Attachment Theory in Clinical Practice
Winter 2014

SW790-012
SW790-013

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Office Hours: Monday 12:15- 1:15
Tuesday 12:00 - 1:30

Course Description
Understanding the implications of early relationships on adult functioning can assist in providing adult psychotherapy in ways that can assist to repair individuals’ capacity to form and maintain healthy adult relationships. Using attachment theory as the foundation, this
course will address relationship-based interventions in interpersonal practice with adults.

**Course Objectives**
Students will understand:
• The theoretical construct of attachment patterns
• The clinical correlates of adolescent and adult attachment organization
• How to use an understanding of the dynamics of attachment to inform clinical thinking and intervention

**Course Text**


Optional:

**Course Agenda and Reading Requirements**
**January 27**
Attachment Theory
Development of Attachment and Internal Working Models
Organized Attachment Patterns
• Prep for Class One
  ◦ Wallin - Chapter 2 – Foundations of Attachment Theory (pp. 11 – 24)

**February 3**
Disorganized Attachment
Adult Attachment Patterns
• Prep for Class Two
  ◦ Dozier - Attachment and Biobehavioral Catch-Up
  ◦ Mann - Disorganized Toddler in Foster Care
  ◦ Ctools - Obegi and Berant - Chapter 2 – An Overview of Adult Attachment Theory (pp. 17 – 45)

**February 10**
Adult Attachment Patterns
Emotion Regulation and Security
• Prep for Class Three
  ◦ Ctools - Schore and Schore - Attachment, Affect Regulation and Treatment
February 17
Therapist as a Safe Base
• Prep for Class Four
  ◦ Ctools - Obegi and Berant - Chapter 3 – The Therapist as Secure Base (pp. 46 – 93)

February 24
Application to Specific Clients
• Prep for Class Five
  ◦ Wallin –
    • Chapter 11 – Constructing the Developmental Crucible (pp. 193 – 210)
    • Chapter 12 – The Dismissing Patient (pp. 211 – 223)
    • Chapter 13 - The Preoccupied Patient (pp. 224 – 241)
    • Chapter 14 – The Unresolved Patient (pp. 242 – 255)
Assignment (applicable for students taking course for MSW degree, not CEUs)

Using a compilation of the readings, provide a detailed example of how you can apply what you read to your clinical work. Be specific. You should be able to write at least two pages about application of attachment theory to your work. **Finally,** end with at least a paragraph or two connecting what you learned about yourself in relation to attachment theory and the way in which you think your own relational style may impact your clinical work. Again, be specific. For example, if you assume you have a relatively autonomous state of mind regarding attachment, how do you think that will play out in your work? What benefits, specifically, may it afford you? What might be something of a limitation, if any, of having an autonomous state of mind? Due 3/10 at 11:00 p.m. through Ctools. Please upload as a Word Document - not a PDF. Thank you.