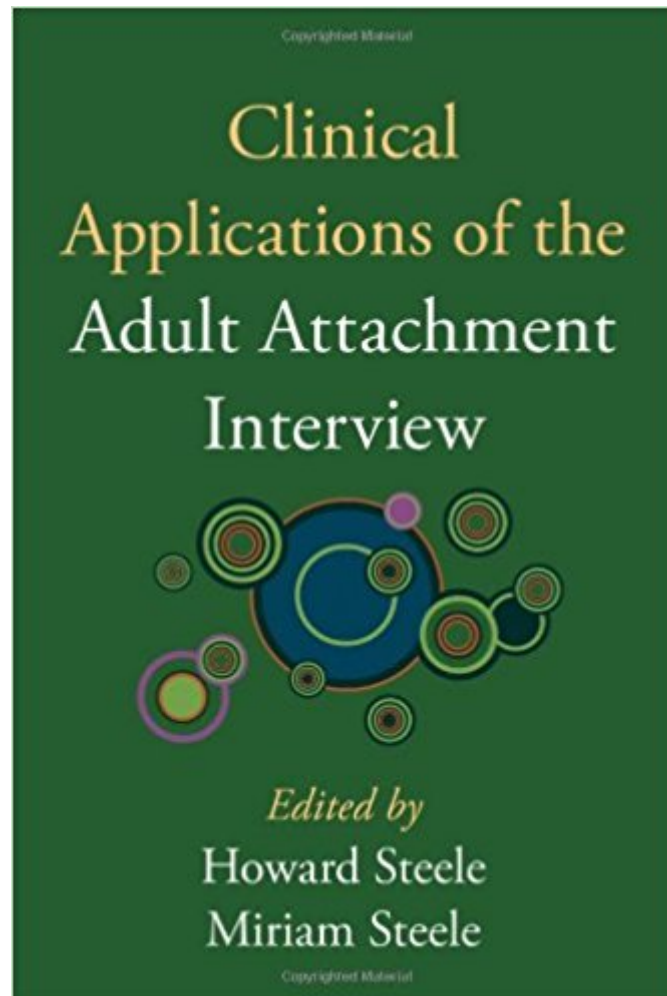




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# Clinical Applications Of The Adult Attachment Interview



## Synopsis

The Adult Attachment Interview (AAI) is both a mainstay of attachment research and a powerful clinical tool. This unique book provides a thorough introduction to the AAI and its use as an adjunct to a range of therapeutic approaches, including cognitive-behavioral therapy, psychoanalytic psychotherapy, parent-infant psychotherapy, home visiting programs, and supportive work in the context of foster care and adoption. Leading authorities provide detailed descriptions of clinical procedures and techniques, illustrated with vivid case material. Grounded in research, the volume highlights how using the AAI can enhance assessment and diagnosis, strengthen the therapeutic alliance, and facilitate goal setting, treatment planning, and progress monitoring.

## Book Information

Hardcover: 501 pages

Publisher: The Guilford Press; 1 edition (March 3, 2008)

Language: English

ISBN-10: 1593856962

ISBN-13: 978-1593856960

Product Dimensions: 6.4 x 1.2 x 9.3 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 3 customer reviews

Best Sellers Rank: #202,543 in Books (See Top 100 in Books) #163 in [Books > Parenting & Relationships > Adoption](#) #179 in [Books > Medical Books > Psychology > Developmental Psychology](#) #191 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Developmental Psychology](#)

## Customer Reviews

"Steele and Steele have brought together a really valuable set of data and ideas concerning the Adult Attachment Interview (AAI), one of the more intriguing and powerful clinical and research tools available in psychology. The book stands out as a serious and ambitious attempt to translate the AAI--and attachment theory more broadly--to multiple clinical contexts. Chapters are written by leading clinicians and scientists, and each is focused and thoughtful, showing, for example, how the AAI informs case conceptualization in individual treatment. This volume deserves to be widely read. It is highly accessible for those just beginning to apply attachment theory to research and practice, but there is also enough that is new to please experienced fans of the AAI."--Thomas G. O'Connor, PhD, Department of Psychiatry, University of Rochester Medical Center "Exceptionally coherent and

