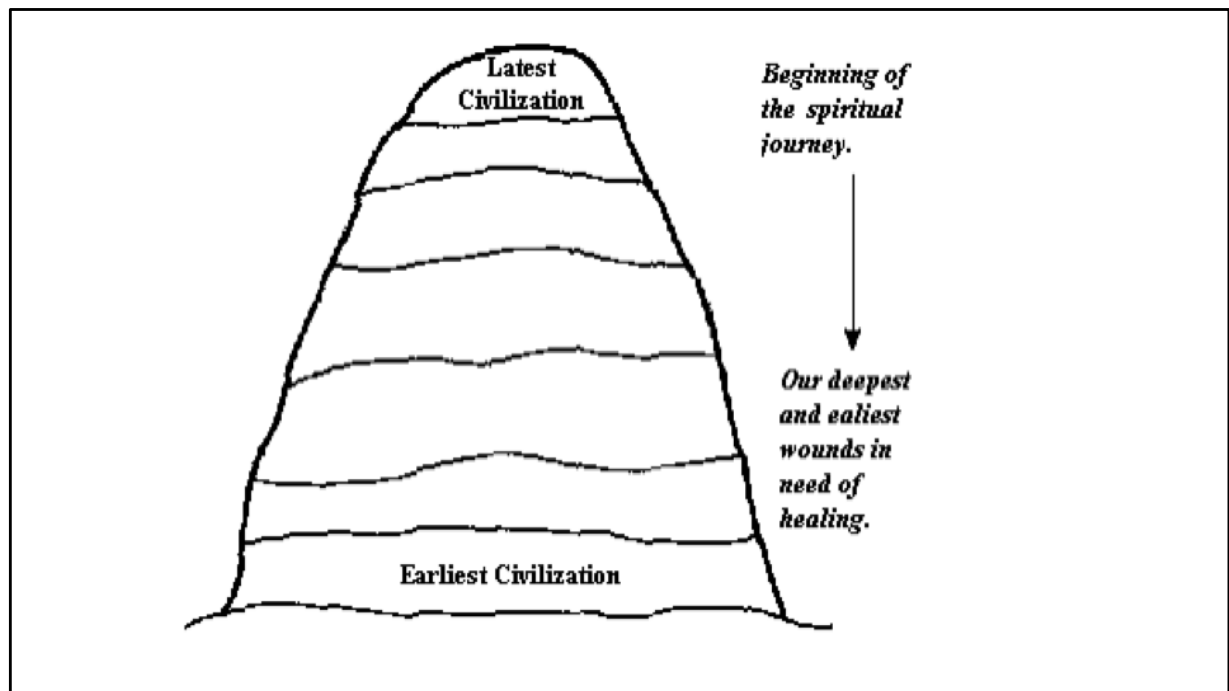
Avoidant more likely to have given up on God & begun following sinful habits.

(G. Habermas & Gary Sibcy, "Religious Doubt and Negative Emotionality: The Development of the Religious Doubt Scale," 2001)



tell (těl):

n. A mound, especially in the Middle East, made up of the remains of a succession of previous settlements.



Attachment and Therapy

Bowlby:

- Create a safe place, or secure base, for client to explore thoughts, feelings and experiences regarding self and attachment figures.
- Explore current relationships with attachment figures.
- Explore relationship with counsellor as an attachment figure.
- Explore the relationship between early childhood attachment experiences and current relationships.

Attachment and Therapy

- Work with what is in the room:
 - Rupture and repair: use the natural separations and ruptures in therapy to help the client develop more adaptive ways of coping with attachment distress.

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• Therapy is similar to the child/parent relationship → one person is the caregiver & another is the care receiver

• John Bowlby & Mary Ainsworth believed that secure attachments developed due to parental **sensitivity** (**attunement**) & **cooperation**

• So..... form an attachment!

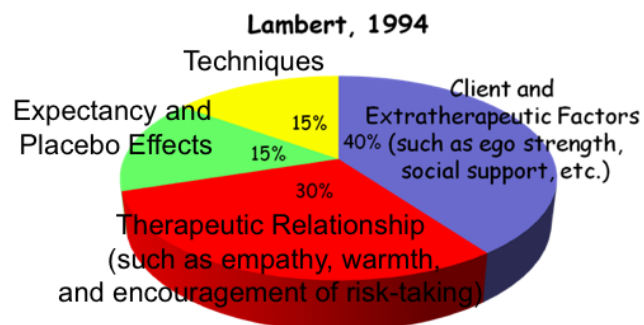
Attachment and Therapy

- The biological function in an infant's developing brain involves both physical protection and the development of neurological capacities .
- The psychological function is the development of a sense of self and an understanding of self in relation to others.

