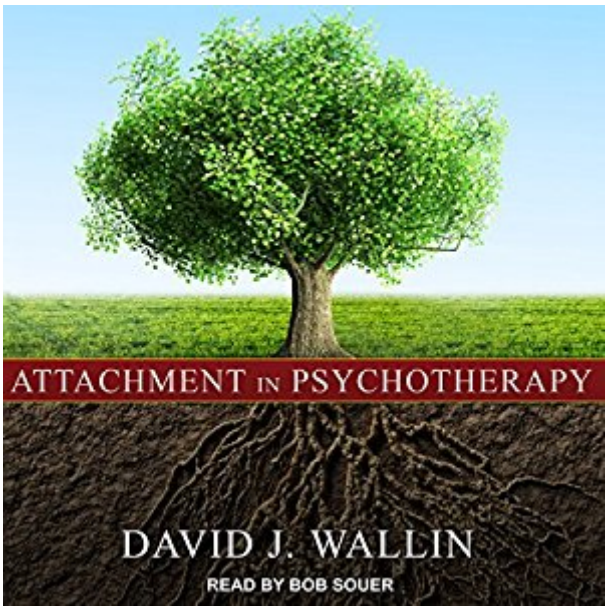
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Attachment In Psychotherapy



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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

Audible Audio Edition
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Customer Reviews

Absolutely extraordinary. A peerless examination of attachment theory, it’s intersection with intersubjectivity and relational theory, and their clinical applications. Clearly written, with highly readable explanations of theory, neurobiology, and technique, this book is a must read for therapists of any orientation.

Groundbreaking book about what it takes to be a successful counselor, able to help others while also learning about yourself. Wallin believes that communication and empathy go hand-in-hand, and that giving of one’s self is an essential part of building a therapeutic relationship with a client. Being

unafraid to show who you are as a counselor not only builds rapport with your clients, it encourages them to become better people themselves, through the example being set.

David Wallin has elegantly articulated a process that many of us in the psychotherapeutic field have practiced intuitively for many years. The contribution his book has made toward integrating psychotherapy with a mindful practice, with hands-on clinical teachings, has helped give a language and specific tools to the next stages of attachment theory and therapy.Not only is he a great storyteller in giving us the background for attachment theory and therapy, his own practice evidences the deeper places that patients are able to open up within us, should we be humble enough, if we are open and available to the continuation of our own journey. As we are willing to progress in our own non-verbal, pre-verbal set of attachment issues in the room, work our own counter-transference as completely as we ask them to do their work, so our patients have space to grow.We have known since Freud of the significance of the relationship in therapy. What Wallin does is take us to deeper places on a moment-to-moment basis. We are not the handler of the patient: we are the fellow traveler. Wallin inspires us to stay on the same road with the patient, not only in each clinical moment but in our other, less enlightened moments. It is a forever practice and not an event. Without this element of practice in psychotherapy, the inevitable challenges for all of us, would continue to erase the good work we do.An invaluable contribution to the study of Self, for which I am grateful.Valerie Johns, MA, MFTHermosa Beach, CA

I am just finishing reading Attachment in Psychotherapy for the second time. I am a meditation teacher, a senior teacher of Insight Dialogue, (a relational meditation practice), and a thirty-year clinical psychologist with a strong attachment background. All of which is to simply say that I have some background here. In my view, this book is awesome. I love it. David is clear, comprehensive, wise and kind. The book is extremely helpful both conceptually and clinically. Thanks so much for giving us this beautiful resource!

Even though I am not a therapist, I found David Wallin’s book to be incredibly helpful and informative. Wallin writes in such a clear and accessible manner that, even as a layman, I did not find the book difficult to read. As a "client", his detailed explanations and thoughts regarding mentalizing and inclusiveness are two topics that I found particularly enlightening because it gave me an idea of what I need to accomplish in therapy. The book helped me to feel less ashamed of my feelings of attachment to my therapist. Attachment in Psychotherapy also has practical

applications as I've integrated some of the ideas into my relationship with my own kids with much success and attempt to incorporate mindfulness into my every day life. .

This is a highly readable, fascinating book explaining and exploring attachment theory, a stunning psychological insight based on extensive and sound research that has a real impact on all our lives. Wallin illuminates the wealth of research in the area so lucidly, but the biggest reason I value this book is his ability to link attachment theory to clinical practice. In particular, his advocacy of mindfulness and body awareness has positively influenced my practice and my own life, greatly to the good.I recently earned a Masters in Counselling Psychology and although this book was mentioned, it wasn't a required text - I have already written to my university to remedy that! I can't recommend this book highly enough.

This is one of the better books I have read on the conceptual foundations of psychotherapy. Attachment theorists from Bowlby to Fonagy are discussed and their contributions clearly linked to understanding the functional deficits and suffering encountered in the clinic. I found the clinical vignettes and descriptions of counter-transfer heavier going although interesting. The quality of the writing is exceptional; the book was a pleasure to read.

This was not an easy read, but absolutely worth every bit of effort-- and then some! What an incredibly valuable collection of the most important insights into what makes for effective therapeutic relationships! It would seem that I shall be referring to it again and again. Most especially important is the author's treatment of the phenomena of "mindfulness". My hope is that readers will especially pay serious attention to their own need to journey on this most difficult and narrow of paths.

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