Attachment Theory and Psychoanalysis

In this comprehensive and insightful work, Dr. Sharon K. Farber provides an invaluable resource for the mental health professional who is struggling to understand self-harm and its origins. Using attachment theory to explain how addictive connections to pain and suffering develop, she discusses various kinds and functions of self-harm behavior. From eating disorders to body modifications such as tattooing, Dr. Farber explores the language of self-harm, and the translation of that language and its psychic functions in the therapeutic setting. She tells us, "When the body weeps tears of blood, we need to wonder what terrible sorrows cannot be spoken." Brilliantly illustrated with rich clinical material, this book offers a practical approach to the diagnosis, assessment, and treatment of the increasing number of patients whose emotions are expressed through bodily harm. The challenges of working with patients who tend to view the world of relationships in terms of predator and prey are clearly explicated and the stormy countertransference responses that threaten to destroy the treatment are given a full hearing. Finally, she shows how the attachment relationship formed in treatment can repair the traumatic attachment in mind, body, psyche, and soul, and can serve as the cornerstone of therapeutic change. A Jason Aronson Book

When the Body Is the Target

Winner of the 2010 Goethe Award for Psychoanalytic and Psychodynamic Scholarship! This book builds a key clinical bridge between attachment theory and psychoanalysis, deploying Holmes' unique capacity to weld empirical evidence, psychoanalytic theory and consulting room experience into a coherent and convincing whole. Starting from the theory-practice gap in psychoanalytic psychotherapy, the book demonstrates how attachment theory can help practitioners better understand what they intuitively do in the consulting room, how this benefits clients, and informs evidence-based practice. Divided into two sections, theory and practice, Exploring in Security discusses the concept of mentalising and considers three components of effective therapy – the therapeutic relationship, meaning making and change promotion – from both attachment and psychoanalytic perspectives. The second part of the book applies attachment theory to a number of clinical situations including: working with borderline clients suicide and deliberate self-harm sex and sexuality dreams ending therapy. Throughout the book theoretical discussion is vividly illustrated with clinical material, personal experience and examples from literature and film, making this an accessible yet authoritative text for psychotherapy practitioners at all levels, including psychoanalysts, psychiatrists, clinical psychologists, mental health nurses and counsellors.

Attachment in Psychotherapy

Emotional Development in Psychoanalysis, Attachment Theory and Neuroscience is a multi-disciplinary overview of psychological and emotional development, from infancy through to adulthood. Uniquely, it integrates research and concepts from psychology and neurophysiology with psychoanalytic thinking, providing an unusually rich and balanced perspective on the subject. Written by leaders in their field, the chapters cover: * biological and neurological factors in the unconscious and memory * the link between genetics and attachment * the early relationship and the growth of emotional life * the importance of a developmental framework to inform psychoanalytic work * clinical work Drawing on a wide range of detailed case studies with subjects across childhood and adolescence, this book provides a ground-breaking insight into how very different schools of thought can work together to achieve clinical success in work with particularly difficult young patients. Emotional Development in Psychoanalysis, Attachment Theory and Neuroscience represents the latest
knowledge beneficial to child psychiatrists and child psychotherapists, as well as social workers, psychologists, health
visitors and specialist teachers.

The Search for the Secure Base

The Origins of Attachment: Infant Research and Adult Treatment addresses the origins of attachment in mother-infant
face-to-face communication. New patterns of relational disturbance in infancy are described. These aspects of
communication are out of conscious awareness. They provide clinicians with new ways of thinking about infancy, and
about nonverbal communication in adult treatment. Utilizing an extraordinarily detailed microanalysis of videotaped
mother-infant interactions at 4 months, Beatrice Beebe, Frank Lachmann, and their research collaborators provide a more
fine-grained and precise description of the process of attachment transmission. Second-by-second microanalysis operates
like a social microscope and reveals more than can be grasped with the naked eye. The book explores how, alongside
linguistic content, the bodily aspect of communication is an essential component of the capacity to communicate and
understand emotion. The moment-to-moment self- and interactive processes of relatedness documented in infant research
form the bedrock of adult face-to-face communication and provide the background fabric for the verbal narrative in the
foreground. The Origins of Attachment is illustrated throughout with several case vignettes of adult treatment. Discussions
by Carolyn Clement, Malcolm Slavin and E. Joyce Klein, Estelle Shane, Alexandra Harrison and Stephen Seligman show
how the research can be used by practicing clinicians. This book details aspects of bodily communication between mothers
and infants that will provide useful analogies for therapists of adults. It will be essential reading for psychoanalysts,
psychotherapists and graduate students. Collaborators Joseph Jaffe, Sara Markese, Karen A. Buck, Henian Chen, Patricia
Cohen, Lorraine Bahrick, Howard Andrews, Stanley Feldstein Discussants Carolyn Clement, Malcolm Slavin, E. Joyce
Klein, Estelle Shane, Alexandra Harrison, Stephen Seligman