Attachment and Therapy

- Therapists are involved in changing not just behaviours, but brain patterns.
- Just like the parent/child relationship, the goal of attachment therapy is to encourage exploration of both the outer and inner world, re-evaluate working models of self and others, and learn to regulate emotions.

Does the therapist need to be secure? What Works in Therapy?



(Lambert, M.J. & Bergin, A.E. 1994, 'The Effectiveness of Psychotherapy', in Bergin & Garfield, 1994, pp.143-89.)

Does the therapist need to be secure?

- Ideally, yes (or at least self-awareness and being on the journey towards becoming secure!)
- A secure therapist is more likely to result in an open, flexible, non-defensive stance toward attachment related issues.
- This translates into an open, receptive and collaborative stance toward others.
- This therapist is likely to form a positive therapeutic alliance.

Does the therapist need to be secure?

- Studies report poorer therapeutic alliance with therapists assessed as insecure.
- Insecure therapists tend to intervene in such a way that fails to challenge the client's customary affect regulation strategy.
- Insecure therapists report more problems in their therapy with clients.

Does the therapist need to be secure?

- Anxious preoccupied therapists tend to interpret ruptures in therapy as negative and are less empathic because of their own anxiety about loss.
- They could also become activated by their preoccupied clients.
- Dismissing therapists are likely to be overwhelmed by the emotional reactivity of preoccupied clients.
- They can miss the important emotional and relational issues of their dismissing clients.

Counselling Loss



- Bowlby believed loss or threatened loss was central to psychological distress - the capacity to cope with loss is a key component of psychological maturity.
- Working through past losses is an essential part of attachment therapy.

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• Normal bereavement vs. trauma→

- Normal bereavement:
 - Normally resolves when allowed to settle & be comforted.
- Trauma:
 - Trauma leads to state of temporary disorganisation.
 - If not resolved, new trauma will open box.

• DVD: *The Kid*

Counselling Loss

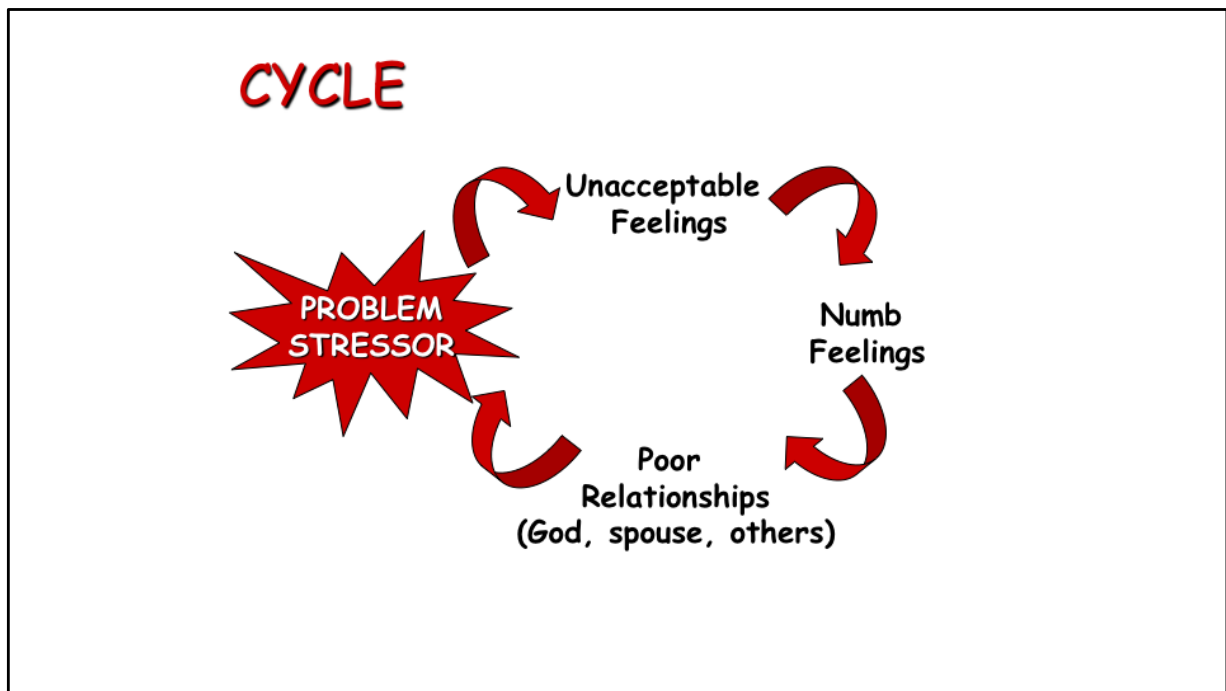


The path to healing is not what we might expect.