immensely helpful, this book comprehensively reviews how the Adult Attachment Interview (AAI) can be used to guide clinical work in a range of high-priority contexts. This remarkable instrument, which has more than proved itself in the developmental laboratory, also turns out to be a marvelous and versatile tool in the hands of the creative clinician. An essential book for all those who work with children and adults."--Peter Fonagy, PhD, FBA, Sub-Department of Clinical Health Psychology, University College London, United Kingdom "This impressive volume reports novel theoretical insights and clinical practices inspired by the Adult Attachment Interview (AAI). The authors use groundbreaking empirical studies, illustrated with fascinating and emotionally moving case examples, to show how AAI-related interventions help troubled, disadvantaged parents and children. The book illustrates beautifully how science and society benefit from a coherent integration of profound theory, clinical creativity, and ambitious but careful research. It is highly relevant to researchers, clinicians, and child welfare policymakers, as well as advanced students in psychology, psychiatry, social work, social policy, and related fields."--Phillip R. Shaver, PhD, Distinguished Professor of Psychology, University of California, Davis "This book provides a thorough introduction to the instrument, its coding, and classification system. But its main contribution is the way in which it brings together leading experts in the field to present research findings and case material to show how the AAI can systematically be used in assessment and diagnosis, to design and tailor interventions, to facilitate goal setting and treatment planning, to inform and strengthen the therapeutic alliance, and to monitor therapeutic progress....[A] timely, well-presented, and valuable book, every chapter of which provides illuminating insights and evidence of the range and depth of the AAI's multiple uses. It should be of considerable interest to clinicians and practitioners from all disciplines, as well as to researchers, and students." (British Journal of Psychiatry 2008-03-05)"Because the AAI is such a pervasive technique for conducting attachment research and understanding attachment relationships, this detailed volume is worthwhile for any practitioner interested in applying the theory of attachment." (EABP Newsletter 2010-09-26)

Howard Steele, PhD, is Associate Professor and Director of Graduate Studies in Psychology at the New School for Social Research, where he is Codirector (with Miriam Steele) of the Center for Attachment Research. He is senior and founding editor of the journal *Attachment and Human Development* and is the author of more than 60 journal articles and book chapters on the impact of attachment, loss, trauma, and emotion understanding across the lifespan and across generations. Â Miriam Steele, PhD, is Associate Professor and Assistant Director of the Doctoral Program in Clinical Psychology at the New School for Social Research, where she is Codirector

(with Howard Steele) of the Center for Attachment Research. Dr. Steele trained as a psychoanalyst at the Anna Freud Centre. She initiated the London Parent-Child Project, a major longitudinal study of intergenerational patterns of attachment, and has also carried out longitudinal attachment research in the context of child maltreatment and adoption, about which she publishes and lectures widely.

This is a fabulous book if you have been trained in the adult attachment interview. It gives a great overview and provides extra understanding to the interview. It also provides some clinical evidence for its use which is pretty scarce.

Excellent coverage of the subject

I bought this book after hearing one of the editor's speak at a recent child welfare conference. Increasingly, we are recognizing that the attachment history of the parents greatly influences the mood, temperament, behavior, and attachment patterns of the child. Thus, there really are intergenerational patterns to attachment. While some of this is common sense, it can be difficult for people to wrap their minds around. As an example, I work primarily with foster and adopted children and their families; many of my adult clients can't understand how a child who was only with a birth parent for a brief period of time can be so affected with respect to their attachment patterns. This is why I found the chapter in this book on foster parents to be useful and interesting. Most of the contributors to this volume are researchers. The book is therefore not a 'how-to' for clinicians. But it builds upon what we know about attachment patterns and it is a useful text. If you have read 'Parenting from the Inside Out' by Siegel & Hartzell, the concepts they discussed will be familiar to you. Whereas they failed to instruct the reader how to put the AAI into practice, however, these authors do, but again, not in a cookbook manner. So, my advice for clinicians is to read this book for the theory (and a little about practice), as well as Hughes' work, which focuses more on the 'how-to' and 'why' of the work.

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