Pre-object Relatedness

Using attachment theory as a lens for understanding the role of food in our everyday lives, this book explores relationships
with other people, with ourselves and between client and therapist, through our connection with food. The aim of this book
is twofold: to examine the nature of attachment through narratives of feeding, and to enrich psychotherapy practice by
encouraging exploration of clients’ food-related memories and associations. Bringing together contributions from an
experienced group of psychotherapists, the chapters examine how our connections with food shape our patterns of
attachment and defence, how this influences appetite, self-feeding (or self-starving) and how we may then feed others.
They consider a spectrum from a “secure attachment” to food through to avoidant, preoccupied and disorganised,
including discussion of eating disorders. Enriched throughout with diverse clinical case studies, this edited collection
illuminates how relationships to food can be a rich source of insight and understanding for psychotherapists,
psychoanalysts and other counselling therapists working today.

Attachment and Intersubjectivity

The papers featured in Attachment and Sexuality create a dense tapestry, each forming a separate narrative strand that
elucidates different configurations of the relationship between attachment and sexuality. As a whole, the volume explores
the areas of convergence and divergence, opposition, and integration between these two systems. It suggests that there is a bi-
directional web of influences that weaves the attachment and sexual systems together in increasingly complex ways from
infancy to adulthood. The volume’s unifying thread is the idea that the attachment system, and particularly the degree of
felt security, or lack thereof in relation to early attachment figures, provides a paradigm of relatedness that forms a
scaffold for the developmental unfolding of sexuality in all its manifestations. Such manifestations include infantile and
adult, masturbatory and mutual, and normative and perversive. Also central to the papers is the idea that the development of
secure attachment is predicated, in part, on the development of the capacity for mentalization, or the ability to envision and
interpret the behavior of oneself and others in terms of intentional mental states, including desires, feelings, beliefs, and
motivations. Topics discussed in the book will help to shape the direction and tenor of further dialogues in the arena of
attachment and sexuality.

Introduction to Psychoanalysis

Offering new ways of thinking about the intimate connections between analyst and patient, this lucid, clinically oriented
volume presents an innovative model of psychoanalytic change. The authors integrate current findings in self psychology,
attachment and infant research, and developmental systems theory to demonstrate the transformative power of
interpersonal sharing between both members of the dyad. Interweaving conceptual material and careful guidelines for
practice with case studies and clinical commentary, Intimate Attachments illuminates the power of the psychoanalytic
process and affords readers a heightened level of creativity, freedom, and spontaneity in their therapeutic work. This
volume will be of benefit to mental health practitioners and students interested in psychodynamic theory and treatment.

**Toward a Unified Psychoanalytic Theory**

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 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 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 practitioners with clear insights into the development of attachment theory Accessible to general readers interested in psychology and psychoanalysis