- It involves an awakening and grief.
- We are experts at numbing our souls.
- Therapist provides a temporary SB.

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- Nancy Groom says that thawing emotions is a bit like warming toes that have been frostbitten → it hurts.
 - But it is better than gangrene or amputation!
- Why choose this path?
 1. Because strategies intended to protect us actually result in greater self-harm.
 - We forfeit our real selves → counterproductive to reciprocity in relationship → actually damages others.
 - No relationship can exist with a control freak!
 2. We revictimise ourselves → we refuse to believe we are loved by Everlasting Love which frees us to genuinely love ourselves & others.
 3. It is the narrow path that leads to God's grace & genuine dependence on Him.
 - It costs, but it leads to life → coming alive in God.
- We cannot be healed by wounds we won't acknowledge →



- The way we handle our discomfort, feelings & unmet needs according to attachment theory is a product of the way we grew up.
- We carry these learned patterns into adulthood.

“What do I use to numb the discomfort of unmet needs?”

**Whatever I turn to
to numb my discomfort
apart from God is sin**

- How can we help clients to grieve their losses?
- Help them to see patterns:
 - We seek ways to numb, push away, anaesthetise or soothe our discomfort – ask **“What ways?”**
 - e.g. eating as a way of “stuffing” feelings, shopping, depression, work, busyness, Internet, rationalising (using logic to stay in the head); holding onto a narrow, rigid, religious philosophy; addictions; pornography; etc.
 - How many men – workaholics?
- Instead of turning to God for comfort & help, these patterns become a way of soothing ourselves → sin.
- Ask, **“What do I use to numb/soothe my discomfort?”**
 - What do I use to comfort myself, instead of turning to God?
 - These patterns not only shut God out, but prevent me from being able to love, especially those close to me & do enormous damage.
 - Hurt people hurt people.
 - **Whatever I turn to soothe my longings apart from God is sin.**
 - Needs to be identified & brought to God for His forgiveness (repentance).
 - This is something I can change.
 - Because problem never really goes away.
 - It gets pushed down further & seeks expression indirectly.

Counselling Loss

Help them identify feelings:

- What feelings need to be identified and allowed to emerge?
- Help to become aware of emotions through the body:
 - Ask, *"What are you feeling?"*
 - Look up the feeling word list
- Help to identify primary and secondary feelings.

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• ***What feelings need to be allowed to emerge and identified?***

- (If I stop whatever I use to numb feelings they will begin to emerge).

• ***We often become aware of our emotions through our body.***

- Often this is revealed in our language. For example:

- *"I have butterflies in my stomach. "*
- *"He 's a pain in the neck. "*
- *"He makes me sick to my stomach. "*
- *"My heart is broken. "*
- *"I just feel it in my bones. "*
- *"It 's just my gut reaction "*

• Emotional energy (for example, unexpressed or suppressed anger) is contained in the body.

- Unexpressed hurt, sorrow, anger, resentment, or fear, is stored in the body.
- Even though we kid ourselves into believing because we hold back an emotion, we have dealt with it, our bodies do not lie.
- Muscles become rigid, thereby blocking normal bodily flow and function.

• Listen for internal body cues that indicate a feeling is present. Examples:

- Tightness in chest or neck.
- Butterflies in stomach.
- A vague feeling of uneasiness.
- What feelings emerge after watching a movie?

• Ask, *"What am I feeling?"* Look up the feeling word list and begin to identify (or use Bear Cards, or Stones Have Feelings Too Cards, etc.

• ***Help to identify primary & secondary feelings →***

PRIMARY EMOTIONS

PLEASANT

Joy
Peace
Pleasure
Love
Worth



CAN LEAD TO SENSE OF:

Hope
Gratitude
Confidence
Fulfillment
Completion

UNPLEASANT

Sadness
Loneliness
Fear
Hurt
Helplessness
Hopelessness
Worthlessness

Anger
Guilt
Jealousy
Shame

CAN LEAD TO SENSE OF:

