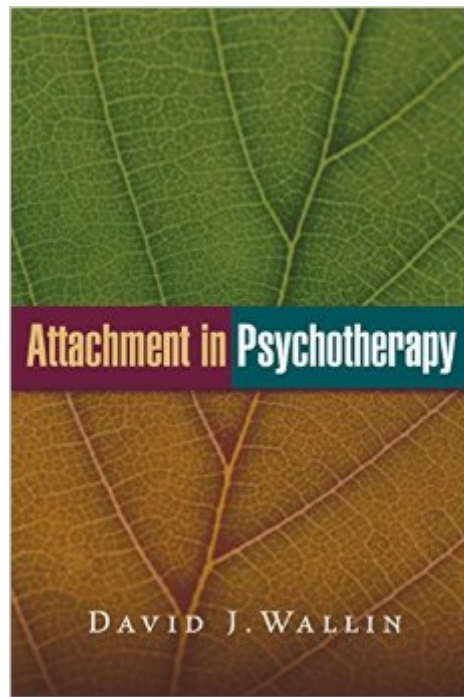


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# Attachment In Psychotherapy



## Synopsis

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.

## Book Information

Paperback: 366 pages

Publisher: The Guilford Press; 1 edition (April 27, 2015)

Language: English

ISBN-10: 1462522718

ISBN-13: 978-1462522712

Product Dimensions: 6 x 1 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

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## Customer Reviews

For psychotherapists, like myself, who are persuaded that the reality of the actual forms of attachment that infants and toddlers have to their caregivers trumps psychoanalytic notions (e.g. Melanie Klein) that the child's internal fantasies are more determinative of healthy or pathological development, David Wallin's book will be a welcome tonic. He has engagingly described three paradigmatic deformations of attachment that lead to three kinds of character impairment -- the Dismissing Patient, the Preoccupied Patient and the Unresolved Patient, and provides stimulating vignettes from his practice to indicate the nature of what is wounded and damaged in each, followed by various kinds of interpretive dialogues, and "ways of being" of the therapist that tend to foster

constructive personality change. Finally, he is one of a growing number of psychotherapists to incorporate Buddhist teachings (particularly the use of mindfulness meditation) into his clinical practice with what appears to be encouraging results. His book is eminently readable and even when I disagreed with some of Dr. Wallin's ideas, they were always thought-provoking, and in the service of a more enlightened and effective psychotherapy.

David Wallin has performed a great service for psychotherapists in his book. With insight and academic excellence he has filled in many of the blanks about how attachment theory applies in psychotherapy and how it can be applied within the therapeutic session. He explains the types of attachment clearly while giving directions on how to work with each type in therapy. His examples from his own work with clients gives the reader concrete understanding of the applications and implications of this work. In particular, Dr. Wallin clearly describes the interrelations and interconnectedness of therapist and client. He explains how this relationship can be the core of effective therapy as well as how to access the conscious and unconscious cues and understandings which make one a more effective helper. This is the story of how the therapist can deepen and use his or her sensitive understandings in a compassionate and effective manner for the client. I highly recommend this book for any therapist who wishes to be more effective in assisting clients to become personally empowered. The client learns how to create more internal, emotional space in order to use thoughts and feelings to create an effective and compassionate life.

Attachment in Psychotherapy is not just a book for psychotherapists--it is a wonderful book for patients as well. While it is clear that therapists would find this book of enormous value in their work, it is of importance for patients who want a better understanding of their own therapy. Dr. Wallin's review of the history of attachment theory is clear and provides a foundation for more recent work in this field. How we were parented (despite the best efforts of some loving parents) and how the effects of that early experience formed our adult styles of interaction lend important insights for understanding our struggles to feel good and function well in our lives. The concepts of thinking about your thoughts and being as aware of yourself as possible at any given moment are useful guides for patient and therapist. The case presentations were interesting and illustrative with one limitation that I have found in many similar books--the patients often have histories that are so extreme that they are difficult to identify with. That said, they were valuable in increasing my sense of and comfort with a therapeutic relationship. This is not an "easy" read, but a very worthwhile one. with understanding comes wisdom.

This is an extraordinary book, both in terms of its content and the form in which that content is delivered. It is the most readable, clear, and accessible account I know of concerning the relationship between childhood development and the psychological development in adulthood that therapy aims to encourage. In making bridges between the original attachment relationships in childhood and the new attachment in psychotherapy, the Dr. Wallin brings in studies of neuroscience, trauma, and mindfulness. In so doing he clarifies how therapy actually works. I believe this is a book of enormous value for therapists, and those working in psychodynamic fields such as counsellors and staff development specialists. Wallin discusses his work with patients in a self-revealing and thoughtful way that gives a sense of the complexity and challenge of the work of a therapist. Highly recommended.

David Wallin's book is a tour de force in integrative theory. Wallin is a master at weaving together attachment theory, intersubjective psychotherapy, and mindfulness into a coherent whole that makes the reader wonder why it hasn't been done before. Attachment theory is such a potent tool for understanding individuals and relationships, including the therapeutic relationship. Wallin presents these and other ideas in a clear and compelling way. It will be easily accessible to students and new therapists. Seasoned clinicians will find it deep and sophisticated. As a psychologist, I found Wallin's discussion of the integration of mindfulness into the therapeutic frame, especially useful and thought provoking. Also clinically helpful, were his discussions of transference and counter-transference that are informed from an attachment perspective. Thanks for this wonderful work!

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