**Attachment and Psychoanalysis**

Metapsychology and the Foundations of Psychoanalysis redresses faults in Freud's original conception to develop a coherent theoretical basis for psychodynamic theory. Simon Boag demonstrates that Freud's much maligned 'metapsychology', once revised, can provide a foundation for evaluating and integrating the plethora of psychodynamic perspectives, by developing a philosophically-informed position that addresses the embodied, interconnected relationship between motivation, cognition and affects. The book centres upon the major concepts in psychoanalysis, including the notion of unconscious mental processes, wish-fulfilment, fantasy, and repression. Both philosophical considerations and empirical evidence are brought to bear upon these topics, and used to extract the valuable insights from major approaches. As a result, Boag's revised general psychology, which stays true to Freud's intention, addresses psychoanalytic pluralism and shows it is possible to develop a unified account, integrating the insights from attachment theory and object relational approaches and acknowledging the rightful role for neuropsychoanalysis. Metapsychology and the Foundations of Psychoanalysis will be of interest to psychoanalysts, psychiatrists, philosophers of mind and psychologists, as well as anyone concerned with neuropsychoanalysis or psychoanalysis and attachment theory.

**John Bowlby and Attachment Theory**

This eloquent book translates attachment theory and research into an innovative framework that grounds adult psychotherapy in the facts of childhood development. Advancing a model of treatment as transformation through relationship, the author integrates attachment theory with neuroscience, trauma studies, relational psychotherapy, and the psychology of mindfulness. Vivid case material illustrates how therapists can tailor interventions to fit the attachment needs of their patients, thus helping them to generate the internalized secure base for which their early relationships provided no foundation. Demonstrating the clinical uses of a focus on nonverbal interaction, the book describes powerful techniques for working with the emotional responses and bodily experiences of patient and therapist alike.

**Nurturing Children**

Organized around extended case illustrations?and grounded in cutting-edge theory and research?this highly regarded book shows how an attachment 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 somatic 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 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, genetics, and psychotraumatology.*Expanded with a section on inpatient treatment for traumatized children, including in-depth cases.*Describes two promising prevention programs for expectant couples, families, and young children.*The latest knowledge on disorganized attachment, attachment disorders, and assessments.

**Attachment Theory**

Winner of the 2003 Gradiva Award and the 2003 Goethe Award for Psychoanalytic Scholarship Arguing for the importance of attachment and emotionality in the developing human consciousness, four prominent analysts explore and refine the concepts of mentalization and affect regulation. Their bold, energetic, and encouraging vision for psychoanalytic treatment combines elements of developmental psychology, attachment theory, and psychoanalytic technique. Drawing extensively on case studies and recent analytic literature to illustrate their ideas, Fonagy, Gergely, Jurist, and Target offer models of psychotherapy practice that can enable the gradual development of mentalization and affect regulation even in patients with long histories of violence or neglect.
Metapsychology and the Foundations of Psychoanalysis

Two leading psychoanalysts resolve the conflict between attachment theory and trauma theory. In From Death Instinct to Attachment Theory, Tomas Geyskens and Philippe Van Haute address a theoretical conflict at the heart of contemporary psychoanalysis. Analytic theory, especially the work of Melanie Klein, asserts the developmental primacy of infantile Hilflosigkeit and the trauma it inevitably inflicts; however, John Bowlby and other attachment theorists have shown that attachment to the mother is primary and instinctive—and not the result of traumatic helplessness. Geyskens and Van Haute resolve the apparent tension between the empirical fact of the primacy of attachment and the fundamental psychoanalytic theory of infantile trauma by drawing on Imre Hermann’s distinction between natural development and subjective history. Arguing that Hermann’s theory constitutes a workable clinical anthropology of attachment, they undertake a deep and revealing analysis of the work of Freud and Klein on the death instinct, trauma, and infantile sexuality; the critique leveled by attachment theorists like Bowlby; and the overlooked insights of the Hungarian School of Psychoanalysis. From Death Instinct to Attachment Theory offers an elegant answer to an important problem in psychoanalysis and provides new insight into the sort of clinical phenomena that led Freud to move beyond the pleasure principle in the first place.

Attachment Theory and the Psychoanalytic Process

In recent decades, attachment theory has gained widespread interest and acceptance, although the relevance of attachment theory to clinical practice has never been clear. The Search for the Secure Base shows how attachment theory can be used therapeutically. Jeremy Holmes introduces an exciting new attachment paradigm in psychotherapy with adults, describing the principles and practice of attachment-informed therapy in a way that will be useful to beginners and experienced therapists alike. Illustrated with a wide range of clinical examples, this book will be welcomed by practitioners and trainees in psychotherapy, psychoanalysis and in many other disciplines.

