

Read Free A Secure Base

A Secure Base

A seemingly ordinary village participates in a yearly lottery to determine a sacrificial victim.

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A Secure Base
Routledge
Now significantly
revised with over 70%
new material, this is
the authoritative
presentation of Internal
Family Systems (IFS)

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therapy, which is taught and practiced around the world. IFS reveals how the subpersonalities or "parts" of each individual's psyche relate to each other

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like members of a family, and how--just as in a family--polarization among parts can lead to emotional suffering. IFS originator Richard

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**Schwartz and master
clinician Martha Sweezy
explain core concepts
and provide practical
guidelines for
implementing IFS with
clients who are**

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**struggling with trauma,
anxiety, depression,
eating disorders,
addiction, and other
behavioral problems.
They also address
strategies for treating**

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**families and couples.
IFS therapy is listed in
SAMHSA's National
Registry of Evidence-
Based Programs and
Practices. New to This
Edition *Extensively**

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revised to reflect 25 years of conceptual refinement, expansion of IFS techniques, and a growing evidence base.
***Chapters on the Self, the body and physical**

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illness, the role of the therapist, specific clinical strategies, and couple therapy.

***Enhanced clinical utility, with significantly more "how-**

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to" details, case examples, and sample dialogues. *Quick-reference boxes summarizing key points, and end-of-chapter summaries.

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In recent decades, attachment theory has gained widespread interest and acceptance, although the relevance of attachment theory to clinical practice has

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never been clear. The Search for the Secure Base shows how attachment theory can be used therapeutically. Jeremy Holmes introduces an exciting new

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attachment paradigm in psychotherapy with adults, describing the principles and practice of attachment-informed therapy in a way that will be useful to

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**beginners and
experienced therapists
alike. Illustrated with
a wide range of clinical
examples, this book will
be welcomed by
practitioners and**

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**trainees in
psychotherapy,
psychoanalysis and in
many other disciplines.
Providing a Secure Base
in Long-term Foster Care
Developing a Secure Self**

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**The 'secure Base' in
Practice and Research
The Major Longitudinal
Studies
Patterns of Attachment
Theory, Research, and
Clinical Implications**

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New Directions and Emerging Themes

Today's parents are constantly pressured to be perfect. But in striving to do everything right, we risk missing what children really need for lifelong emotional security. Now the simple, powerful "Circle of Security"

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parenting strategies that Kent Hoffman, Glen Cooper, and Bert Powell have taught thousands of families are available in self-help form for the first time. You will learn:

- *How to balance nurturing and protectiveness with promoting your child's independence.
- *What emotional needs a toddler or older child may be expressing

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through difficult behavior. *How your own upbringing affects your parenting style--and what you can do about it.ÿ Filled with vivid stories and unique practical tools, this book puts the keys to healthy attachment within everyone's reach--self-understanding, flexibility, and the willingness to make and learn from

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mistakes. Self-assessment checklists can be downloaded and printed for ease of use. This volume showcases the latest theoretical and empirical work from some of the top scholars in attachment. Extending classic themes and describing important new applications, the book examines several ways in which

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attachment processes help explain how people think, feel, and behave in different situations and at different stages in the life cycle. Topics include the effects of early experiences on adult relationships; new developments in neuroscience and genetics; attachment orientations and parenting; connections between

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attachment and psychopathology, as well as health outcomes; and the relationship of attachment theory and processes to clinical interventions.

Starting from the premise that providing a secure base is key to the development of secure attachment in children, this study follows up the group of children first met

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in *Growing Up in Foster Care* (BAAF, 2000). This book movingly describes how many of the children were beginning to relinquish some of their more troubled and distressing behaviour and starting to accept the possibility that they were loved and lovable. Extensive use of first-hand accounts from the children and carers

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gives richness and depth to a book which will inspire all who read it.

In *Psychotherapy Integration*, George Stricker discusses the history, theory, and practice of this approach to therapy.