Doubt
Disillusionment
Sorrow
Despair
Emptiness
Depletion

Attachment Themes	Primary Emotions	Adaptive Behavior	Secondary Emotions	Destructive Thoughts
Separation or threat to the relationship	Anxiety Anger of hope	Seeks closeness Rebukes attachment figure	Worry or panic anxiety Irritability or rage (anger of despair) Worthlessness Guilt/Shame Helplessness	"What if?" thinking "I'm losing control." "The world is not fair." "I must be a horrible person." "Nothing I do ever works out."
Loss of relationship	Sadness and grief	Appreciating and remembering the lost loved one	Anger of despair Panic anxiety Worthlessness Guilt/Shame Hopelessness and helplessness	"The world and God are against me." "Nothing I do is right." "God is punishing me for being such an awful person." "Why should I try anymore?" "Nothing really matters."
Closeness/ Intimacy	Joy, peace, love, and security	Acts of kindness Gentleness Sensitivity	Anxiety Anger Despair and hopelessness	"What if I get abandoned?" "You are trying to control me." "You are trying to smother me." "I can never love anyone." "No one can really love me."

PRIMARY & SECONDARY EMOTIONS
Clinton & Sibley, 2002, *Attachments: Why You Love, Feel and Act the Way You Do*

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- Importance of recognising primary emotions (eg loneliness) when first reaction is a secondary emotion (eg anger).
- Use *Shadows Cards* or *Photolanguage*.

Counselling Loss

Help to address the underlying issue:

- Address what evoked the feeling in the first place
- Ask questions like:
 - *“What caused you to feel this way? (angry, hurt, frightened, lonely, misunderstood, etc.?)”*
 - *“What do you want to change?”*
 - *“When have you felt this before?”*
 - *“What message do you conclude from the situation?” (E.g., “He/she does not love me/ respect me.”)*
 - *“What caused you to disconnect from your feelings?”*

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- Past pain can often best be entered through painful patterns of relating in the present.
 - Usually mirrors what happened in past relationships.
- How you feel now when rejected, dismissed, etc. is a doorway to how you felt when those things happened as a child.
 - When the pain comes in the present, the choice is to embrace it.

Counselling Loss

Assist them to feel the feelings and learn to self-soothe (regulate them) in healthy ways:

- Fully acknowledge to self.
- Fully acknowledge to God.
- Feelings are connected to specific people and events.

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- Simply allow the feelings to be felt.
 - (An emotionally healthy person will acknowledge and experience all emotions).
 - This is the beginning of grieving our losses.
 - The bridge to healing is grief!
- Unwelcome or scary emotions may well up (anger, resentment).
 - Denial has probably kept them at bay.
 - These reactions ought not to be repressed again but simply felt.
 - We fear if we face past & present pain there will be an avalanche & we will totally lose control of our emotions.
 - We must remember that God will never forsake us.
 - Holding onto them will block repentance & freedom.
- We may want to alienate/distance the person who is hurting us.
 - Or we may want to act on our anger/resentment & dump our rage on the person hurting us.
- What do we do with these potentially destructive feelings?

Counselling Loss

Guidelines for chosen expression of emotions:

1. "Have I acknowledged my feelings to God & asked for His guidance?"
2. "Is the purpose of expression to heal the relationship?"
3. "Does commitment to the other person control the expression?"
4. "Can the other person handle it & benefit?"
5. "If the other person does not change, will I still be committed to him/her?"
6. "If expressing my feelings is not appropriate, what other action can I take?"

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Guidelines for chosen expression of emotions:

1) "Have I acknowledged my feelings to God & asked for His guidance?"

- God grieves over our pain & misery.
- God's heart is wounded. He longs for restoration.
- He longs to forgive us, comfort us, & pour out His grace when we repent & turn to Him in dependence.
- He weeps when I don't use His resources & gifts to bless myself & others, but rather I protect myself, damage others, & refuse to trust.

2) "Is the purpose of expression to heal the relationship?"

3) "Does commitment to the other person control the expression?"

4) "Can the other person handle it & benefit?"

5) "If the other person does not change, will I still be committed to him/her?"

6) "If expressing my feelings is not appropriate, what other action can I take?"

- Choose whether to express my feelings (using "I statements")
 - Whether I choose to express them or not depends on my goal - is the goal to build the relationship and/or to minister to the other person?
- Learning to experience and express feelings are difficult tasks and take time.
 - The goal is to learn to handle these feelings so that I can be fully present and able to really love the people in my life.

Internal Working Models

- A person who is starving does not need to be told to search for food.
- Similarly, a starving child (deprived of parental nurturing) naturally seeks a way to get their longings met in any way they can.
- If this still does not work, they deny their hunger.

