

Attachment theory underscores the central role of relationships in human development from the cradle to the grave (Bowlby 1969, 1982, 1973, 1980)

Bowlby believed that careful assessments of family context will often reveal that **behind these presenting symptoms lie basic threats to the availability of attachment figures and subsequent defensive distortions.**

Interviews with family members about **changes in the relationships, losses and marital functioning** can provide clinicians with valuable information about the **attachment disruptions associated with child and adolescent psychopathology**

Bowlby's and Ainswrth's ideas about how communication in current attachment relationships continues to influence a child - hold considerable promise for future developments in attachment research and clinical practice

Roger Kobak

The Emotional Dynamics of Disruptions in Attachment Relationships

Bowlby:

Attachment disruptions (marital conflict, divorce, parental dysfunction or illness, and parent-child conflict) - become threats when child or adult perceives them as jeopardizing the availability of an attachment figure.

Two aspects of availability - open communication and expectation for responsiveness - play critical role in modifying the child's appraisals of disruptive events

Fear, anger and sadness are emotional responses
to disruptions in adults' attachment relationships
Weiss's (1975)

Attachment-based treatments should focus on linking symptomatic expressions of fear and anger to disturbances in attachment relationships. In so doing, a clinician can help a child or adult experience and integrate painful experiences in order to gain control over symptoms

Inge Bretherton & Kristine A. Munholland,
internal Working Models in Attachment
Relationships

Beginning in infancy and continuing throughout the life course, an individual's mental health is seen as intimately tied to relationships with attachment figures who afford emotional support and protection

In Bowlby's view, **nonverbal and verbal communication** patterns are the processes which internal working models of secure attachment relations are generated and maintained, and through which they are in turn transmitted to the next generation

Thought - consists of **inner conversations with imagined others** or oneself. These inner conversations should be viewed as "dramatic" literally involving reenactments of conversations between child and parent

G.H.Mead (1934)