Although no single therapeutic model claims a majority of practitioners, the most frequently endorsed approach is

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integrative or eclectic therapy. This attests to the reality of modern psychotherapy practice, which is that almost every therapist uses, at least in part, psychotherapy integration. Psychotherapy integration looks beyond the confines of single-school approaches to see what can be learned and incorporated from other

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perspectives. Integration involves not only taking techniques from other models and applying them in different approaches - something usually categorized as eclecticism - but also attending to the relationship between technique and theory. This brief introduction describes the full range of psychotherapy integration

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models, including the common factors approach, technical integration, theoretical integration, and assimilative integration, with a particular focus on the last approach. In this book, the author presents and explores psychotherapy integration, its theory, history, the therapy process, primary change mechanisms, empirical

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basis, and future developments. This essential primer, amply illustrated with case examples featuring diverse clients, is perfect for graduate students studying theories of therapy and counseling as well as for seasoned practitioners interested in understanding this approach. It is part of the ""Theories of Psychotherapy"".

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Place Of Attachment

Helping Wounded Children Learn to Trust
& Love

Attachment from Infancy to Adulthood

Adult Attachment and Couple

Psychotherapy

New Techniques of Grief Therapy

Disorders and Dysfunctions of the Self

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A Psycho-Spiritual Approach to Human Development and Its Interruption
Dr John Bowlby, a truly international and outstanding writer, presents the fruits of current research in attachment theory and provides an up to date

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outline of its main features in this new collection of lectures.

Organized around extended case illustrations—and grounded in cutting-edge theory and research—this highly regarded book shows how an attachment

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perspective can inform psychotherapeutic practice with patients of all ages. Karl Heinz Brisch explores the links between early experiences of separation, loss, and trauma and a range of psychological, behavioral, and

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psychosomatic problems. He demonstrates the basic techniques of attachment-based assessment and intervention, emphasizing the healing power of the therapeutic relationship. With a primary focus on treating infants and

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young children and their caregivers, the book discusses applications of attachment-based psychotherapy over the entire life course. New to This Edition* Incorporates advances in research on neurobiology,

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genetics, and
psychotraumatology.*Expanded
with a section on inpatient
treatment for traumatized
children, including in-depth
cases.*Describes two promising
prevention programs for

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expectant couples, families, and young children.*The latest knowledge on disorganized attachment, attachment disorders, and assessments.

Examines the nature of infant-mother attachment and its

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relationship to child abuse, adult bonding, social disorders, and mental problems

This volume provides unique and valuable firsthand accounts of the most important longitudinal studies of attachment. Presented

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are a range of research programs that have broadened our understanding of early close relationships and their role in individual adaptation throughout life. In addition to discussing the findings that emerged from each

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study, leading investigators offer rare reflections on the process of scientific discovery. Themes addressed include the complexities of designing studies that span years or even decades; challenges in translating theoretical

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constructs into age-appropriate assessments; how Bowlby's original models have been refined and expanded; and how attachment interacts with other key influences on development.

Attachment Theory According to

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John Bowlby and Mary
Ainsworth

Making Africa Visible in the
Globe

Psychotherapy Integration
Unravelling the Roots of
Attachment Theory

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The New Science of Adult
Attachment and How It Can Help
You Find--and Keep-- Love
John Bowlby - From
Psychoanalysis to Ethology
Internal Family Systems Therapy,
Second Edition

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As Bowlby himself points out in his introduction to this seminal childcare book, to be a successful parent means a lot of very hard work. Giving time and attention to children means sacrificing other interests and activities, but for many people today

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these are unwelcome truths.

Bowlby ' s work showed that the early interactions between infant and caregiver have a profound impact on an infant's social, emotional, and intellectual growth. Controversial yet powerfully influential to this day, this

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classic collection of Bowlby ' s lectures offers important guidelines for child rearing based on the crucial role of early relationships.

