

Understanding Adult Attachment in Family Relationships

Research, Assessment and Intervention

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Antonia Bifulco and **Geraldine Thomas**

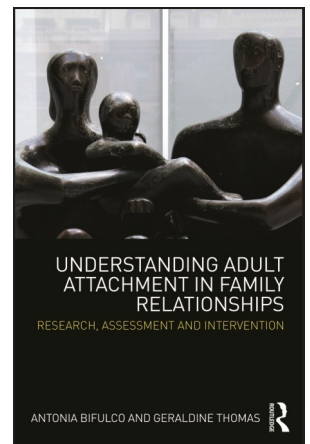
Attachment theory has become a key focus of both research and practice in understanding and treating psychological and social risk for marital and relationship problems, parenting and clinical disorders. In particular, adult attachment style is a key explanatory factor for understanding problems in human relationships.

This practical book introduces and explains an easily accessible assessment tool for adult attachment style, the Attachment Style Interview (ASI). Based on extensive research study, it discusses appropriate interventions and case assessments that can be made to help families in need. Simpler than the Adult Attachment Interview, which requires expert administration, the ASI is an invaluable and evidence-based resource. Presenting clear and concise descriptions of the measure and summaries of the attachment models developed, this text provides discussions of its relevance for different practice contexts, and uses a range of worked case studies to illustrate its principles and applications. It details attachment issues in different relationship domains to cover areas of risk and resilience relevant for practice such as:

- Adult depression and anxiety and stress models
- Partner difficulties including domestic violence
- Childhood neglect and abuse as a source of attachment problems
- Parenting and intergenerational transmission of risk
- Interventions, service application and use in family therapy.

Antonia Bifulco is Professor of Lifespan Psychology and Social Science, Director of Lifespan Research Group, Centre for Abuse and Trauma Studies at Kingston University, London, UK.

Geraldine Thomas is a specialist therapeutic service provider and consultant working in partnership with Early Help Services for Children, Young People and Families and Looked After Children in Kensington and Chelsea, London, UK.



The use of extensive descriptions, and summaries of the authors' research provides an excellent introduction, and the book is highly commended to researchers and practitioners who need to 'Understand Attachments in Adult Relationships.'

Arnon Bentovim, Child and Adolescent Psychiatrist, Visiting Professor Royal Holloway, University of London, UK

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