

Contents

| | |
|--|-----|
| List of illustrations | ix |
| Acknowledgements | x |
| 1 Introduction | 1 |
| Part I Origins | |
| 2 Biographical | 13 |
| 3 Maternal deprivation | 37 |
| Part II Attachment Theory | |
| 4 Attachment, anxiety, internal working models | 61 |
| 5 Loss, anger and grief | 86 |
| 6 Attachment Theory and personality development: the research evidence | 103 |
| Part III Implications | |
| 7 Bowlby and the inner world: Attachment Theory and psychoanalysis | 127 |
| 8 Attachment Theory and the practice of psychotherapy | 149 |
| 9 Attachment Theory and psychiatric disorder | 177 |
| 10 Attachment Theory and society | 200 |
| 11 Epilogue | 210 |

| | |
|--|------------|
| Glossary of terms relevant to Attachment Theory | 217 |
| Chronology of John Bowlby | 225 |
| Bibliography | 228 |
| Index | 244 |

Illustrations

FIGURES

| | |
|--|-----|
| 3.1 Developmental pathways from maternal deprivation | 52 |
| 4.1 The attachment behavioural system | 76 |
| 4.2 Patterns of insecure attachment | 80 |
| 6.1 The evolution of attachment patterns | 118 |
| 6.2 Anna and the holding environment | 121 |
| 7.1 The anxiously attached infant | 142 |

TABLES

| | |
|---|-----|
| 6.1 The continuity of secure and insecure attachment | 115 |
| 7.1 Classical, Object-Relations and Attachment Theories compared | 133 |
| 8.1 Clinical aspects of insecure-avoidant and dismissive attachment | 163 |