Mother-Infant Attachment and Psychoanalysis

Attachment Theory is one of the most important theoretical developments in psychoanalysis to have 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 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 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 the understanding of society and its problems.

John Bowlby - From Psychoanalysis to Ethology

Forced Endings in Psychotherapy and Psychoanalysis: Attachment and Loss in Retirement explores the ambivalence the therapist may feel about letting go of a professional role which has sustained them. Anne Power explores the process of closing a private practice, from the first ethical decision-making, through to the last day when the door of the therapy room shuts. She draws on the personal accounts of retired therapists and others who had to impose an ending on clients due to illness, in order to move house, to take maternity leave or a sabbatical. A forced ending is an intrusion of the clinician’s own needs into the therapeutic space. Anne Power shows how this might compromise the work but may also be an opportunity for deeper engagement. Drawing on attachment theory to understand how the therapeutic couple cope with an imposed separation, Power includes interviews with therapists who took a temporary break to demonstrate the commonality of challenges faced by those who need to impose an ending on clients. Forced Endings in Psychotherapy and Psychoanalysis opens up an area which has been considered taboo in the profession so that future cohorts can benefit from the reflections and insights of this earlier generation. It will support clinicians making this transition and aims to support ethical practice so that clients are not exposed to unnecessary risks of the sudden termination of a long treatment. This book will be essential reading for practicing psychotherapists and psychoanalysts, and to undergraduate and post-graduate students in clinical psychology, psychiatry and social work.

The Interpersonal World of the Infant

Attachment Theory and Psychosis: Current Perspectives and Future Directions is the first book to provide a practical guide to using attachment theory in the assessment, formulation and treatment of a range of psychological problems that can arise as a result of experiencing psychosis. Katherine Berry, Sandra Bucci and Adam N. Dunquah, along with an international selection of contributors, expertly explore how attachment theory can inform theoretical understanding of the development of psychosis, psychological therapy and mental health practice with service users with psychosis. In the first section of the book, contributors describe the application of attachment theory to the understanding of paranoia, voice-hearing, negative symptoms, and relationship difficulties in psychosis. In the second section of the book, the contributors...
consider different approaches to working therapeutically with psychosis and demonstrate how these approaches draw on the key principles of attachment theory. In the final section, contributors address individual and wider organisation perspectives, including a voice-hearer perspective on formulating the relationship between voices and life history, how attachment principles can be used to organise the provision of mental health services, and the influence of mental health workers’ own attachment experiences on therapeutic work. The book ends by summarising current perspectives and highlighting future directions. Written by leading mental health practitioners and researchers, covering a diverse range of professional backgrounds, topics and theoretical schools, this book is significant in guiding clinicians, managers and commissioners in how attachment theory can inform everyday practice. Attachment Theory and Psychosis: Current Perspectives and Future Directions will be an invaluable resource for mental health professionals, especially psychologists and other clinicians focusing on humanistic treatments, as well as postgraduate students training in these areas.

**Attachment and Sexuality**

This book focuses on the understanding of the epistemological roots of attachment theory, conceptualised as psychoanalytic paradigm, which highlights the movement away from a 'one-person psychology' to a multi-person psychology. In this context, attachment theory is viewed as a theory of processes, across generations and across the dynamic interaction between the individual and his 'worlds of others' (including parental figures, offspring, the sexual partner, the group and society). This position is congenial with contemporary philosophical and developmental ideas and recent advances in the neurosciences. It is also a contribution to British Independent Psychoanalytic thinking, the so-called 'relational schools of psychoanalysis' and group analysis. This book involves: A didactic formulation of the basic principles of attachment theory as a psychoanalytic paradigm. Critical discussions of controversial issues in psychoanalysis (such as theories of intersubjectivity, thinking and motivation, the role of the historical reconstruction in psychoanalytic psychotherapy and the relation between attachment and sexuality), viewed from an attachment perspective. An exploration of the clinical implications of these concepts. This text will be of interest to individual therapists as well as group analysts, couple therapists, family therapists and academics.

