Therapeutic Implications & Strategies:

A Secure Base - The Essence of Limited Reparenting

1

The Therapist as a Secure Base

- Bowlby's (1998) tasks (2-5) are predicated on the first task; being a secure base…
  - Being sensitive and responsive (balancing secure base and safe have support, and being available)
- But the manner in which safe have and secure base support is provided is likely to be different depending a person's attachment style
- This is important from a Schema Therapy perspective as it can inform:
  - How limited reparenting is undertaken with people of different attachment styles
    - *Different attachment styles are likely to demonstrate some points of difference regarding the schema coping modes that present in the therapy room*



2

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A Recap of Limited Re-parenting

Has two aspects:

- Meeting those core emotional needs of care, nurturance, direction and guidance along with
- Empathic confrontation and limit setting

Being a good parent (a stronger & wiser other)



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