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Nota di contenuto	Cover -- Copyright -- About the Author -- Dedication -- Table of Contents -- Introduction: Attachment Across the Lifespan -- The Need to Understand Attachment and Connection -- How This Book Can Benefit Clinicians and Families -- What You Can Expect to Find in This Book -- 1. The History of Attachment -- What is Attachment? -- Brain Science of Attachment -- Attachment Theories -- Attachment Styles -- When Unhealthy Attachment Styles Meet -- How Attachment is Impacted by Trauma -- Maladaptive Attachment -- The Dance of Attachment -- 2. Attachment in Utero -- The Beginning of Attachment -- Heartbeat to Heartbeat -- Sense Memories -- Attachment Trauma in Utero -- Creating Healthy Attachment in the Beginning -- 3. Attachment in Infancy -- The Building Blocks of Attachment -- Face-to-Face Interactions -- The Importance of Attunement -- Attachment Trauma in Infancy -- Interventions to Increase Attachment -- 4. Attachment in Childhood -- Using the Foundation to Build Up -- Side-by-Side: The Importance of Activities and Creating Memories -- Attachment Trauma in Childhood -- Interventions to Increase Attachment -- 5. Attachment in Adolescence -- Changing Roles: The Push and Pull of Normal Development -- When Attachment Trauma Occurs in Adolescence -- A Timeline for Success -- Interventions to Increase Attachment -- 6. Attachment in Young Adulthood -- Technology: A Blessing or a Curse in Personal Communication and

Connection? -- Attachment and the Launch (or Failure to Launch) -- Relationship Dysfunction Related to Attachment -- The Romantic Connection -- Interventions to Increase Attachment -- 7. Attachment in Middle Life -- Attachment at This Age and Stage -- Empty Nesting Challenges -- The Loss of Parental Attachments -- Questioning Attachment vs. Secure Attachment -- Relationship Challenges Related to Attachment -- Interventions to Increase Attachment.

8. Attachment in Later Life -- Attachment at This Age and Stage -- Grieving the Loss of Attachments -- Goodbye Old, Hello New -- Attachment Challenges in Later Life -- Interventions to Increase Attachment -- 9. Attachment in Death and Dying -- Preparing for the End of Attachment -- Making Meaning of Lifelong Attachments -- No Fear in Goodbye -- Interventions to Increase Attachment -- 10. Attachment and Diagnosis -- Attachment and Anxiety Disorders -- Attachment and Depressive Disorders -- Attachment and Bipolar Disorder -- Attachment and Oppositional Defiant Disorder -- Attachment and Attention Deficit/Hyperactivity Disorder -- Attachment and Autism Spectrum Disorder -- Attachment and Intellectual Disability -- Attachment and Personality Disorders -- Attachment and Adoption/Foster Care -- 11. Attachment and the Therapeutic Relationship -- The Role Model -- The Cheerleader -- Therapist Self-Care -- Attachment is for everyone! -- References.
