

# **Attachment and Psychoanalysis: Developing the Capacity for Secure Relating in Adults**

**Instructors: Heather Craige, MSW, and Katherine Broadway, MDiv, LCMHC**

**Spring 2021  
Syllabus and Bibliography (Provisional)**

## **Class 1 Historical Overview**

Wallin, D. J. (2007). *Attachment in psychotherapy* (pp. 1-190). Guilford Press.

Bretherton, I. (1992). The origins of attachment theory: John Bowlby and Mary Ainsworth. *Developmental Psychology*, 28, 759-755.

Optional: Karen, R. (1990, February). Becoming attached. *Atlantic monthly*, 35–70.

## **Class 2 Attachment Research Methods**

Slade, A. (2008). The implications of attachment theory and research for adult psychotherapy. In Cassidy and Shaver (Eds.). *Handbook of attachment: Theory, research and clinical application* (pp. 739-758). Guilford Press, NY.

One-page case write-up of a “difficult to engage” patient. (Form will be emailed to you. Please bring write-up with no identifying information to Class 3.)

## **Class 3 The Dismissing Patient**

Wallin, D. J. (2007). Constructing the developmental crucible. *Attachment in psychotherapy*. (pp. 193-223). Guilford Press.

Schore, J. & Schore, A. (2008). Modern attachment theory: The central role of affect regulation in development and treatment. *Clinical Social Work Journal*, 36, 9-20.

## **Class 4 The Preoccupied Patient**

Wallin, D. J. (2007). The preoccupied patient: Making room for a mind of one’s own. *Attachment in psychotherapy* (pp. 224-241). Guilford Press.

Siegel, D. J. (2011). Prisoners of the past: Memory trauma and recovery. *Mindsight: The new science of personal transformation* (pp.145-165). Bantam Books.

Optional: Fonagy, P. & Target, M. (2008). Attachment, trauma, and psychoanalysis: Where psychoanalysis meets neuroscience. In Jurist, Slade & Bergner (Eds.). *Mind to mind: Infant research* (pp. 15-49). Other Press.

### **Class 5 The Unresolved Patient**

Wallin, D. J. (2007). The unresolved patient: Healing the wounds of trauma and loss. *Attachment in psychotherapy* (pp. 242-256). Guilford Press.

Siegel, D. J. (2011). Time and tides: Confronting uncertainty and mortality. *Mindsight: The new science of personal transformation* (pp. 232-254). Bantam Books.

### **Class 6 The Non-verbal Realm and the Neurobiology of Attachment**

Wallin, D. J. (2007). The non-verbal realm I: Working with the evoked and enacted. *Attachment in psychotherapy* (pp. 259-308). Guilford Press.

Optional:

Applegate, J. and Shapiro, J. (2005). Attachment, the relational base of affect regulation. (pp. 58-81). W.W. Norton & Co.

Applegate, J. and Shapiro, J. (2005). Vulnerable dyads: The quality of early caregiving relationships. *Neurobiology for clinical social work: Theory and practice* (pp. 82-118). W.W. Norton & Co.

Applegate, J. and Shapiro, J. (2005). Neurobiology applied: Affect dysregulation and its treatment. *Neurobiology for clinical social work: Theory and practice* (pp. 141-159). W.W. Norton & Co.

Revise original one-page case write-up by reformulating case from attachment perspective.  
Please bring write-up with no identifying information to Class 6 or 7.  
Case presentations (10 minutes each) to class (optional)

### **Class 7 Mentalizing and Mindfulness**

Wallin, D. J. (2007). Mentalizing and mindfulness: The double helix of psychological liberation. *Attachment in psychotherapy* (pp. 307-338). Guilford Press.

Allen, J. G. (2003). Mentalizing. *Bulletin of the Menninger Clinic*, 67(2), 34-57.

Case presentations (10 minutes each) to class (optional)

### **Class 8 Case Reformulations and Evaluation**

Chused, J.F. (2000). Discussion: A Clinician's view of attachment theory. *Journal of American Psychoanalytic Association*, 48, 1175-1187.

Case presentations (10 minutes each) to class (optional).  
Evaluation by PECC representative.

## **Bibliography**

George, C. Kaplan, N., & Main, M. (1985). The Adult Attachment Interview Protocol. [http://www.psychology.sunysb.edu/attachment/measures/content/aai\\_interview.pdf](http://www.psychology.sunysb.edu/attachment/measures/content/aai_interview.pdf)

Allen, J. G. (2003). Mentalizing. *Bulletin of the Menninger Clinic*, 67(2), 34-57.

Applegate, J. and Shapiro, J. (2005). Attachment, the relational base of affect Regulation. *Neurobiology for clinical social work: Theory and practice* (pp. 58-81). W.W. Norton & Co.

Applegate, J. and Shapiro, J. (2005). Vulnerable dyads: The quality of early caregiving relationships. *Neurobiology for clinical social work: Theory and practice* (pp. 82-118). New W.W. Norton & Co.

Applegate, J. and Shapiro, J. (2005). Neurobiology applied: Affect dysregulation and its treatment. *Neurobiology for clinical social work: Theory and practice* (pp. 141-159). W.W. Norton & Co.

Bowlby, J. A (1988). *A secure base: Parent-child attachment and healthy human development*. Basic Books.

Bretherton, I. (1992). The origins of attachment theory: John Bowlby and Mary Ainsworth. *Developmental Psychology*, 28, 759-755.

Chused, J.F. (2000). Discussion: A Clinician's view of attachment theory. *Journal of American Psychoanalytic Association*, 48, 1175-1187.

