Attachment Theory in Clinical Practice through the Lifespan
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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 Texts

Course Requirements
Prep for Class One: (88 pages, including citations pages)
Wallin - Chapter 2 – Foundations of Attachment Theory (pp. 11 – 24)
Obegi and Berant – Chapter 2 – An Overview of Adult Attachment Theory (pp. 17 – 45)
Chapter 3 – The Therapist as Secure Base (pp. 46 – 93)

Prep for Class Two: (94 pages, including citations pages)
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)
Obegi and Berant - Chapter 10 - An Attachment Approach to Adult Psychotherapy (pp. 234 - 268)