**Attachment, Relationships and Food**

This book aims to integrate different psychoanalytic schools and relevant research findings into an integrated psychoanalytic theory of the mind. A main claim explored here, is that a revised and expanded ego psychology constitutes the strongest foundation not only for a unified psychoanalytic theory, but also for the integration of relevant research findings from other disciplines. Sophisticated yet accessible, the book includes a description of the basic tenets of ego psychology and necessary correctives and revisions. It also discusses research and theory on interpersonal understanding, capacity for inhibition, defense, delay of gratification, autonomous ego aims and motives, affect regulation, the nature of psychopathology; and the implications of a revised and expanded ego psychology for approaches to treatment. The book will appeal to readers who are interested in psychoanalysis, the nature of the mind, the nature of psychopathology, and the implications of theoretical formulations and research findings for approaches to treatment. As such, it will also be of great value on graduate and training courses for psychoanalysis.

**Emotional Development in Psychoanalysis, Attachment Theory and Neuroscience**

This book covers the groundbreaking concepts in attachment theory, as promulgated by Bowlby himself and during the years post Bowlby. It sets out to develop the seminal concept of 'learned security': the provision of a reparative experience of a secure base by the therapist so that the client can imbibe what he missed out on during his formative years. Rhona M. Fear points out that the idea of learned security has developed from the concept of earned security but is distinctly different. In Part I, Fear outlines the origins and progress of attachment theory and the concepts of earned and learned security. In Part II, she uses a process of dialectical thinking to put forward an integration of Kohut's self psychology, Bowlby's attachment theory, and Stolorow, Atwood and Brandchaft's intersubjective perspective. The unifying concept that binds these three theories together is that of empathy, but she puts forward a particular intersubjective, collaborative view of empathic attunement.

**Affect Regulation, Mentalization, and the Development of the Self**

The Routledge Handbook of Psychoanalysis in the Social Sciences and Humanities provides a comprehensive, critical overview of the historical, theoretical and applied forms of psychoanalytical criticism. This path-breaking Handbook offers students new ways of understanding the powers and limits of psychoanalysis, and of the social, cultural and political possibilities of psychoanalytic critique. The book offers students and professionals clear and concise chapters on the development of psychoanalysis, introducing key theories that have influenced debates over the psyche, desire and emotion in the social sciences and humanities. There are substantive chapters on classical Freudian theory, Kleinian and Bionian
theory, object-relations psychoanalysis, Lacanian and post-Lacanian approaches, feminist psychoanalysis, as well as postmodern trends in psychoanalysis. There is a strong emphasis on interdisciplinary approaches to psychoanalytic critique, with contributions drawing from developments in sociology, politics, history, cultural studies, women’s studies and architecture.

Attachment Theory and Research in Clinical Work with Adults

In Self and Other, Robert Rogers presents a powerful argument for the adoption of a theory of object relations, combining the best features of traditional psychoanalytic theory with contemporary views on attachment behavior and intersubjectivity. Rogers discusses theory in relation both to actual psychoanalytic case histories and imagined selves found in literature, and provides a critical rereading of the case histories of Freud, Winnicott, Lichtenstein, Sechehaye, and Bettelheim. At once scientific and humanistic, Self and Other engagingly draws from theoretical, clinical, and literary traditions. It will appeal to psychoanalysts as well as to literary scholars interested in the application of psychoanalysis to literature.

Relationships in Development

This volume explores the primitive yet complex emotional world of the baby, a preverbal world that predates memory, symbolic representation, self-reflection, and verbal description. Author Ivri Kumin describes the impact of early relational experiences on the foundation of emotional living, when traumatic developmental interferences can disrupt the infant’s emerging capacity for representational thought. Using detailed clinical examples, he explains how these early experiences are enacted within the psychoanalytic situation and how their analysis and mediation enable the patient to think about and emotionally encompass these states for the first time. Synthesizing empirical findings with theoretical and clinical information, this volume is invaluable for psychoanalysts and psychodynamic therapists. It is an ideal text for graduate-level courses in psychoanalytic theory and technique, attachment theory, human development, and psychotherapy of early traumatic states.