Attachment theory has entered the mainstream, but most discussions focus on how we can cultivate secure

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monogamous relationships. What if, like many people, you're striving for secure, happy attachments with more than one partner? Polyamorous psychotherapist Jessica Fern breaks new ground by extending attachment theory into the realm of consensual

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nonmonogamy. Using her nested model of attachment and trauma, she expands our understanding of how emotional experiences can influence our relationships. Then, she sets out six specific strategies to help you move toward secure attachments in

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your multiple relationships.

Polysecure is both a trailblazing theoretical treatise and a practical guide.

With contributions from leading investigators, this volume presents important theoretical and empirical

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advances in the study of adult attachment. Chapters take stock of the state of knowledge in the field and introduce new, testable theoretical models to guide future research. Major topics covered include stability and change of attachment

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orientations across the lifespan; influences of attachment on cognitive functioning; and implications for the ways individuals experience intimacy, conflict, caregiving, and satisfaction in adult relationships. Also explored are the ways attachment theory and

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research can inform therapy with couples and can further understanding of such significant clinical problems as PTSD and depression.

The attachment bond that develops between infant and mother is the first

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of many intimate relationships we form throughout life, and as such it has been the focus of much research. But how does the quality of the secure base phenomena that defines this bond vary among individuals and across cultures? What methods can be

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used to assess its presence and characteristics? Following an interview with Mary S. Ainsworth, the originator of the concept of secure base, this new Monograph brings together eleven papers that consolidate our understanding of the

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empirical advances that have occurred in attachment research. The collection is organized into three sections. Part One includes papers on the generalizability of attachment theory and data, including cross-cultural research. Part Two addresses both

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normative and individual differences among mothers, children, caregivers, and their interactions—and methods for the valid assessment of these. Part Three examines the mental representations that children use to depict their different attachment

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relationships. Together these papers will stimulate child development specialists and students to explore different assessment methods and to move beyond current understandings of attachment.

Attachment and Public Life

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Capitalist Nigger

The Lottery

Gang Prevention in Schools

A Psychological Study of the Strange
Situation

From Theory to Therapy

The Road To Success — A Spider

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Web Doctrine

“Over a decade after its publication, one book on dating has people firmly in its grip.” —The New York Times
We already rely on science to tell us what to eat, when to

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exercise, and how long to sleep. Why not use science to help us improve our relationships? In this revolutionary book, psychiatrist and neuroscientist Dr. Amir Levine

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**and Rachel Heller
scientifically explain why why
some people seem to navigate
relationships effortlessly,
while others struggle.
Discover how an
understanding of adult**

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attachment—the most advanced relationship science in existence today—can help us find and sustain love.

Pioneered by psychologist John Bowlby in the 1950s, the field of attachment posits that

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each of us behaves in relationships in one of three distinct ways: • Anxious people are often preoccupied with their relationships and tend to worry about their partner's ability to love them

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back • Avoidant people equate intimacy with a loss of independence and constantly try to minimize closeness. • Secure people feel comfortable with intimacy and are usually warm and loving.

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Attached guides readers in determining what attachment style they and their mate (or potential mate) follow, offering a road map for building stronger, more fulfilling connections with the people

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they love.

Capitalist Nigger is an explosive and jarring indictment of the black race.

The book asserts that the Negroid race, as naturally endowed as any other, is

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culpably a non-productive race, a consumer race that depends on other communities for its culture, its language, its feeding and its clothing. Despite enormous natural resources, blacks are

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economic slaves because they lack the 'devil-may-care' attitude and the 'killer instinct' of the Caucasian, as well as the spider web mentality of the Asian. A Capitalist Nigger must embody ruthlessness in

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pursuit of excellence in his drive towards achieving the goal of becoming an economic warrior. In putting forward the idea of the Capitalist Nigger, Chika Onyeani charts a road to

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success whereby black economic warriors employ the ‘Spider Web Doctrine’ – discipline, self-reliance, ruthlessness – to escape from their victim mentality. Born in Nigeria, Chika Onyeani is a

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journalist, editor and former diplomat.

