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Nota di contenuto	COVER; CONTENTS; ACKNOWLEDGEMENTS; ABOUT THE EDITOR AND CONTRIBUTORS; INTRODUCTION Looking back and looking forward; CHAPTER ONE Attachment, self-experience, and communication technology: love in the age of the Internet; CHAPTER TWO A tangled web: Internet pornography, sexual addiction, and the erosion of attachment; CHAPTER THREE Net gains and losses: digital technology and the couple; CHAPTER FOUR Desire and memory: the impact of Internet pornography on the couple relationship, and processing of early trauma in therapy; CHAPTER FIVE Surviving as a psychotherapist in the twenty-first century CHAPTER SIX The use of telephone and Skype in psychotherapy: reflections of an attachment therapist CHAPTER SEVEN Finding words: the use of email in psychotherapy with a disorganised and dissociating client; CHAPTER EIGHT The ethereal m/other; CHAPTER NINE It takes a village: co-creation of community in the digital age; INDEX

Sommario/riassunto

This highly topical book explores the new technological environment we have created, and our adaptation to it, twenty-five years after the death of John Bowlby. In the space of just a couple of decades, the world has changed radically, and we are changing too: personal computers and smartphones mediate our lives, work, play, and love. Relationships of all kinds are now conducted through mobile phones, email, Skype and social network sites. Attachment theory is concerned with the impact of the external world on internal reality, where twenty-first century experiences encounter the powerful, primitive, and ancient instinct for attachment and survival. This book is written by psychotherapists whose practice, with individual adults and couples, is informed by attachment theory. It contains theoretical, observational, and clinical material, and will be relevant to all psychotherapists, psychoanalysts, counsellors, and psychologists interested in the profound impact of digital and communication technologies on human relationships.