The Origins of Attachment

How, asks Geoff Goodman in The Internal World and Attachment, can we progress further in integrating the fruits of attachment research with the accumulated clinical wisdom of psychoanalytic theorizing about the internal world of object representations? The key, he answers, is to look more closely at the basic assumptions of each body of theory, especially those assumptions, whether embedded or explicit, that bear on the formation of psychic structure. Drawing on Kernberg’s insights into the affective and instinctual substrata of psychic organizations, Goodman proposes that insecure attachment categories can be correlated with particular constellations of self and object representations. Such convergences provide a springboard to further theoretical explanations, most especially to the relations between attachment and adult sexual behavior. Indeed, one outstanding feature of Goodman’s proposals is the light they cast on various forms and meanings of sexual psychopathology, as he delineates how both promiscuity and retreats from sexual intimacy can be differentially interpreted depending on the patient’s pattern of attachment. Destined to provoke lively debate, The Internal World and Attachment is a powerfully informative attempt to go beyond the researcher’s view of attachment as a motivational system. For Goodman, attachment is informed by an internal logic that reflects fantasies and defense, and an appreciation of the interaction of attachment pattern with various constellations of self and object representations can deepen our understanding of the internal world in clinically consequential ways. Keeping his eye resolutely on the clinical texture of attachment observations and the clinical phenomenology expressive of internal object relations, Goodman provides the reader with an experience-near basis for viewing two influential bodies of knowledge as complementary avenues for apprehending the internal meaning of externally observable behavior.

An Evidence-Based Critique of Contemporary Psychoanalysis

Attachment theory, the brainchild of child psychiatrist and psychoanalyst John Bowlby, has begun to have a worldwide impact among clinicians within the last ten years. This interest marks a departure from the early fate of attachment theory. At first shunned by the psychoanalytic community, Bowlby’s brilliant and groundbreaking effort to recast basic psychoanalytic concepts within system theories and a new, ethologically based model of the importance of affectional ties across the life span was taken up by a group of gifted developmental researchers. Empirical research not only tested and confirmed many basic propositions of attachment theory, but also extended Attachment theory in unexpected and creative ways. Bowlby was surprised and gratified by this turn of events, but also disappointed that his intended clinical audience has not taken the theory and run with it. This edited book is in part a testament to the fact that clinicians are beginning to do just that; they are taking Attachment theory and research creatively to examine clinical issues. In doing so, new vistas and hypothesis are being put forward showing that Attachment theory is alive and well. In this volume the editors gathered
a distinguished group of clinician-scholars from around the world (Argentina, Italy, Mexico, UK, USA and Spain) to examine and extend Bowlby’s legacy. The book should be of interest to clinicians regardless of their orientation. Attachment theory cuts across boundaries of clinical modalities-individual, group or family therapy-and orientations-psychoanalytic, cognitive or behavioural. The book should also be of interest to researchers who may find the heuristic value of clinical insights a valuable addition to the legacy of Attachment theory.

Self and Other

The recent explosion of new research about infants, parental care, and infant-parent relationships has shown conclusively that human relationships are central motivators and organizers in development. Relationships in Development examines the practical implications for dynamic psychotherapy with both adults and children, especially following trauma. Stephen Seligman offers engaging examples of infant-parent interactions as well as of psychotherapeutic process. He traces the place of childhood and child development in psychoanalysis from Freud onward, showing how different images about babies evolved and influenced analytic theory and practice. Relationships in Development offers a new integration of ideas that updates established psychoanalytic models in a new context: “Relational-developmental psychoanalysis.” Seligman integrates four crucial domains: Infancy Research, including attachment theory and research Developmental Psychoanalysis Relational/intersubjective Psychoanalysis Classical Freudian, Kleinian, and Object Relations theories (including Winnicott). An array of specific sources are included: developmental neuroscience, attachment theory and research, studies of emotion, trauma and infant-parent interaction, and nonlinear dynamic systems theories. Although new psychoanalytic approaches are featured, the classical theories are not neglected, including the Freudian, Kleinian, Winnicottian, and Ego Psychology orientations. Seligman links current knowledge about early experiences and how they shape later development with the traditional psychoanalytic attention to the irrational, unconscious, turbulent, and unknowable aspects of the mind and human interaction. These different fields are taken together to offer an open and flexible approach to psychodynamic therapy with a variety of patients in different socioeconomic and cultural situations. Relationships in Development will appeal to psychoanalysts, psychoanalytic psychotherapists, and graduate students in psychology, social work, and psychotherapy. The fundamental issues and implications presented will also be of great importance to the wider psychodynamic and psychotherapeutic communities.

