



Attachment in Psychotherapy

David J. Wallin

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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.

Attachment in Psychotherapy Details

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From Reader Review Attachment in Psychotherapy for online ebook

David Wallin says

As the author of this book, I can recommend it without reservation. Seriously I'm interested in readers' comments on what I've written. And if readers have questions I'd be more than happy to try to answer them. I wrote the book with an audience of therapists in mind...but I've been told (and I concur) that the book will be of interest to non-clinicians as well. So in closing I'd say: Read! Learn! Enjoy! and be well...And keep me posted regarding your responses to Attachment in Psychotherapy.

Redfawn says

This book speaks to the process of psychotherapy and how it can heal trauma through an attachment relationship in ways nothing I have ever seen before does. It is remarkable.

Teo 2050 says

[Wallin DJ (2007) (15:25) Attachment in Psychotherapy

About the Author

Preface

Acknowledgments

01. Attachment and Change

– Transformative Relationships

– The Unthought Known

– The Stance Toward Experience: Representation, Reflection, and Mindfulness

Part I: Bowlby and Beyond

02. The Foundations of Attachment Theory

– John Bowlby: Proximity, Protection, and Separation

– Mary Ainsworth: Attachment, Communication, and the “Strange Situation”

– – Ainsworth in Uganda

– – T

Deanna says

I only give this 3-stars because much of it was just too clinical for me. Maybe I need to read the hardcopy rather than listen to the audio only. I had a difficult time grasping and practical applications of the premise and concepts introduced in this book. I'm still struggling with what exactly 'mentalizing' means. I hope to

read an - attachment theory for the layman - type book next, maybe that will help.

However my daughter recommended Attachment in Psychotherapy to me saying it was one of the most eye opening books she ever read about "how I got where I am developmentally and has helped me reframe for my [son]". Huh. Ok, anything that sheds new light or gives my children another perspective that helps them feel better about their own lives is great in my book!

Heiki Eesmaa says

Extremely useful.

AJW says

I've read well over 100 books around counselling/psychotherapy/psychology/neurobiology/emotional management. In the warm glow of finishing this book and being enormously helped by it, I'm compelled to gush and say that this is the best counselling book I've read so far. Even after I've cooled down and become more critical, it will still easily get into my top 3.

I loved the way it was written - in a warm, personal, engaging style. You feel you get to know the author, David Wallin. And I liked him. What he writes about is based on solid psychological research, but he doesn't bore you with incomprehensible academic jargon. I would recommend it as a serious and helpful introduction to Attachment Theory. He very helpfully links it with contemporary neurobiological research as popularised by Damasio (Descartes Error) & LeDoux (The Emotional Brain). But what really makes this book come alive is the case histories where he shows how he uses these psychological theories to change and improve the lives of people gripped by difficult emotional problems.

I can wholeheartedly recommend this book if you are interested in the dynamics of the therapeutic relationship between counsellor and patient.

John says

This is an outstanding collection by the main thinkers in Attachment Theory and a must reference for anyone working in the field. It is not always easy reading but a more overall coverage of the subject from start to present will be hard to find.

Stuart says

great tool for understanding attachment and it's effect on parenting, childhood, and relationships. not as verbose or detailed as Fonagy, but presents the basics of attachment theory well and in a way that is easily understood.

Keith says

very readable....if one is interested in learning more about the difficulties that inevitably occur in intimate relationships.

Jendi says

An absolute must-read for anyone in the psyc industry. How to use attachment therapy in your practice.

Rebecca says

This is the most important book I've read in graduate school, and it was not a required text. I can't recommend it enough for anyone interested in Attachment Theory, both the science around it and it's clinical applications. It sort of rocked my world!

Ash says

An exceptional synopsis of attachment theory and general approach to applying it in therapy. A must read for psychologists.

Cameron says

This book intimidated me in the beginning, small print, a ton of words per page, etc. I started reading chapters that I thought would most interest me, another error on my part. When I had time I began from the beginning and Wallin took me on an unforgettable journey. The author brings the reader up to speed on the history of attachment theory which prepares one for where he will take you. With an engaging writing style he applies attachment theory to the psychotherapy process. He doesn't try to sell the reader on any one type of therapeutic approach he masterfully helps you understand that attachment issues may be alive and well in many of the clients we work with. As I continued on this journey my positive impression of the book only increased. As I thumb back through the pages there are underlines and markings on nearly every page. From my perspective this is a must read text for those who have found or are searching for the deeper levels of understanding in the therapeutic process both for the client and therapist. Many popular therapeutic approaches attempt to simplify the process and many of us are left wanting. Wallin explores areas of therapy that can truly be healing for all involved. An appropriate level of theory and research is combined with important application making for a book satisfying to read. Highly recommended.

Lynne says

The book you need if you are trying to use attachment theory to shape how you think of being a therapist. Not the fastest, simplest or most fun read, but important, nonetheless.

Jreader says

I have been a DBT and trauma therapist for 11 years. I found Attachment in Psychotherapy to be one of the best books I have read on attachment. It tells you clinically what to do with clients and how to do it--step by step. I have read many books on attachment and went an attachment disorder conference in LA in May 2015. It didn't cover anything like this. I made notes all over the book, wrote client names and tips in a separate notebook, literally was using the book within the first week I started reading it. I took so long to read it because I treated it like a college course. I even looked up Wallin conferences to consider in 2016.

So, why only 4 stars? Because I couldn't make it 4.5. The last 15 or so pages--they just seemed too enmeshed for me. As a therapist, I felt there was just a hint of too much David and it overshadowed the client. I realize he was telling us his side as a therapist and being very vulnerable with us in admitting so much of his internal dialogue. He is in private practice. I just don't see that level of disclosure being feasible or appropriate within a state agency or federal job.

This' top notch work. I'd give it an 80% with the level of therapy speak/jargon. You can get through it pretty well. (I already admitted I've been trained in DBT--you have to simultaneously translate that in your head as you study.) The man cares about his clients and knows his stuff.

An excellent book and why aren't they teaching us this in graduate school?
