

## Adulthood

### Adulthood Tasks

1. Integrate multiple relationships.
2. Integrate conflicting values.
3. Integrate values and behavior.
4. Act on incomplete and ambiguous information.
5. Use full set of behavioral strategies flexibly.

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### Neuroplasticity & resilience

- Neurology is not fixed.
- Newly maturing areas are the most plastic.
- The cortex matures into the mid-30s.
- Flexibility lies most in slow cortical processes.
- Reflective integration is both slowest & also most flexible.

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### Reflective Integration

- Prefrontal cortex: dissociative processes
  - Information is held discretely (compare/contrast)
  - Extraneous information is inhibited
  - Focuses the mind
- Posterior cortex: associative processes
  - Interactive connectivity
  - Increase range of eliciting cues and meanings
  - Find unexpected associations and meanings

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### Integrative Processes

- Working memory (preconscious)
- Reflection (conscious)
- Reflective integration (conscious)

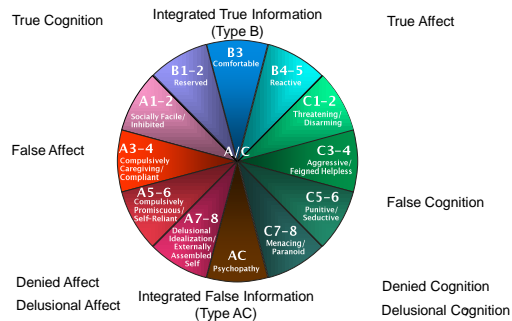
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### Reflective Functioning & Reorganization

**The past is immutable,  
but its meaning is rewritten  
every time it is recalled.**

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### A Dynamic-Maturational Model of Patterns of Attachment in Adulthood



## Culture

- The means by which adults pass to children the accumulated knowledge of the invariant aspects of the local danger and the best ways to protect oneself.
- Context-defined balance of risk and opportunity that is heavily weighted toward past experience.

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## Type A Strategy

**Do the right thing –  
from the perspective of other people.**

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## What is dangerous?

- **Doing what you want.**
- **Showing your true feelings.**
- **Taking your own perspective.**

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## What is safe?

- **Not doing the wrong thing.**
- **Doing the right thing, from the perspective of powerful people.**
- **Attending to powerful people.**

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## Type C Strategy

**Be true to your feelings –  
And don't listen to others' arguments.**

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## What is dangerous?

- Not attending to relationships.
- Letting important people not attend to you.
- Believing that others will do as they say.

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## What is dangerous? (con't)

- Compromising, i.e., taking the perspective of others.
- Delaying gratification.
- Feeling comfortable, i.e., exploration and reflection.

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## What is safe?

- Use of split, exaggerated, & alternated affect.
- Insistence upon your own perspective, without negotiation, compromise, or delay.
- Deceptive attacks.

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## Type A vs. Type C

- |                            |                          |
|----------------------------|--------------------------|
| • Cognitively organized    | • Affectively organized  |
| • Others' perspective      | • Self perspective       |
| • Dismiss self             | • Dismiss others         |
| • Preoccupied with other   | • Preoccupied with self  |
| • Exaggerate prediction    | • Omit/dismiss cognition |
| • Omit/dismiss neg. affect | • Exaggerate neg. affect |
| • Minimize problems        | • Emphasize problems     |
| • Distance the past        | • Retain the past        |

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## Array of Attachment Relationships

1. Infancy:  
Parents: Non-symmetrical & non-reciprocal
2. Preschool:  
Parents: Disputes about symmetry & non-reciprocal
3. School years:  
Parents: Less non-symmetrical & non-reciprocal  
Best friend: Symmetrical & non-reciprocal

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## Array of Attachment Relationships, con't

4. Adolescence:  
Parents: Disputed symmetry & less non-reciprocal  
Romantic partner: Symmetrical & becoming reciprocal
5. Adulthood:  
Spouse: Symmetrical & reciprocal  
Children: Non-symmetrical & non-reciprocal  
Parents: Symmetrical & reciprocal -> Role-reversing  
Grandparent: Attachment figure to grandchild

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## Safety in Sexual Relationships

1. Man → Woman:
  - a. Promote safety of spouse & children
  - or
  - b. Dominate and terrorize.

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## Safety in Sexual Relationships, con't

2. Woman → Man:
  - a. Promote the man's reproductive opportunity
  - or
  - b. Cuckold him.

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## Resolving Disagreements



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## Adaptation

1. Not Type B.
2. Not developmental history.
3. Not a state.

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Adaptation is a **PROCESS**  
 in which not fully accurate DRMs  
 are constantly reorganized  
 into less inaccurate DRMs  
 that permit flexible and adaptive use  
 of all the behavioral strategies  
 without distorting the mental processing  
 of information.

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## Adaptive Adults

1. Protect themselves;
2. Select reliable and loving reproductive partners;
3. Protect partner and progeny;

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**4. Foster development of their children:**

- a. When & where there might be danger;
- b. How best to respond to danger and risk of danger;
- c. How to reflect productively on experience to generate new information;

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**Balanced Mental Processes**

1. Use the whole range of simple to complex processing loops;
2. Differentiate and use all the transformations of information;
3. Recognize and use all strategies in contextually appropriate ways.

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**Mature (Earned) B**

- Mind is freed from development context
- Mind recognizes both safety and danger
- Mind regulates behavior

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