Encyclopedia of Child Behavior and Development

This reference work breaks new ground as an electronic resource. Utterly comprehensive, it serves as a repository of knowledge in the field as well as a frequently updated conduit of new material long before it finds its way into standard textbooks.

Infantile Sexuality and Attachment

At a historic conference in Toronto in October 1993, developmental researchers and clinicians came together for the first time to explore the implications of current knowledge of attachment. This volume is the outcome of their labors. It offers innovative approaches to the understanding of such diverse clinical topics as child abuse, borderline personality disorder, dissociation, adolescent suicide, treatment responsiveness, false memory, narrative competence, and the intergenerational transmission of trauma.

Attachment and Psychoanalysis

The need for a concise, comprehensive guide to the main principles and practice of psychoanalysis and psychoanalytic psychotherapy has become pressing as the psychoanalytic movement has expanded and diversified. An introductory text suitable for a wide range of courses, this lively, widely referenced account presents the core features of contemporary psychoanalytic theory and practice in an easily assimilated, but thought-provoking manner. Illustrated throughout with clinical examples, it provides an up-to-date source of reference for a wider range of mental health professionals as well as those training in psychoanalysis, psychotherapy or counselling.

Intimate Attachments

In this book, the author discusses on “eternal debate” between those who see asexual attachment as the earliest bond and those who see infantile sexuality as primary. Eight major contributors to psychoanalytic child studies set forth the current state of thinking in both camps.

Treating Attachment Disorders
Although attachment theory was originally rooted in psychoanalysis, the two areas have since developed quite independently. This incisive book explores ways in which attachment theory and psychoanalysis have each contributed to understanding key aspects of psychological functioning—including infantile and adult sexuality, aggression, psychopathology, and psychotherapeutic change—and what the two fields can learn from each other. Morris Eagle critically evaluates how psychoanalytic thinking can aid in expanding core attachment concepts, such as the internal working model, and how knowledge about attachment can inform clinical practice and enrich psychoanalytic theory building. Three chapters on attachment theory and research are written in collaboration with Everett Waters.

**Why Don’t I Feel Good Enough?**

*Nurturing Children* describes children’s lives transformed through therapy. Drawing on decades of experience, internationally respected clinician and trainer Graham Music tackles major issues affecting troubled children, including trauma, neglect, depression and violence. Using psychoanalysis alongside modern developmental thinking from neurobiology, attachment and trauma theory and mindfulness, Music creates his own distinctive blend of approaches to help even the most traumatised of children. A mix of personal accounts and therapeutic riches, Nurturing Children will appeal to anyone helping children, young people and families to lead fuller lives.

**Forced Endings in Psychotherapy and Psychoanalysis**

Although attachment theory was originally rooted in psychoanalysis, the two areas have since developed quite independently. This incisive book explores ways in which attachment theory and psychoanalysis have each contributed to understanding key aspects of psychological functioning—including infantile and adult sexuality, aggression, psychopathology, and psychotherapeutic change—and what the two fields can learn from each other. Morris Eagle critically evaluates how psychoanalytic thinking can aid in expanding core attachment concepts, such as the internal working model, and how knowledge about attachment can inform clinical practice and enrich psychoanalytic theory building. Three chapters on attachment theory and research are written in collaboration with Everett Waters.

