

Mario Mikulincer

Attachment-Related Processes in Counselling and Psychotherapy

Over the past decade there has been an explosion of interest in clinical applications of attachment theory. In this seminar, I will describe John Bowlby's model of therapeutic change, the therapeutic relationship, and the therapist's role in emotional healing. I will then focus on three key propositions in Bowlby's model. First, a client's sense of security during therapy is crucial for facilitating therapeutic work. Second, a therapist's own sense of security contributes to positive therapeutic outcomes. Third, attachment insecurities can be effectively reduced in therapy, and movement toward greater attachment security is central to achieving favorable therapeutic outcomes. Overall, I will emphasize the importance of establishing what Bowlby called a safe haven and a secure base within a therapeutic relationship as a core resource for facilitating therapeutic change.