

"In this highly readable book, free of technical jargon, the author presents a clear summary of the basic tenets of attachment theory and its theoretical and empirical development, as well as an understandable discussion about how attachment theory differs and is similar to other therapeutic schools of thought....It is then possible for the reader to engage in the authors's case illustrations of how knowledge of attachment dynamics can usefully influence a diverse range of psychotherapeutic work....This book is essential for any professionals involved in the early development of infants and children....This is definitely a must-read for all who want to prevent difficulties in the social, familial, medical, and personal realms."

**-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**

"For those unfamiliar with attachment theory, Brisch provides brief but clear summaries of its core aspects. His detailed, up-to-date descriptions of research on the theory and its applications are written in a style that is rich and human rather than dry and technical....This is a very well-structured book, the sequencing of material is well thought out and effective, and the book is written in a style and language that makes the content comfortable to read and accessible....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**

"This book couldn't be more timely. After three decades of developmental research establishing the importance of attachment processes in emotional regulation and stress responsiveness, therapists of many orientations are pondering how to apply these findings in the treatment of psychiatric disorders. Previous books relating attachment theory to clinical concerns have been heavily theoretically and research-based, with little for the practicing clinician to grab hold of and use. In contrast, Brisch squarely takes on the challenge of articulating for the practicing clinician how attachment concepts can inform clinical process, as 'lived' in the immediacy of the clinical hour. Using a dazzling array of case material from infancy to adulthood, he illustrates the breadth of application of attachment concepts in clinical work and draws out the subtle recentering of clinical stance that can result from an attachment perspective. By bringing attachment concepts into the center of the therapeutic encounter, Brisch's volume opens a rich clinical-theoretical dialogue with both object relations theory and cognitive-behavioral approaches. This clinical debate will surely occupy and enrich all of us for the rest of the decade."

**-Karlen Lyons-Ruth, PhD, Department of Psychiatry, Harvard Medical School**

"In this much-needed book, the first of its kind, Brisch brings attachment theory into the consulting room. Through many moving case vignettes, he shows us how he uses countertransference to understand and treat each patient in unique and sensitive ways. In his discussion of childhood and adolescent pathology, Brisch makes clear his conviction that children need both a secure base and the opportunity to explore the world outside the immediate attachment figures. His discussion of an amazing variety of cases illuminates how the dynamics of family interaction have to be understood and treated to relieve children of often crippling symptoms. The way Brisch works with children and families is truly remarkable: he is never intrusive or coercive, but intervenes in sensitive, compelling, and effective ways. Practitioners and trainees in child psychotherapy and parent-infant psychotherapy programs should find this book especially invaluable."

**-Anni Bergman, PhD, Postdoctoral Program in Psychotherapy and Psychoanalysis, New York University; Program for the Study and Treatment of Parents, Infants and Toddlers, New York Freudian Society**