Have you ever been led by someone who cared for you like family, and dared you to achieve more than you ever thought possible for yourself,

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your organization, and even society? Award-winning author of Hostage at the Table, George Kohlrieser, along with his co-authors Susan Goldsworthy and Duncan Coombe, explain how

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**becoming a secure base
leader releases extraordinary
potential in others. Part of the
Warren Bennis leadership
series Care to Dare shows you
how to become a Secure Base
Leader so that you**

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release your followers from the fears that get in the way of their performance. It shows you how you can unleash astonishing potential by building the trust, delivering the change, and inspiring

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the focus that underpins sustainable high performance. From extensive interviews with executives from all over the world, as well as from surveys with more than a thousand executives, the book

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reveals the nine characteristics that SecureBase Leaders display on a daily basis. The research shows that a primary difference between a successful leader and a failed

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leaderis the presence or absence of secure bases in his or her life. Care to Dare will take you on a journey where you will discover your own secure bases, past and present, and determine

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how you can be a secure base for other people in your life at work and at home.

Attachment Theory is one of the most important theoretical developments in psychoanalysis to have

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emerged in the past half-century. It combines the rigorous scientific empiricism of ethology with the subjective insights of psychoanalysis, and has had an enormous impact in the fields of child

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**development, social work,
psychology, and psychiatry.
This is the first known book to
appear which brings together
John Bowlby and post-
Bowlbian research and shows
how the findings of**

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Attachment Theory can inform the practice of psychotherapy. It also provides fascinating insights into the history of the psychoanalytic movement and looks at the ways in which Attachment Theory can help in

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**the understanding of society
and its problems.**

Healing Parents

Bereavement and Beyond

Treating Attachment

Disorders, Second Edition

John Bowlby and Attachment

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Theory

Secure the Base

The Secure Base Model

Occupational Outlook

Handbook

Seminar paper from the year 2001 in
the subject Psychology -

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Developmental Psychology, grade: 1,7, University of the Arts Berlin, language: English, abstract: I will first provide a brief historical outline of the origin and development of attachment theory, closely linked to the biographical data of its founder

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John Bowlby. Later I would like to point out some characteristics based on which the attachment of a person can be classified. I believe this information to be important with regard to teaching, since the teacher is acting in the environment between

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the institution of school, family and child. I would like to include some of the approaches in which this knowledge could be used in an everyday school setting.

Brings research and practice perspectives to bear on the adult

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couple relationship, and provides a framework for assessing and working with secure and insecure attachment.

For more than sixty years, Ngugi wa Thiong'o has been writing fearlessly the questions, challenges, histories,

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and futures of Africans, particularly those of his homeland, Kenya. In his work, which has included plays, novels, and essays, Ngugi narrates the injustice of colonial violence and the dictatorial betrayal of decolonization, the fight for freedom

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and subsequent incarceration, and the aspiration toward economic equality in the face of gross inequality. With both hope and disappointment, he questions the role of language in both the organization of power structures and

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the pursuit of autonomy and self-expression. Ngugi's fiction has reached wide acclaim, but his nonfictional work, while equally brilliant, is difficult to find. Secure the Base changes this by bringing together for the first time essays

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spanning nearly three decades. Originating as disparate lectures and texts, this complete volume will remind readers anew of Ngugi's power and importance. Written in a personal and accessible style, the book covers a range of issues,

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including the role of the intellectual, the place of Asia in Africa, labor and political struggles in an era of rampant capitalism, and the legacies of slavery and prospects for peace. At a time when Africa looms large in our discussions of globalization,

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Secure the Base is mandatory reading.

