

Download Attachment And Adult Psychotherapy

How you attach to other adults strongly corresponds with how you attached to others as a child. Four distinct styles of attachment have been identified — and perhaps recognizing yourself in one of them is the first step toward strengthening your relationships. Evergreen Psychotherapy Center provides experts in attachment disorder and trauma therapy to help families, couples and individual adults. In psychology, the theory of attachment can be applied to adult relationships including friendships, emotional affairs, adult romantic or platonic relationships and in some cases relationships with inanimate objects ("transitional objects"). Attachment theory, initially studied in the 1960s and 1970s primarily in the context of children and ... Adult "attachment" in the form of a deep psychotherapy relationship can lead to significant healing, years after a failed attachment during infancy.