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- Nancy Groom ((1991) says that children need to be nurtured & gradually taught to transfer their dependency to God & trustworthy others.
 - However, many grow up uncherished & turn to destructive sources for filling the nurturing void.
 - What are some of the sources???
- Humanly, these sources seem so much more dependable than depending on God.
 - After all, God didn't "come through" to protect them as children from the pain of this world.
- At least false dependencies are within my control & can be relied upon to provide predictable, if temporary, relief.
 - They dull the unrelenting pain of loss & afford us the illusion of control.
- We are determined to prevent a repeat of earlier losses, to never be hurt again.
 - Thus, we unconsciously restage our past through patterns & relationships that duplicate our FOO, hoping to change the past/ fix what went wrong.
- From behind our self-protective strategies, we are unable to offer freedom & love to anyone else→

Internal Working Models

Dismissing attachment style:

- Struggle with disclosure of private thoughts and feelings.
- By disclosing intimate thoughts/feelings one becomes vulnerable to being hurt all over again and it opens one's thoughts/experiences to criticism and/or misinterpretation - scary to dismissives.
- Struggle with non-sexual touch, even those they love and often turned off by tenderness and touch.

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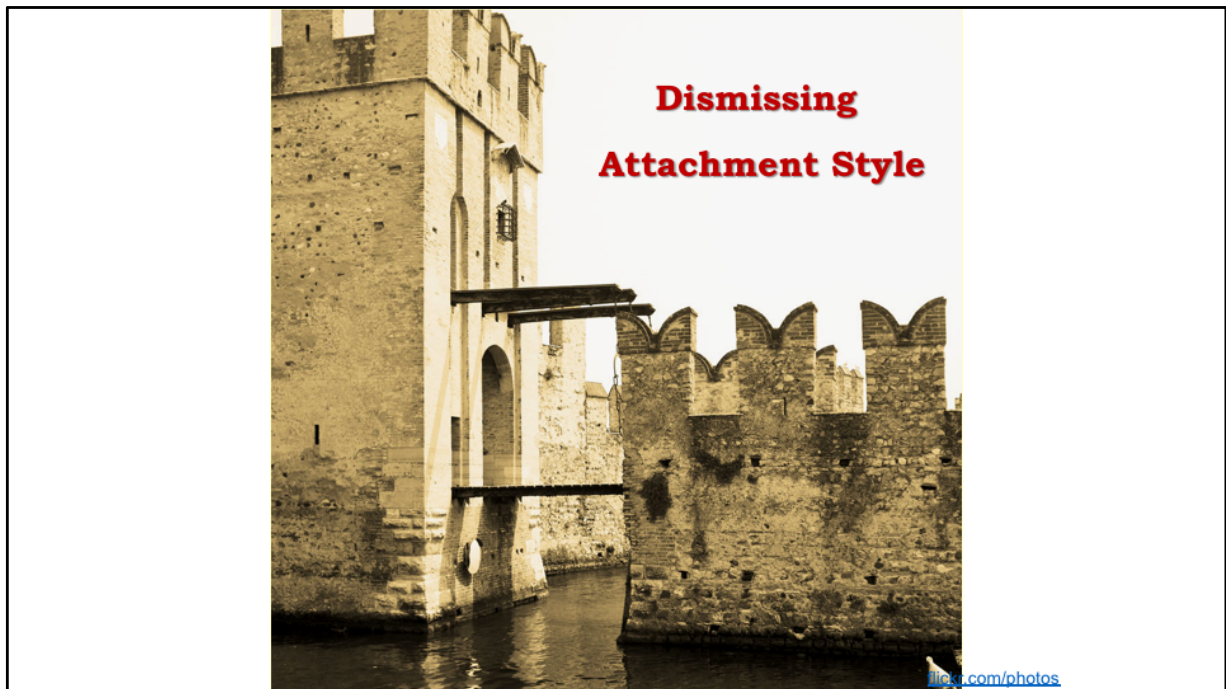
- Growing up → learn to distance from own feelings.
 - Built up a big, thick, protective shell → exposing parts of themselves can arouse long-buried, painful feelings.
 - e.g. children of alcoholics → don't talk, don't trust, don't feel.
- The closer you get to a dismissing avoidant's heart, the more threatened they feel & the more defensive they become.
 - However, unacknowledged emotions (like anger, grief, etc.) do not go away.
 - They go underground.
 - Someone always pays.
- Dismissing avoidants often appear "together" & competent & are usually good listeners.
 - What is missing is vulnerable, approachable, able to receive.
 - To be needy is terrifying & **shameful**, so clings to image of competent.
- Result is loss of authenticity, compulsive need for affirmation of skills, & self-contempt (belief that they have nothing to offer but their skill/expertise).
 - Ends up lonely, used, & afraid of exposure as the nobody they think they really are.