This accessible book draws on unique evidence from oral histories and little-known archive material to shed new light on the working relationships which led to John

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Bowlby's shift from psychoanalysis to ethology as a frame of reference – and ultimately to the development of attachment theory. A unique exploration of the origins of Bowlby's ideas and the critical transformation in his thinking – offers an alternative

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to standard accounts of the origin of attachment theory Explores the significance of Bowlby's influential working relationships with Robert Hinde, Harry Harlow, James Robertson and Mary Ainsworth Provides students, academics, and

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practitioners with clear insights into
the development of attachment
theory Accessible to general readers
interested in psychology and
psychoanalysis
Congressional Record
A Secure Base

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Attachment Theory and Research in
Clinical Work with Adults

The Search for the Secure Base
An Attachment-Based Approach to
Adult Psychotherapy
The Making and Breaking of

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Affectional Bonds

As Bowlby himself points out in his introduction to this seminal childcare book, to be a successful parent means a lot of very hard work.

Giving time and attention to children means sacrificing

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other interests and activities, but for many people today these are unwelcome truths. Bowlby's work showed that the early interactions between infant and caregiver have a profound impact on an

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infant's social, emotional, and intellectual growth. Controversial yet powerfully influential to this day, this classic collection of Bowlby's lectures offers important guidelines for child rearing based on the

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crucial role of early relationships.

This first volume of John Bowlby's Attachment and Loss series examines the nature of the child's ties to the mother. Beginning with a discussion of instinctive

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behavior, its causation, functioning, and ontogeny, Bowlby proceeds to a theoretical formulation of attachment behavior—how it develops, how it is maintained, what functions it fulfills. In the fifteen

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years since Attachment was first published, there have been major developments in both theoretical discussion and empirical research on attachment. The second edition, with two wholly new chapters and substantial

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revisions, incorporates these developments and assesses their importance to attachment theory.

"This connection is basic to every aspect of a child's development affecting emotional and social

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development as well as the way the brain develops. Unfortunately, insecure attachment and attachment disorders are more common than we realize. Healing Parents gives parents/caregivers the

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information, tools, support, self-awareness, and hope they need to help a wounded child heal emotional wounds and improve behaviorally, socially, and morally. This book is a toolbox filled with practical strategies

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and research that helps parents/caregivers understand their child, learn to respond in a constructive way, and create a healthy environment. Parents/caregivers will learn to develop their

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child's positive beliefs and establish trust by emphasizing respect, providing appropriate limits, consistent structure, and being a positive role model. Based on 60 years of combined

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experience doing therapy, teaching, consulting, and research related to children and families, Michael Orland, M.A. and , Ph.D. have created a guide designed to provide parents/caregivers of

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wounded children the information and skills necessary to create a healing environment."

This edited book contains a hitherto unpublished seminar held by the author in Milan, Italy in 1985. The seminar

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is preceded by a foreword by Kate White, of the Bowlby Centre, and by an introduction by the editor, Marco Bacciagaluppi. The introduction contains excerpts from unpublished correspondence between the

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author and the editor,
carried out over a span of
eight years, between 1982
and 1990. After the seminar
there are the follow-ups of
the three cases presented by
Leopolda Pelizzaro,
Ferruccio Osimo and Emilia

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Fumagalli, and a report by Germana Agnetti and Angelo Barbato, who gave hospitality to the author and his wife. This is followed by a contribution by Ferruccio Osimo on experiential dynamic

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psychotherapy, an application of attachment theory, with a long case study. At the end there are some concluding remarks by the editor.

Proceedings and Debates of
the ... Congress

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Raising a Secure Child
Trauma and the Soul
Attachment, Trauma and
Consensual Nonmonogamy
Attachment
Attached
Clinical Applications of
Attachment Theory

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In *Trauma and the Soul*, Donald Kalsched continues the exploration he began in his first book, *The Inner World of Trauma* (1996)—this time going

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further into the
mystical or spiritual
moments that often occur
around the intimacies of
psychoanalytic work.
Through extended
clinical vignettes,

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including therapeutic dialogue and dreams, he shows how depth psychotherapy with trauma's survivors can open both analytic partners to "another

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world" of non-ordinary reality in which daimonic powers reside, both light and dark. This mytho-poetic world, he suggests, is not simply a defensive

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product of our struggle with the harsh realities of living as Freud suggested, but is an everlasting fact of human experience—a mystery that is often at

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the very center of the healing process, and yet at other times, strangely resists it.