Daniel, S. (2006). Adult attachment patterns and individual psychotherapy: A review. *Clinical Psychology Review*, 26, 968-984.

Dozier, M. et al (1999). Attachment and psychopathology in adulthood. In Cassidy and Shaver (Eds.). *Handbook of attachment: Theory, research and clinical application* (pp. 464 – 483). Guilford Press, NY.

Fonagy, P. et al (2008). Psychoanalytic constructs and attachment theory and research. In Cassidy and Shaver (Eds.). *Handbook of attachment: Theory, research and clinical application* (pp. 780-804). Guilford Press.

Fonagy, P. & Target, M. (2008). Attachment, trauma, and psychoanalysis: Where psychoanalysis meets neuroscience. In Jurist, Slade & Bergner (Eds.). *Mind to mind: Infant research* (pp. 15-49). Other Press.

Hesse, E. (2008). The adult attachment interview: Protocol, method of analysis and empirical studies. In Cassidy and Shaver (Eds.). *Handbook of attachment: Theory, research and clinical application* (pp. 553-597). Guilford Press, NY.

Brassard, A, and Johnson, S. (2008). Couple and family therapy. In Cassidy and Shaver (Eds.). *Handbook of attachment: Theory, research and clinical application* (pp. 805-826). Guilford Press.

Karen, R. (1990, February). Becoming attached. *Atlantic monthly*, 35–70.

Karen, R. (1998). *First relationships and how they shape our capacity to love*. Oxford University Press.

Lyons-Ruth, K. (1998). Implicit relational knowing: Its role in development and psychoanalytic treatment. *Infant Mental Health Journal*, 19(3), 282-289.

Lyons-Ruth, K & Jacobvitz, D. (2008). Attachment disorganization. In Cassidy and Shaver (Eds.). *Handbook of attachment: Theory, research and clinical application* (pp. 667-695). New Guilford Press, NY.

Lyons-Ruth, K. (1991). Rapprochement or approchement: Mahler's theory reconsidered from the Vantage point of recent research on early attachment relationships. *Psychoanalytic Psychology*, 8, 1-23.

Luyten, P. et al (2011). Developmental Research. In G. O. Gabbard, B. E. Litowitz, & P. Williams, (Eds.). *Textbook of psychoanalysis, Second Edition* (pp. 423-444). American Psychiatric Publishing.

Main, M. (1993). Discourse, prediction, and recent studies in attachment: Implications for psychoanalysis. *Journal American Psychoanalytic Association*, 41(S), 209-244.

Main, M. (2000). The organized categories of infant, child, and adult attachment: Flexible vs. inflexible attention under attachment-related stress. *Journal American Psychoanalytic Association*, 48, 1055-1095.

Main, M. (no year). Avoiding Common Errors in Conducting the Adult Attachment Interview. Retrieved from [http://www.psychology.sunysb.edu/attachment/measures/content/aai\\_interviewing.pdf](http://www.psychology.sunysb.edu/attachment/measures/content/aai_interviewing.pdf)

Mikulincer, M and Shaver, P. (2008). Adult attachment and emotion regulation. In Cassidy and Shaver (Eds.). *Handbook of attachment: Theory, research and clinical application* (pp. 507-533). Guilford Press, NY.

Nelson, J.K. & Bennett, C.S. (2008). Introduction: Special issue on Attachment. *Clinical Social Work Journal*, 36, 3–7.

Nelson, J.K. (2005). Protest, despair, detachment: A classification of crying. *Seeing through tears: Crying and attachment* (29-41). Brunner-Routledge.

Nelson, J.K. (2005). Crying at the source: The first 12 months. *Seeing through tears: Crying and attachment* (43-60). Brunner-Routledge.

Nelson, J.K. (2005). Crying in the clinical hour. In *Seeing through tears: Crying and attachment* (pp. 151-171). Brunner-Routledge.

Rothbaum F. et al, (2000). Attachment & culture: Security in the United States and Japan. *American Psychologist*, 55(10), 1091-1104.

Schore, J. & Schore, A. (2008). Modern attachment theory: The central role of affect regulation in development and treatment. *Clinical Social Work Journal*, 36, 9-20.

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Slade, A. (2008). The implications of attachment theory and research for adult psychotherapy. In Cassidy and Shaver (Eds.). *Handbook of attachment: Theory, research and clinical application* (pp. 759-779). Guilford Press.

Slade, A. (2000). The development and organization of attachment: Implications for psychoanalysis. *Journal American Psychoanalytic Association*, 48, 1147-1174.

Seligman, S. & Harrison, A.M. (2011). Infant research and adult psychotherapy. In G. O. Gabbard, B. E. Litowitz, & P. Williams (Eds.). *Textbook of Psychoanalysis, Second Edition* (pp. 239-254). American Psychiatric Publishing.

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Tronick, E. (2007). Interactive mismatch and repair: Challenges to the coping infant. *The neurobehavioral and social-emotional development of infants and children* (pp. 155-163). New W.W. Norton.

Tronick, E. (2007). The mutual regulation model: The infant's self and interactive regulation and coping and defensive capacities. *The neurobehavioral and social-emotional development of infants and children* (pp. 177-194). W.W. Norton.

Tronick, E. (2007). Depressed mothers and infants: The failure to form dyadic states of Consciousness. *The neurobehavioral and social-emotional development of infants and children* (pp. 274-292). W.W. Norton.

Vaughn, B. & Bost, K.K. (1999). Attachment and Temperament. In Cassidy and Shaver (Eds.). *Handbook of attachment: Theory, research and clinical application* (pp. 202-222). Guilford Press.