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frequently
overlooked, yet
crucial element in
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comprehensively
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have sought to make this volume accessible to anyone interested in using the positive aspects of interpersonal relationships to maximum advantage in the practice of healthcare.

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book both explains and illustrates how the practice of child mental health professionals can be enhanced, whatever their treatment approach, to encourage engagement,

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Toronto in

October 1993,

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first time to

explore the

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to help. Yet there remains a large gap between theory and practice in this area. This book reviews what is known about attachment and translates it into practical guidelines for therapeutic

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LIFE EVERYBODY

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you an adopted
parent whose

little one has
been abused and
emotionally hurt
in the past, and
until this day,
you are still
trying to figure
out how to help

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him? Maybe you
are a therapist
who is looking
for extra
knowledge to
help your
clients take-
over 'AD -
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Disorder' and
enjoy that
joyful life
everyone dreams
about? Or maybe

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you are sick and
tired of AD

yourself and

want to get rid
of it once and

for all? If you
answered "Yes"

to at least one
of these

questions,

please read

on... Listen...

'AD' is not

something you'd

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**want to take
lightly,
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the person you
want to help is
not a child
anymore. And we
all know how
difficult it is
to get rid of
those obsolete
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patterns and
habits. You must**

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act fast!

Throughout this

book, I will

teach you

something called

"Attachment

Theory," but

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useful insights

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help explain how
people think, feel, and
behave in different
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different stages in the
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Johnson argues that

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the perfect

introduction to a
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explains the key
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and describes how the main attachment types play out both in childhood and later life. It identifies some of the intriguing questions being explored by research, such as: 'What part do individuals' attachment histories play in adult

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about maternal care and the secure base phenomenon had become integral to attachment theory.

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naturalistic home observations in Uganda, the Baltimore project yielded a wealth of enduring, benchmark results on the nature of the child's tie to its primary caregiver and the importance of early experience. It also addressed a

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wide range of conceptual and methodological issues common to many developmental and longitudinal projects, especially issues of age appropriate assessment, quantifying behavior, and comprehending

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individual differences. In addition, Ainsworth and her students broke new ground, clarifying and defining new concepts, demonstrating the value of the ethological methods and insights about behavior. Today, as

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we enter the fourth generation of attachment study, we have a rich and growing catalogue of behavioral and narrative approaches to measuring attachment from infancy to adulthood. Each of them has roots in the Strange Situation and the

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