**Attachment Theory and Psychoanalysis**

*Why Don’t I Feel Good Enough? Using Attachment Theory to Find a Solution* offers a guide to how early emotional bonds affect our adult relationships and how psychological theory can help us to find the origin and solution to a number of life’s problems. Bringing a wealth of therapeutic experience and the latest scientific research, Helen Dent introduces the benefits that understanding attachment theory can bring to all areas of life. You will find this particularly helpful if you struggle with everyday relationships and have difficulties managing your emotions. Using practical guidance, real-life examples and questionnaires to help you locate your own ‘attachment style’, she provides the tools and guidance to help you move on and develop secure, positive attachments. Why Don’t I Feel Good Enough? will be an important guide and resource for psychotherapists, counsellors, clinical psychologists and their clients. It provides a good introduction to attachment theory for professionals in training.

**Attachment Theory**

*Winner of the 2004 Gradiva Award from the National Association for the Advancement of Psychoanalysis.* The issue of shame has become a central topic for many writers and therapists in recent years, but it is debatable how much real understanding of this powerful and pervasive emotion we have achieved. *Mother-Infant Attachment and Psychoanalysis* argues that shame can develop during the first six months of life through an unreflected look in the mother’s eyes, and that this shame is then internalised by the infant and reverberates through its later life. The author further expands on this concept of the look through a powerful and extensive study of the concept of the Evil Eye, an enduring universal belief that eyes have the power to inflict injury. Finally, she presents ways of healing shame within a clinical setting, and provides a fascinating analysis of the role of eye-contact in the therapeutic encounter. This book brings together a unique blend of theoretical interpretations of shame with clinical studies, and integrates major concepts from psychoanalysis, Jungian analysis, developmental psychology and anthropology. The result is a broad understanding of shame and a real understanding of why it may underlie a wide range of clinical disorders.

**Exploring in Security**

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

Relationality

This book demonstrates that the relationship between attachment theory and psychoanalysis is more complex than adherents of either community generally recognize. It provides a brief overview of attachment theory and some key findings of attachment research.

The Routledge Handbook of Psychoanalysis in the Social Sciences and Humanities

The ground-breaking book which attempts to bridge the gap between the psychoanalytic and cognitive psychological theories of child development.

From Death Instinct to Attachment Theory

An Evidence-Based Critique of Contemporary Psychoanalysis assesses the state of psychoanalysis in the 21st century. Joel Paris examines areas where analysis needs to develop a stronger scientific and clinical base, and to integrate its ideas with modern clinical psychology and psychiatry. While psychoanalysis has declined as an independent discipline, it continues to play a major role in clinical thought. Paris explores the extent to which analysis has gained support from recent empirical research. He argues that it could revive its influence by establishing a stronger relationship to science, whilst looking at the state of current research. For clinical applications, he suggests while convincing evidence is lacking to support long-term treatment, brief psychoanalytic therapy, lasting for a few months, has been shown to be relatively effective for common mental disorders. For theory, Paris reviews changes in the psychoanalytic paradigm, most particularly the shift from a theory based largely on intrapsychic mechanisms to the more interpersonal approach of attachment theory. He also reviews the interfaces between psychoanalysis and other disciplines, ranging from "neuropsychoanalysis" to the incorporation of analytic theory into post-modern models popular in the humanities. An Evidence-Based Critique of Contemporary Psychoanalysis concludes by examining the legacy of psychoanalysis and making recommendations for integration into broader psychological theory and psychotherapy. It will be of great interest to psychoanalysts, psychoanalytic psychotherapists, and scholars and practitioners across the mental health professions interested in the future and influence of the field.

The Internal World and Attachment

In his final contribution to the psychoanalytic literature published two months before his untimely death on December 21, 2000, the late Stephen A. Mitchell provided a brilliant synthesis of the interrelated ideas that hover around, and describe aspects of, the relational matrix of human experience. Relationality charts the emergence of the relational perspective in psychoanalysis by reviewing the contributions of Loewald, Fairbairn, Bowlby, and Sullivan, whose voices converge in apprehending the fundamental relationality of mind. Mitchell draws on the multiple dimensions of attachment, intersubjectivity, and systems theory in espousing a clinical approach equally notable for its responsiveness and responsible restraint. Relationality "signals a new height in Mitchell's always illuminating writing" (Nancy Chodorow) and marks the "coming of age" of the relational perspective in psychoanalysis (Peter Fonagy).