



## **Adult Attachment and Couple Psychotherapy: The 'Secure Base' in Practice and Research**

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## Adult Attachment and Couple Psychotherapy: The 'Secure Base' in Practice and Research

Attachment theory has triggered an explosion of research into family relationships, and has provided a conceptual basis for the work of practitioners. *Adult Attachment and Couple Psychotherapy* brings research and practice perspectives to bear on the adult couple relationship, and provides a framework for assessing and working with secure and insecure partnerships.

Divided into three parts, the book:

- \* looks at what is meant by secure and insecure attachment in the couple
- \* describes how theory and research have been applied to practice, and how practice has added to the understanding of the complex problems that couples bring to therapy
- \* examines the significance of training and the organisation of work for effective practice with couples.

Using vivid illustrations from clinical and community work, *Adult Attachment and Couple Psychotherapy* offers stimulating reading for all those involved in this field who wish to re-assess their models of practice.

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