

Treating Attachment Disorders, Second Edition

From Theory to Therapy

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Foreword by **Lotte Köhler, PhD**, Afterword by **Inge Bretherton, PhD**

DESCRIPTION

Organized around extended case illustrations—and grounded in cutting-edge theory and research—this highly regarded book shows how an attachment perspective can inform psychotherapeutic practice with patients of all ages. Karl Heinz Brisch explores the links between early experiences of separation, loss, and trauma and a range of psychological, behavioral, and psychosomatic problems. He demonstrates the basic techniques of attachment-based assessment and intervention, emphasizing the healing power of the therapeutic relationship. With a primary focus on treating infants and young children and their caregivers, the book discusses applications of attachment-based psychotherapy over the entire life course.

New to This Edition

- *Incorporates advances in research on neurobiology, genetics, and psychotraumatology.
- *Expanded with a section on inpatient treatment for traumatized children, including in-depth cases.
- *Describes two promising prevention programs for expectant couples, families, and young children.
- *The latest knowledge on disorganized attachment, attachment disorders, and assessments.

KEY POINTS

- > Steady seller, now thoroughly updated: features a new section on inpatient treatment and new research.
- > Attachment psychotherapy continues to be a hot topic.
- > Appeals to both clinicians and developmental specialists.
- > Skillful balance of theoretical and clinical material.

AUDIENCE

Psychotherapists working with children, adults, and families, including clinical psychologists, psychiatrists, and clinical social workers; developmental psychologists.

COURSE USE

Serves as a text in graduate-level courses.

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Foreword, *Lotte Köhler*

Introduction

I. Attachment Theory and Its Basic Concepts

II. Attachment Disorders

III. Attachment-Based Psychotherapy

IV. Treatment Cases from Clinical Practice

V. Treatment of Early Childhood Developmental Disorders in an Inpatient Intensive Psychotherapy Unit: A New Model of Treatment

VI. Prospects for Further Application

Afterword, *Inge Bretherton*

Appendix: Brief Précis of the Adult Attachment Interview Protocol

ABOUT THE AUTHOR

Karl Heinz Brisch, MD, is a child and adolescent psychiatrist and psychotherapist, as well as an adult psychiatrist and neurologist and a specialist in psychosomatic medicine; a training psychoanalyst at the Psychoanalytic Institute in Stuttgart, Germany; and head of the Department of Pediatric Psychosomatic Medicine and Psychotherapy at the Dr. von Hauner Children's Hospital at the Ludwig-Maximilians-University of Munich, Germany. Dr. Brisch's primary research is on the development of infants and children with high-risk conditions and the development of attachment and its disorders. He has led longitudinal research projects on attachment disturbances and early psychotherapeutic interventions. He is a member of the World Association of Infant Mental Health and of the Society for Research in Child Development.

CRITICAL ACCLAIM

"The author presents a clear summary of the basic tenets of attachment theory and its theoretical and empirical development....It is then possible for the reader to engage in the author's case illustrations of how knowledge of attachment dynamics can usefully influence a diverse range of psychotherapeutic work."

—*Bulletin of the Menninger Clinic*

"I would recommend this book to anyone who is interested in the application of attachment theory for any client group. There is something for everyone here and much to provoke thought and further discussion."

—*Clinical Child Psychology and Psychiatry*

"A useful, unpretentious, and eminently readable book. The theory, research, and case material addressed in it are crucial to consider for those interested in reflective, honest, and *effective* clinical practice."

—*Psychologist-Psychoanalyst Newsletter*

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