"..... a commitment to never be hurt again by the abuser (or anyone else like him) creates a hard, inflexible exterior and, in turn, leads to the loneliness that the hardness was developed to avoid."

(Allender, 1990)

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- Independence implies that a person can get along just fine without depending on others & even God.
 - Dismissing avoidants respond to childhood pain with a fierce determination to make it on their own, to regain control over their lives, & stay in control without asking for help.
- A dismissing avoidant is usually able to acknowledge to themselves that they have needs & wants, but they try to meet them themselves.
 - They are usually incredibly resistant to accepting help or guidance from another.
 - They would rather go without what they need or want than be vulnerable & ask for help.
 - They have been so hurt that they have decided that they will never again enter a relationship where they are not in control.
- This sometimes the way they relate to God also.
 - They have expectations of what He should have done— He could but He didn't!→ Rage is at the heart of a commitment to pursue safety & autonomy from God & others→



- ***Dismissing attachment style:***

- **Intervention:**

- Client needs to digest the shame of their own neediness.
- Question for reflection:
 - What if you have your castle, but have a drawbridge? Then you can decide & control when and how others can be helpful.



Dismissing attachment style:

Exercise:

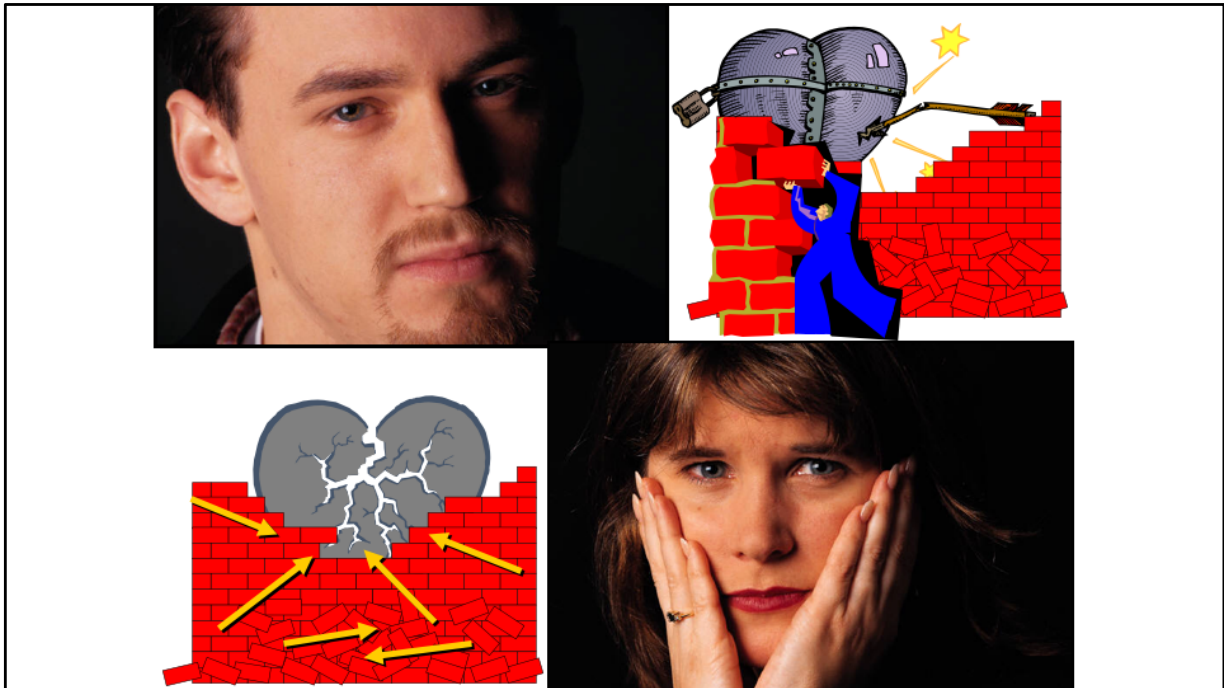
Wall-around-the-heart

From: "Facilitating Developmental Attachment" by Daniel Hughes

1. Draw a picture of a baby.
 - Write your name on it & write one-day-old under it.
 - Briefly discuss the details of your birth.
2. Then draw a heart in the baby picture.
 - Ask "What is the heart for?"
 - Yes, it keeps you alive/ keeps the blood pumping around your body.
 - But it represents the ability to give & receive love.
 - When you were born, your heart was undamaged & capable of learning both.



