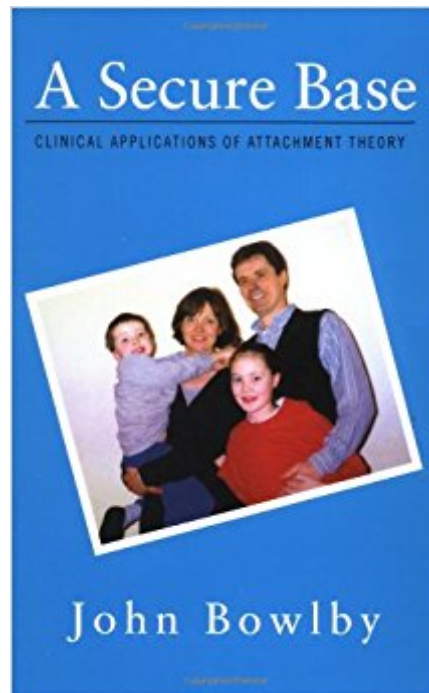




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A Secure Base: Clinical Applications Of Attachment Theory



Synopsis

In this collection of lectures Dr Bowlby describes recent findings, and gives an outline of the main features of attachment theory, now widely recognised as a most productive conceptual framework within which to organise the evidence. In the final lecture he shows how this knowledge, when applied to analytically oriented psychotherapy, helps both to clarify the aims of therapy and to guide the therapist in his or her own work. This collection will be welcomed by students as a lucid introduction to the field, by professionals who are still unfamiliar with recent developments, as well as by those eager to extend their existing knowledge.

Book Information

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Customer Reviews

Bowlby is one of top three developmental psychology experts highlighted in a massive mental health survey by the US National Institutes of Health. These essays, originally given as talks to medical professionals, are the easiest exposition of the attachment theory that I know of. Bowlby was the chief developer of the theory and he explains it well. Attachment theory is a great advance on earlier work by Freud and others. It is based on true science, reproducible experiments, rather than theorizing based on the fuzzy memories of early childhood. And it explains much of observable human emotional bonding behavior. The easiest to observe is mother as a "secure base" to which the child as expeditionary force stays in touch with, and, when unsure, returns to. His little noticed or further explored remarks on parent/child inversion of nurture/attachment instincts has been of special value to my understanding of myself and some others. Check "inverted", "invert", "inversion"

in search or index of book. It is a difficult concept to get a handle on. Requires much self-examination. It is understandable that successors have not developed this part of Bowlby's great work further.

Very well written and informative. 4 stars instead of 5 purely because it was written some 30 years' ago, and the understanding of the links between trauma and mental illness has moved on a lot since then.

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