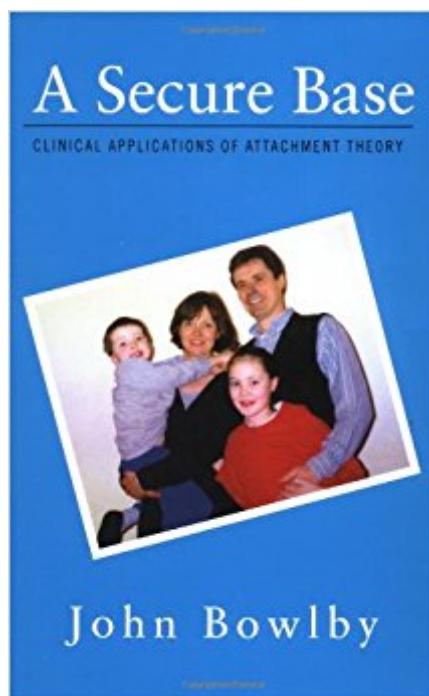


The book was found

# A Secure Base: Clinical Applications Of Attachment Theory



## **Synopsis**

In this collection of lectures Dr Bowlby describes recent findings, and gives an outline of the main features of attachment theory, now widely recognised as a most productive conceptual framework within which to organise the evidence. In the final lecture he shows how this knowledge, when applied to analytically oriented psychotherapy, helps both to clarify the aims of therapy and to guide the therapist in his or her own work. This collection will be welcomed by students as a lucid introduction to the field, by professionals who are still unfamiliar with recent developments, as well as by those eager to extend their existing knowledge.

## **Book Information**

Paperback: 192 pages

Publisher: Routledge; 1 edition (August 25, 1998)

Language: English

ISBN-10: 0415006406

ISBN-13: 978-0415006408

Product Dimensions: 0.5 x 5.2 x 8.2 inches

Shipping Weight: 8.5 ounces

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #1,621,891 in Books (See Top 100 in Books) #250 in [Books > Politics & Social Sciences > Sociology > Social Theory](#) #4547 in [Books > Medical Books > Psychology > Psychotherapy, TA & NLP](#) #5095 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Psychotherapy, TA & NLP](#)

## **Customer Reviews**

Bowlby is one of top three developmental psychology experts highlighted in a massive mental health survey by the US National Institutes of Health. These essays, originally given as talks to medical professionals, are the easiest exposition of the attachment theory that I know of. Bowlby was the chief developer of the theory and he explains it well. Attachment theory is a great advance on earlier work by Freud and others. It is based on true science, reproducible experiments, rather than theorizing based on the fuzzy memories of early childhood. And it explains much of observable human emotional bonding behavior. The easiest to observe is mother as a "secure base" to which the child as expeditionary force stays in touch with, and, when unsure, returns to. His little noticed or further explored remarks on parent/child inversion of nurture/attachment instincts has been of special value to my understanding of myself and some others. Check "inverted", "invert", "inversion"

in search or index of book. It is a difficult concept to get a handle on. Requires much self-examination. It is understandable that successors have not developed this part of Bowlby's great work further.

Very well written and informative. 4 stars instead of 5 purely because it was written some 30 years' ago, and the understanding of the links between trauma and mental illness has moved on a lot since then.

[Download to continue reading...](#)

A Secure Base: Clinical Applications of Attachment Theory Attachment, Trauma, and Healing: Understanding and Treating Attachment Disorder in Children and Families Treating Attachment Disorders, Second Edition: From Theory to Therapy The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication, and Self-regulation (Norton Series on Interpersonal Neurobiology) Building Applications with the Linux Standard Base Clinical Companion to Medical-Surgical Nursing: Assessment and Management of Clinical Problems, 9e (Lewis, Clinical Companion to Medical-Surgical Nursing: Assessment and Management of C) The Porn Antidote: Attachment: God's secret weapon for crushing porn's grip, and creating the life and marriage you dream of. EMDR Therapy and Adjunct Approaches with Children: Complex Trauma, Attachment, and Dissociation Shattered States: Disorganised Attachment and its Repair (The John Bowlby Memorial Conference Monograph Series) Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-Regulation, and Competency Healing Trauma: Attachment, Mind, Body and Brain (Norton Series on Interpersonal Neurobiology (Hardcover)) Detached: Surviving Reactive Attachment Disorder Building the Bonds of Attachment: Awakening Love in Deeply Troubled Children Trauma-Attachment Tangle: Modifying EMDR to Help Children Resolve Trauma and Develop Loving Relationships Attachment in Psychotherapy Addiction as an Attachment Disorder Wired for Dating: How Understanding Neurobiology and Attachment Style Can Help You Find Your Ideal Mate Wired for Love: How Understanding Your Partner's Brain and Attachment Style Can Help You Defuse Conflict and Build a Freeing the Captives: The Emerging Therapy of Treating Spirit Attachment Fluid Flow in the Subsurface: History, Generalization and Applications of Physical Laws (Theory and Applications of Transport in Porous Media)

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help