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Titolo	Attachment Therapy with Adolescents and Adults : Theory and Practice Post Bowlby // by Dorothy Heard
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Nota di contenuto	COVER; CONTENTS; ACKNOWLEDGEMENTS; ABOUT THE AUTHORS; FOREWORD; PREFACE; PART I THE THEORETICAL BACKGROUND FOR AN AUTONOMOUS SELF THAT IS IMMERSED IN THE DYNAMICS OF ATTACHMENT AND INTEREST SHARING; CHAPTER ONE Introducing a new attachment paradigm; CHAPTER TWO How the self communicates: the emotive nonverbal signals of body language and interactions between people; CHAPTER THREE Introducing a new conceptualization of the self: the autonomous self immersed in the dynamics of attachment and interest sharing; CHAPTER FOUR The defensive self; CHAPTER FIVE The careseeking self CHAPTER SIX The caregiving self CHAPTER SEVEN The exploratory interest sharing self; CHAPTER EIGHT The sexual self; CHAPTER NINE

Diagrammatic representations of the interplay between the systems with interpersonal goals and the danger/fear system following a threat to wellbeing; CHAPTER TEN The self under threat and alone: supported or unsupported by the sixth and seventh systems; PART II THERAPY GUIDED BY THE NEW ATTACHMENT PARADIGM; CHAPTER TWELVE Effective and ineffective caregiving: analysis of patterns of interaction CHAPTER THIRTEEN Working with an individual adult client with a focus on her defensive identityCHAPTER FOURTEEN The structure and composition of exploratory group psychotherapy for professional caregivers; CHAPTER FIFTEEN Exploratory group psychotherapy: the task of the facilitator; CHAPTER SIXTEEN Exploratory group psychotherapy: personal and professional applications; PART III; APPENDIX 1 Bowlby's contributions to attachment theory; APPENDIX 2 How the concept of security became part of attachment theory; APPENDIX 3 The strange situation test APPENDIX 4 The evolution and importance of the Adult Attachment Investigation (the AAI)APPENDIX 5 Comparisons and contrasts between Lichtenberg's motivational systems and Heard and Lake's goal corrected systems; GLOSSARY; REFERENCES; INDEX

Sommario/riassunto

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.
