Relationship Science Online

Therapeutic Approaches: Back to Bowlby

Back to Bowlby…

- **Bowlby (1988) discussed five therapeutic tasks that contribute to the revision of insecure working models and the achievement of positive therapeutic outcomes:**

  1. provide clients with a safe haven and secure base from which they can begin to explore painful memories and emotions

     - *Provision of a secure base by a sensitive and responsive therapist allows clients to devote attention and energy to exploration, take the risks involved in reflecting on painful experiences, and accept revisions in working models suggested by the therapist*

- **This is about distress/affect regulation** (CBCT, see Epstein & Baucom, 2003; Baucom et al., 2010; EFT, Weibe & Johnson, 2017)

Back to Bowlby…

- **Bowlby (1988) discussed five therapeutic tasks that contribute to the revision of insecure working models and the achievement of positive therapeutic outcomes (CONT…):**

  2. Explore and understand how the client currently relates to other people, based on particular goals, perceptions, expectations, and fears
     - *The therapist needs to encourage and assist the client in learning about maladaptive consequences of his or her major pattern of relating to others*
     - *These cognitive biases are largely unconscious, clients need the help of a therapist's sensitive interventions (e.g., mirroring, interpreting) if they are to become aware of previously unrecognized biases and failed relational strategies*
     - *Clients also need a therapist to provide reality-testing tools that reveal the dysfunctional nature and destructive consequences of misguided working models*

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