- Write your name & the age when cracks appeared in your heart- when you noticed that all was not well-
 - when you began to experience the pain of not feeling loved & accepted.
- Speak about that pain & how much it hurts.



1. As you got older, the pain in your heart became so great that you worked out a very bright way to save your heart from further pain.
 - You built a wall around your heart.
 - When the arrows of pain fly towards your heart, they bounce off the wall & cannot cause any more cracks.
 - You save your heart from breaking further by creating a strong wall.
2. As an adult, the wall is still around your heart & this has helped the cracks to heal so that now they are quite small.
 - You no longer need the wall.
 - In fact, the wall prevents love from reaching your heart.
 - There are people in your life who want to show love to you but you cannot experience the love because of the wall.
 - As a result, you doubt that significant others do love you.
 - Now the wall has changed from being a the wall of a fort to keep pain out & has turned into a prison wall that keeps you from love.
3. The best solution is to take down the wall, brick by brick.
 - As your therapist, I am willing to help you to learn how to take down the wall if you want to.

*“Self-reliance is quite contrary to grace:
.....extreme self-reliance makes us try to be our
own saviors and sustainers.”*

David A. Seamands

Internal Working Models

Preoccupied attachment style:

- Ambivalent?
- Well, yes and no.

*“We are dependent by nature.
We require resources outside
ourselves if we're to enjoy either
physical or personal life..... God
intended that we warmly respond
to the loving strength of another,
and what we were built to enjoy,
we deeply desire.”*

Larry Crabb

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- A **preoccupied** person has said they feel like an emotional child trapped in an adult body.
- Preoccupied people are still looking for someone to meet the needs that went unmet in their families of origin.
- They are addicted to relationships → getting what they need from someone else.

Internal Working Models

Preoccupied attachment style:

- Produces destructive feelings/ behaviours
- Very low self-confidence
- Fear of making decisions/look to you to make life decisions
- Frequently seeking assurance, nurturance, support
- Frequently subordinating themselves to you
- Rarely expressing disagreement with you
- Accepting unpleasant tasks to please you
- Often working below their ability level
- Obsesses with fear of being left alone and feeling helpless when alone.

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- A tendency to express distress through medically unexplainable physical symptoms rather than emotional pain.
- E.g., developing headaches while doing unpleasant activities rather than saying, “No, I can’t do this. It’s too stressful.”



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Preoccupied Exercise:

From: "Facilitating Developmental Attachment" by Daniel Hughes

1. Draw a picture of a baby.
 - Write your name on it & write one-day-old under it.
 - Briefly discuss the details of your birth.
2. Then draw a heart in the baby picture.
 - Ask "What is the heart for?"
 - Yes, it keeps you alive/ keeps the blood pumping around your body.
 - But it represents the ability to give & receive love.
 - When you were born, you were undamaged & capable of learning both.



- Write your name & the age.
- Reflect on what was happening when, instead of a healthy heart, the pain you experienced began to eat away at your heart and left it with a big hole, the pain of not feeling loved & accepted.
- Speak about that pain & how much it hurts.



- Or:
- Write your name & the age.
- Reflect on what was happening when, instead of a healthy heart, the pain you experienced began to eat away at your insides, like dig an empty hole inside, the pain of not feeling loved & accepted.
- Speak about that pain & how much it hurts.



1. As you got older, the hole inside became so empty & painful that you worked out a very bright way to fill the hole & protect yourself from further pain.
 - Filling the hole is your attempt to feel complete, loved & accepted.
 - The hole aches so much you will use anything→ alcohol, food, sex, people, etc. to fill the hole.
 - You sometimes lie about in an effort to cover the hole so that it cannot be seen.
 - But of course, you still feel empty.
2. The only way to fill the hole is through healthy attachment relationships with God & people.
 - As your therapist, I am willing to help you to learn how to fill that hole in healthy ways if you want to.
3. Optional Exercise:
 - Use Handout: *"My Life/My World"* or use cartoons.
 - The words are drawn in a circle coming from the figure's mouth; the feelings are in a similar circle with a line connecting it to the heart; thoughts are in a circle connected by small circles to the head.
 - This type of exercise assists a client to understand how past experiences influence responses in the present & developing new ways to think, feel, talk, & act.

Internal Working Models

Fearful attachment style:

1. Trauma destroys part of security regulating system:
 - a) May overreact to triggers (reminiscent of event)/ no longer confident SB will protect them
 - b) Or fail to react to threat/expose self to more & more risky situations

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- Read Holmes, p.15.

