

Name- Goehler

### Reading Guide #6 for 2<sup>nd</sup> Third of Semester

#### Interpersonal communication: theories of helping (Psychodynamic/ Attachment Theory)

\*\*\*THIS IS DUE THE SAME DAY AS RG #5\*\*\*

In preparation for the class discussions, please complete the following before class.

Look over the table of contents and chapter 1 in the Daniel A. Hughes book.

1. What is this book about? Keys to building your best relationships .  
A guide to better understand both yourself and the people around you.
2. What will you be learning about in chapter 1? Why Attachment Matters . What makes a relationship healthy .

Read Chapter 1 (p. 1-2)

1. What are the names of the two individuals who developed attachment theory? Jh. Bowlby and Mary Ainsworth
2. What does attachment theory tell us about the influence of infant relationships on people's future relationships? How we are perceived by our attachment figures greatly influences our self perception . Because of our attachment history , we tend to approach relationships with patterns of thought, emotion and behavior that are relatively consistent over time and between relationships . The realities of our attachment patterns permeate the way we relate , as well as the nature of our relationships.

Read Chapter 1 (p. 3-6)

1. What types of needs do infants have? Safety & Security . For an infant, attachment is necessary for survival . Infants need their parents.
2. What do parents need to do so that infants will feel safe and secure? Interacting with them , Being there in times of distress . As infants experience their parents' keeping them safe again and again in situations involving all manner of threats , they begin to feel increasingly secure within their relationships with their parents.
3. Using the word exploration, explain how toddlers behave when they are securely attached to their parents. When toddlers feel safe and securely attached , it enables them to focus their abundant energies on exploring the world of their parents' experience . They are fascinated by what their parents are fascinated by . Reality is contagious that way . Contagion of aberrations work the same way .

Read Chapter 1 (p. 6-10)

1. Define the inner working model Your blueprint for relationships is developed both by an infants attachment to their parents and how they engage with others - and serves as a guide to patterns of relating to others . The four classifications of attachment are distinguished by specific approaches to relationships . These approaches serve as a mental, emotional and behavioral template for developing & maintaining important relationships .

2. Childhood attachment patterns persist into adulthood. Define each of the following types of attachment
- Adult autonomous (from childhood secure) Able to maintain a balance between self-reliance and reliance on people with whom you are attached. Able to maintain autonomy while successfully maintaining continuous relationships with friends/partner.
  - Adult dismissive (from childhood avoidant) Diminishes the importance of attachment relationships while focusing on protecting independence. Deemphasizes emotions while stressing reasoning abilities in making life choices.
  - Adult preoccupied (from childhood ambivalent) Overemphasizes the importance of relationships while deemphasizing the importance of independence. Deemphasizes reasoning while stressing the importance of emotions in making life choices and managing stress.
  - Adult unresolved (from childhood disorganized) A subset of any of the preceding patterns - Association with past relationships causing adverse effect on functioning in a current relationship.
3. Describe the characteristics of healthy relationships as defined by attachment theory a fruitful balance between connection and autonomy, intimacy and independence.

Read Chapter 1 (p. 10-19)

- Briefly summarize scenario 1. What do you learn about attachment theory in this scenario? The baby related to her parents less and less as stress created distance in the relationship and the child developed an ambivalent attachment pattern, much like the child's mother had as a child - and the father's avoidant nature as a child developing into a dismissive attachment in adulthood, diminishes the importance of nurturing a relationship toward the baby's healthy relationship development. The baby grew up to preoccupied pattern tended to have unsatisfying relationships.
- Briefly summarize scenario 2. What do you learn about attachment theory in this scenario? Intentional effort to break the family tradition of dysfunction successfully achieved more autonomy, and purposeful interaction with the child developed a healthy relationship between connection and autonomy.
- Briefly summarize scenario 3. What do you learn about attachment theory in this scenario? The outside influence of healthy relationships can have an impact upon unresolved attachment dysfunction issues. "Melanie was learning a new pattern of attachment relationships with Jane and her family."

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4. How can we change our attachment blueprints, also called our internal working models.

Intentionally aware of healthy relationship, evolve! Attaining satisfaction in healthy relationships is much more likely to occur when you also attain satisfaction and joy in solitary and self-initiated activities. Become aware of your relationship patterns and intentionally determine to interact toward a healthy relationship!

Read pages 19-21. As you read, try to identify your attachment style. Then, answer the questions that correspond to your attachment style on p. 20 & 21. Answer the following questions

1. \*\*\*What do you believe your attachment style is? Dismissive / Unresolved

2. \*\*\*Give reasons why you think this is your attachment style. Independence above relationships

Prefer rational approach to life decisions, invalidating value of emotions.

3. \*\*\*What might you do to alter aspects of your attachment style? Intentionally permit more intimate connection applying the Autonomous Attachment patterns.

Directions: After reading the above article, answer the following:

1. According to Bowlby's attachment theory, when is change needed? When Unhealthy - Insecure attachment types need resolution to restore healthy relationships.

2. According to Bowlby's attachment theory, how does change occur? Understanding and resolution of past attachment patterns

3. According to Bowlby's attachment theory, what does the therapist or helper do to facilitate client change? Serve as a secure base to ward exploring new ways of relating to self and others

## 4. \*\*\*Connecting to previous learning.

- a. What role does the experiential learning cycle play in changing styles of attachment? Learning from inspecting past relationships permits a sort of catharsis - bringing unhealthy attachment disorders to the surface (Reflection) in order to develop understanding toward resolution (making sense of / performing differently).
- b. How is neuroplasticity connected to attachment theory? Neurons that fire together, wire together. Neurogenesis involves learning new ways of thinking. Once the client understands the chain-links of dysfunctional attachment issues are inherited from early development, they can determine to apply effort to re-wire the habitual neurons by exercising healthy attachment patterns in relationships. Wow! Who knew? By changing your thoughts, one can change their world.
- c. How is attachment theory similar to and different from
- Person-centered theory They both provide a Talking Cure forum to inspect their Thoughts, Beliefs, Emotions, and Behavior - as a means of catharsis, whereas Attachment Theory aims to discover unhealthy relationships from early life influencing relationship patterns, intent upon re-wiring.
  - Cognitive behavioral theory They both seek to CHANGE conscious thoughts and observable behaviors by making patients more aware of, CBT focuses more on Beliefs whereas Attachment theory focuses more on recognizing, healthy/unhealthy patterns of attachment issues in relationships.
  - Psychoanalytic/psychodynamic theory They both seek to CHANGE thoughts and behaviors, through the "talking cure" - helping the client understand how relationships in early life continue to effect people as adults, whereas attachment theory focuses more on resolving those unresolved attachment issues.

Do not leave this blank. If you understand everything you read, you should still have questions you are wondering about as it relates to the reading. What 1-2 questions do you have for clarification or extension of the reading you completed in this reading guide? If you do not have any questions, feel free to make comments about your thoughts or opinions regarding the reading and how it applies to your life.

I dropped out of school in the 7<sup>th</sup> grade to start my career in the Criminal Justice System, so I don't know if this information is available to high schoolers to understand before they begin raising their own progeny. It would seem the logical prerequisite though, don't you think? Learning a Science about Relationships - Attachment Theories at 55 yrs is rather discouraging ... looking back in my wake of disrupted lives. I'm so sorry everybody - truly I am! Quarantining my quarrelsome ness, sacrificing the one - for the many, was necessary — I regret to say. I'm sorry.