With these "two worlds" in focus, Kalsched explores a variety of

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themes as he builds, chapter by chapter, an integrated psycho-spiritual approach to trauma and its treatment including: images of the lost soul-child in

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dreams and how this "child" represents an essential core of aliveness that is both protected and persecuted by the psyche's defenses; Dante's guided

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descent into the Inferno
of Hell as a paradigm
for the psychotherapy
process and its
inevitable struggle with
self-destructive
energies; childhood

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innocence and its central role in a person's spiritual life seen through the story of St. Exupéry's *The Little Prince*; how clinical attention to

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implicit processes in the relational field, as well as discoveries in body-based affective neuroscience are making trauma treatment more effective; the life of

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C.G. Jung as it portrays his early trauma, his soul's retreat into an inner sanctuary, and his gradual recovery of wholeness through the integration of his

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divided self. This is a book that restores the mystery to psychoanalytic work. It tells stories of ordinary patients and ordinary

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psychotherapists who, through working together, glimpse the reality of the human soul and the depth of the spirit, and are changed by the

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experience. Trauma and the Soul will be of particular interest to practicing psychotherapists, psychoanalysts, analytical

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psychologists, and expressive arts therapists, including those with a "spiritual" orientation. Donald Kalsched is a Jungian analyst in private

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practice in Albuquerque, New Mexico, and a training analyst with the Inter-Regional Society of Jungian Analysts. He is the author of numerous

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articles in analytical psychology, and lectures widely on the subject of early trauma and its treatment. His books include *The Inner World of Trauma* (1996).

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Ethological attachment theory is a landmark of 20th century social and behavioral sciences theory and research. This new paradigm for understanding primary

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relationships across the lifespan evolved from John Bowlby's critique of psychoanalytic drive theory and his own clinical observations, supplemented by his

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knowledge of fields as diverse as primate ethology, control systems theory, and cognitive psychology. By the time he had written the first volume of his

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classic Attachment and
Loss trilogy, Mary D.
Salter Ainsworth's
naturalistic
observations in Uganda
and Baltimore, and her
theoretical and

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descriptive insights about maternal care and the secure base phenomenon had become integral to attachment theory. Patterns of Attachment reports the

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methods and key results of Ainsworth's landmark Baltimore Longitudinal Study. Following upon her naturalistic home observations in Uganda, the Baltimore project

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yielded a wealth of enduring, benchmark results on the nature of the child's tie to its primary caregiver and the importance of early experience. It also

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addressed a wide range of conceptual and methodological issues common to many developmental and longitudinal projects, especially issues of age

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appropriate assessment, quantifying behavior, and comprehending individual differences. In addition, Ainsworth and her students broke new ground, clarifying

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and defining new concepts, demonstrating the value of the ethological methods and insights about behavior. Today, as we enter the fourth generation of

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attachment study, we have a rich and growing catalogue of behavioral and narrative approaches to measuring attachment from infancy to adulthood. Each of them

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has roots in the Strange Situation and the secure base concept presented in Patterns of Attachment. Its inclusion in the Psychology Press Classic Editions series

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reflects Patterns of Attachment's continuing significance and insures its availability to new generations of students, researchers, and clinicians.

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This book delves deep into the hidden population of former gang members who share their positive and negative experiences of being gang members.

