

- We don't need 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.**

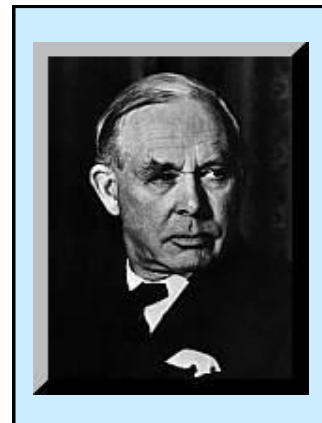
- **The effects of exposure to danger can lead to irrational self-protection.**
- The effects of exposure to danger can be experienced vicariously and without awareness.
- **The non-B strategies can make life safer, more comfortable.**
- Discrepancy is the source of new information.

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 | |

Integration

- **Dual 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.

