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Nota di contenuto	Contents; About the authors; Acknowledgments; Foreword; Introduction and How to Use this Guide; Welcome to this interactive practice guide; Origins of this practice guide; Who is this guide for?; What are the aims of this guide?; What this guide cannot provide; Guiding beliefs; How to use this guide: a roadmap; Tips for different readers; Now you are ready to start; PART ONE; Attachment Theory, Memory Systems, Discourse and the LEARN Model; Chapter 1:; Introducing Attachment Theory; The origins and importance of attachment theory: who will survive?
	Attachment and how we learn to self-regulate The identification of attachment patterns; Interpersonal neurobiology and mentalisation - the basis for emotional and social intelligence; Key benefits of attachment theory; The ecological-transactional model of development: our lives in context; How information processing underlies attachment strategies; The 'A', 'B' and 'C' patterns; The balanced attachment strategy ('B') and the goal-directed partnership; The distancing ('A') attachment strategy; The preoccupied ('C') attachment strategy; Summary and comparison of the three strategies
	The dynamic-maturational model Disorganisation; Conclusion; Chapter 2:; Memory Systems, Integration and Discourse; Introduction; How the

brain, the mind and relationships interact to shape who we are; A brief tour of the brain; The impact of unresolved trauma on memory and coherence; Development and function of different memory systems; Implicit and explicit memory: an overview; Implicit memory; Explicit memory; Integration; Discourse and discourse markers; The discourse marking sheets; Discourse marking sheets; The Interviewing Guide; The Interviewing Guide; Attachment strategies; Chapter 3:
The LEARN Model for Promoting Narrative Integration Introduction; The importance of our personal stories; How the Model works; Safety first: the foundation stage; The five steps of the L E A R N Model explained; Consolidating your learning about the Model; PART TWO; Putting Attachment Theory to Work: five case studies, with guided practice examples; Introduction; Background information about the five characters; Chapter 4; Beth and the Reorganising 'B' Strategy; Introduction; Milestones in Beth's development; Beth's interview; Chapter 5; Anne and the Concerning 'A' Strategy; Introduction Anne's background Milestones in Anne's development; Anne at age eight; Anne at age 13; Anne at age 33; Anne at age 35; Anne's interviews; Chapter 6; Adam and the Endangering 'A' Strategy; Introduction; Adam's background; Milestones in Adam's development; Adam's interviews; Chapter 7; Calum and the Concerning 'C' Strategy; Introduction; Calum's background; Milestones in Calum's development; Calum's interview; Chapter 8; Christy and the Endangering 'C' Strategy; Introduction; Christy's background; Milestones in Christy's development; Christy's interviews; Part three
Integrating Attachment-informed Practice

| Sommario/riassunto | This interactive practice guide offers a new approach to attachment-based practice with adults. By integrating audio, visual and written information around five characters and their stories, the guide brings attachment theory to life in a conceptually clear but dynamic, engaging and hands-on way.   This guide offers: an introduction to contemporary attachment theory and its links with neuro-biology   a practical, user-friendly interactive workbook for frontline practitioners to help them understand adult attachment theory and its relevance to their work   a specific |