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Their stories of violence, hopelessness, despair, and loneliness also offer a seed of hope – they contain the building blocks for prevention. By

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understanding why they each turned to gangs, how they turned to gangs, and what went wrong for some along their pathways during childhood, as well as

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how and why they chose to leave the gang lifestyle, we can begin to put the pieces together and understand tools for gang prevention. Schools are

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in the unique position to become an oasis or a safe haven for a child in a world that does not otherwise feel safe to them. School staff members can step in and

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become consistent people in a child's life. They can help to identify at-risk youth and intervene, facilitating a change in path away from gang membership.

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This book discusses how schools and staff can be instrumental in gang prevention and outlines warning signs and risk and protective factors for gang involvement. It

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also talks about components of gang prevention programs in schools. Additional topics explored include:
Theories of Gang Involvement Lack of

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Family Consistency:
Relating Attachment
Theory with Gang
Involvement
"Brotherhood,
Sisterhood, Unity:"
Gangs as Replacement

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Family "No Other
Option:" The Role of
Social Environment
"Death, Jail, or a
Turnaround:" Making the
Decision to Disengage A
Piece About Trauma-

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Informed Practice

Authored by a school social worker who has an insider's perspective on working in a school, *Gang Prevention in Schools* is a useful

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resource that gives a humanistic view of former gang members. The book will engage readers in the fields of psychology, social work, education and

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educational
administration, and
criminal justice, as
well as have potential
appeal to a lay audience
due to the richness of
the stories and

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interviews.

Comparative studies of normal self-development and atypical psychopathological populations contribute to an understanding of

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normal development of
the Self.

Risking Human Security

Care to Dare

Adult Attachment

Promoting Attachment and

Resilience in Foster

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Care and Adoption
Creating a Secure Base
and Safe Haven
New Growing Points of
Attachment Theory and
Research
Caregiving, Cultural,

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and Cognitive
Perspectives on Secure-
base Behavior and
Working Models

Most research in the field of
attachment is on the experiences of
attachment, separation and loss,

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and their developmental course and effects. This book widens our vision to the public domain, to consider the ways in which social institutions, culture and social policy may diminish our ability to make and maintain secure attachments. It

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argues that

Helping both parents and psychologists to arrive at a better understanding of the inner emotional world of the infant, this selection of key lectures by Bowlby includes the seminal one that gives

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the volume its title. Informed by wide clinical experience, and written with the author's well-known humanity and lucidity, the lectures provide an invaluable introduction to John Bowlby's thought and work, as well as much practical guidance

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of use both to parents and to members of the mental health professions.

New Techniques of Grief Therapy: Bereavement and Beyond expands on the mission of the previous two Techniques books, featuring

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innovative approaches to address the needs of those whose lives have been shadowed by loss—whether through bereavement, serious illness, the rupture of a relationship, or other complex or intangible losses, such as of an

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identity-defining career. The book starts with several framing chapters by prominent theorists that provide a big- picture orientation to grief work and follows with a generous toolkit of creative therapeutic techniques described in concrete

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detail and anchored in illustrative case studies to convey their use in actual practice. *New Techniques of Grief Therapy* is an indispensable resource for professionals working in hospice, hospital, palliative care, and elder care settings; clinicians in

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broader health-care and mental health-care practices; executive coaches; and students in the field of grief therapy.

Written with the practicing psychotherapist in mind, this invaluable book presents cutting-

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edge knowledge on adult attachment and explores the implications for day-to-day clinical practice. Leading experts illustrate how theory and research in this dynamic area can inform assessment, case formulation, and

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clinical decision making. The book puts such concepts as the secure base, mentalization, and attachment styles in a new light by focusing on their utility for understanding the therapeutic relationship and processes of

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change. It offers recommendations for incorporating attachment ideas and tools into specific treatment approaches, with separate chapters on psychoanalytic, interpersonal, cognitive-behavioral, and emotionally focused therapies.

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Attachment Theory and Research

The Milan Seminar

Polysecure

Attachment Theory and

Psychotherapy

How Circle of Security Parenting

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Attachment, Emotional Resilience,
and Freedom to Explore
Unleashing Astonishing Potential
Through Secure Base Leadership