Internal Working Models

Fearful attachment style:

2. Trauma produces loss of a safe haven:

- Parents are both “*source and the solution to*” fear & anxiety.
- No solution/no safe haven but ought to be.
- Dissociation can become a solution - ability to psychologically ‘*split off*’ reality (thoughts, feelings, physical pain) to some other part of consciousness.

Internal Working Models

Fearful attachment style:

3. Trauma destroys power of reflection:

- a) ability to verbally describe the world around them
- b) ability to verbally describe the world inside themselves
 - The more they understand the world within, the more they are able to *empathise* with others
 - (Wounded self continues to repeat the past).

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- **The wounded self continues to repeat the past** → remain preoccupied with trauma, e.g. Vietnam Vets.
- Van der Kolk describes how they become addicted to trauma.
 - Whenever the brain is faced with extreme stress, it releases chemicals called *endogenous opioids*, brain's equivalent to heroin.
 - These chemicals are God-given painkillers.
- A study showed that after viewing a 15min. violent movie, the brain released the equivalent of 8 milligrams of morphine.
 - Imagine those 15mins. repeated over & over again in a stressful, even violent situation.
- The brain could easily become addicted to the drug, & withdrawal can be as difficult as breaking an addiction.
 - Overcoming it would mean experiencing withdrawal & accompanying feelings of emptiness, tension, irritability, & internal sense of unrest.
- To relieve the symptoms, they return to trauma & its corresponding “morphine”.
- Fear of the unfamiliar can develop.
 - E.g. rat in shock box → becomes familiar with pain/discomfort.
 - When opened, runs back to familiar, even though painful.
 - Example: repeat past by marrying an abusive, violent man.
 - Job → ER nurse, trauma counsellor??

*“As a child I was a scared little girl
with no sense at all about how to
become a being from within... I lost
my inner core, my ‘self’ growing up.”*

Internal Working Models

Effects of Fearful, Disorganised Attachment Style:

- Identity issues
- Emotional storms
- Physical arousal
- Identification with the aggressor
- Faulty assumptions
- Distressed relationships

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• **Identity issues**

- Shattered self → trouble learning from past experience (e.g. financial problems) & inability to consider future consequences (e.g. smart-mouth the boss).

• **Emotional storms**

- What may trigger mere frustration in healthier people who are able to self-soothe, may result in full-blown panic attacks/ chronic feelings of deep depression (dysthymia).

• **Physical arousal**

- Hyperarousal/ state of physical alertness where body is ready to fight/flee.
- Identification with the aggressor
 - Child cannot process having no safe place to turn to → manufactures new set of parents → instead of seeing them as bad, directs blame inward on the self.
 - Stockholm Syndrome → attachment bond develops between hostage & captor.

• **Faulty assumptions**

- *"The reason I'm being hurt is that there is something fundamentally wrong with me. I am a really bad person; nothing I do is right."* → learned helplessness
- *"Life just happens to me & I have no control over anything to change it."*

• **Distressed relationships**

- Faulty selection
- Distortion → even when partners are not behaving in abusive/rejecting ways → read abandonment into behaviour
- Provocation → provoke partner to abandon/ push away, confirming belief.

Internal Working Models

Triggers of Emotional Storms for all attachment styles (Clinton & Sibcy, 2002):

1. Relationship disputes
2. Transitions
3. Unresolved grief
4. Loneliness
5. Negative thinking

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- **Relationship disputes**
 - Marital conflict
 - Conflict with friends
 - Conflicts with the church
 - Conflicts with co-workers
 - Conflict with the boss
- **Transitions (Positive)**
 - Leaving school
 - Starting a new relationship
 - Marriage
 - Parenthood
 - Parenting teenagers
 - Launching children
 - Job promotions
- **Transitions (Negative)**
 - Dropping out of school/Uni
 - Ending relationships
 - Demotions, retrenchments, getting fired
 - Health problems
 - Changing churches
- **Unresolved grief; Loneliness**
- **Negative thinking**
 - Ambivalent: *"To feel good about myself, I must be successful at everything I do. I cannot fail."*
 - Avoidant: *"She always thinks about herself first. She always treats me like dirt. Come to think of it, I've never really liked her because she's so self-centred."*
 - Disorganised: *"Why should I ever try again? Nothing will ever work out the way I want it to. I've never done anything worthwhile. I'm a nobody."*

Attachment Theory and Therapy

- Enables a client to perceive a broader pattern in their reactions to loss and separation in their intimate relationships.
- Supports the prevailing notion that clients need to learn emotional self-regulation during periods of attachment anxiety.
- Breaks the perceptual mould in which attachment anxiety is expressed in either distancing, clinging, or approach/avoidance.

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