**NECESITAMOS
UNA BASE SEGURA**

- We don't <u>need</u> a secure base.

- **Appearance is not always reality; apparent security can be compulsive.**

- Danger organizes our behavior strategically.

- **Patterns of attachment are self-protective strategies.**

- **The effects of exposure to danger can lead to irrational self-protection.**

- The effects of exposure to danger can be experienced vicariously and without awareness.

- **The non-B strategies can make life safer, more comfortable.**

- Discrepancy is the source of new information.

A New Look

- **See what was always there, but from a new perspective;**

- **Draw new conclusions about**
  – Clients
  – Self

- **Take the time to understand: No cookbook of diagnoses & cures**

Attachment theory is a theory about protection from danger.

Patterns of attachment are strategies for identifying danger and protecting oneself from danger.
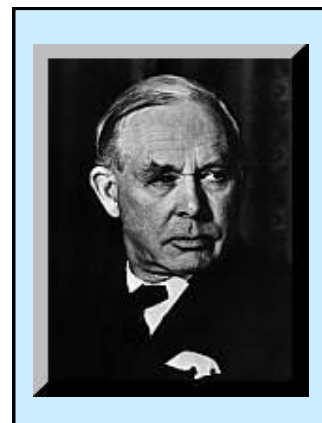
Central Motivations to Behave

1. **Protection of self and progeny (Bowlby)**
   Threat: Danger

2. **Reproduction (Freud)**
   Threat: Isolation

Attachment is:

1. **Pattern of attachment**
   (relationship)

2. **Pattern of processing information**
   (transformations of information)

3. **Strategy for identifying and responding to danger**
   (mental & behavioral strategies)

Transformations

Sensory stimulation
⇓
Patterns of neurological activation
⇓
Representation
⇓
Disposition to behave

Sensory Stimulation

⇓	⇓
Temporal order	Intensity of stimulation
⇓	⇓
Cognition	**Affect**

Two Types of Prediction

| **Cognition** | **Affect** |
| Learning of prior temporal contingencies | Unfocused, context-elicited arousal, i.e., anxiety |

Integration

Mental integration of cognitive and affective information to yield more accurately predictive information

Patterns of Attachment

- **Type A**
  Avoidant/Defended/Compulsive: Cognition-biased

- **Type C**
  Ambivalent/Coercive/Obsessive: Affect-biased

- **Type B**
  Balanced/Secure/Integrated: Unbiased

Dynamic-Maturational Model

- Logical structure based on information processing
- Types A & C are theoretical & functional opposites
- Strategies are in dynamic interaction with maturation
- Strategies are in dynamic interaction with context
- Diagnostic model based on function of behavior

Cognition

- Temporally ordered information (WHEN)
- Operant conditioning
- Single-trial learning
- Inhibition (punishing outcome)
- Compulsion (negative reinforcement)
- True & erroneous prediction

Affect

- Intensity of contextual stimulation (WHERE)
- Associative Conditioning
- Diffuse anxiety (intense high or low contextual stimulation)
  1. Desire for comfort
  2. Anger
  3. Fear
- Self-maintaining feedback loops
- Comfort (moderate stimulation)
- True or erroneous prediction

Pleasant · Depressing · Anxiety inducing · Irritating
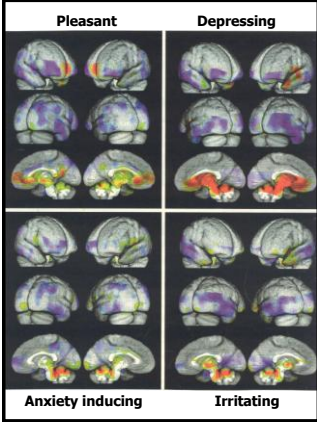
Integration

- **Duel inputs:**
  Cognitive & affective transformations

- **Compare, contrast**

- **Correct error**

- **Construct best representation of when & where there might be danger**

- **Organize best predicted behavioral response**

- **The danger of integration**

How much of the DMM is true?

- **The elements are almost all empirically derived.**

- **Their arrangement into patterns (both strategies and longitudinal pathways) is theoretical.**

- **The functional meanings attributed to the behavior are theoretical.**

- **The crucial issues are whether the DMM:**
  - **The DMM can adapt to new research**
  - **DMM ideas lead to more effective interventions.**

Raising Parents
Attachment, parenting and child safety

WILLAN PUBLISHING   Patricia McKinsey Crittenden