

Attachment Theory

Background

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Why Attachment Theory?

- Attachment theory is a foundational theoretical framework that underpins various aspects of the Schema Therapy Model. These aspects include (but are not limited to):
 - Core emotional needs
 - The role of early life experiences with caregivers in shaping schemas
 - Coping responses
- Schema Therapy is of value for those who experience characterological problems:
 - Attachment insecurity is a characterological problem
- A common and pervasive issue for clients in schema therapy is difficulties in developing and maintaining close relationships.
- Yet, extensive integration does not exist.
- AIM (for today): Understand the basic concepts and learn ways to integrate an attachment-informed approach into data collection that can extend on tools used for Schema Therapy conceptualisation

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Development of Attachment Theory

- Attachment is a theory of emotional bonding
- Developed by John Bowlby:
 - British Clinician working at the Tavistock Clinic
 - Prior.: Volunteer at a school for maladjusted children



[Bowlby's] experience with two children at the school set his professional life on course. One was a very isolated, remote, affectionless teenager who had been expelled from his previous school for theft and had had no stable mother figure. The second child was an anxious boy of 7 or 8 who trailed Bowlby around and who was known as his shadow (Ainsworth, 1974). Persuaded by this experience of the effects of early family relationships on personality development, Bowlby decided to embark on a career as a child psychiatrist. (p. 759)

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