

## Endorsed by:

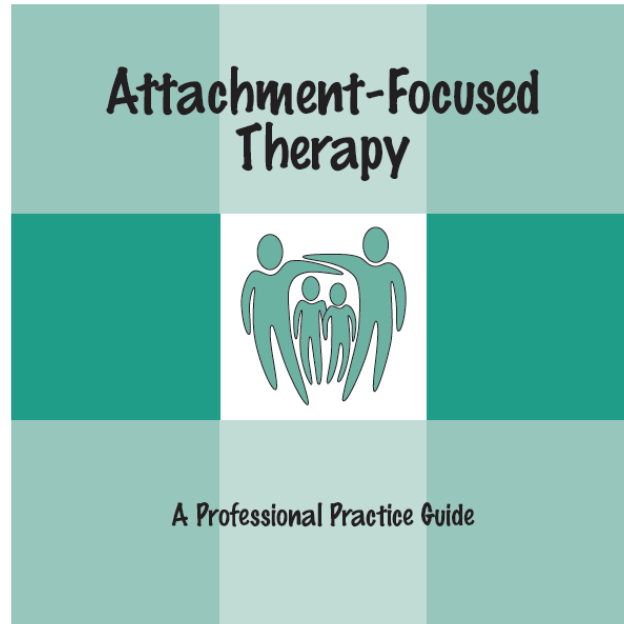
Dan Hughes, PhD  
Gregory Keck, PhD  
Phyllis Booth, LCPC, MA, RPT-S  
Deborah Gray, MSW, MPA  
Terry Levy, PhD &  
Michael Orlans, MA

“If you are an attachment-focused therapist or considering becoming one, this is a must-read.”  
**Gregory C. Keck, PhD**

### Order your copy online

\$50 plus shipping and handling.

[Click here](#)



For Bulk Orders  
Contact  
ATTACH  
at  
1-866-453-8224

Attachment-focused therapy is based on improving the relationship between the child and the caregiver so that the caregiver can be a resource to the child. This guide is designed to articulate current principles and rationales for attachment-focused interventions based on current research and theory. In so doing, ATTACH hopes to continue to promote important criteria for well-reasoned treatment interventions with this challenging population of psychologically wounded and behaviorally disordered children and youth. As such, this guide may be informative to attachment-focused therapists, other clinicians working with children for whom attachment issues are part of the foci of treatment, insurance companies attempting to evaluate whether treatment plans include important components of care, professional licensing boards attempting to evaluate whether emerging standards for care exist and caregivers, to educate teachers, therapists and other professionals working with their children.

# Endorsements

This “most recent work of ATTACH is a truly remarkable publication that will be a great resource for all therapists who work with individuals manifesting attachment and trauma problems... This work does not encourage one treatment model, but rather presents an integrated way of understanding the unique child and his or her family, along with providing a very informative guide for clinicians to develop a best practice model. Much credit should go to Kelly, Popper, the other committee members, along with ATTACH for demonstrating how a truly professional manual can be written that will prove to be of great value to both general and specialized treatment providers in this most complex and challenging area of practice. Most importantly, children lacking attachment security-while carrying the effects of severe traumas-along with their very challenged caregivers, are certain to benefit when their therapists become familiar with this guide. Well done!”

**Dan Hughes, PhD**  
Founder/Director, Quittie Glen  
Center for Mental Health

“This welcome book presents a comprehensive, clear, and compassionate set of guidelines that are solidly grounded in attachment theory and the latest research into the neurological effects of attachment disorders and complex trauma. The emphasis is on creating attunement, co-regulation, sensitive understanding and positive affect within the parent-child relationship in order to meet the child’s needs both for trauma resolution and developmental remediation. This is an essential resource for anyone who is committed to helping children thrive.”

**Phyllis Booth, LCPC, MA, RPT-S**  
Clinical Director, Theraplay® Institute

“*Attachment-Focused Therapy: A Professional Practice Guide* is a comprehensive document which not only looks at attachment-focused therapy in depth, but also at ATTACH and how it has operationalized its theoretical and philosophical perspectives. This is truly a guide for all individuals practicing attachment-focused therapy... The most current issues in the attachment arena are presented with clarity and theoretical accuracy, and the referenced works, alone, make it a worthwhile investment. If you are an attachment-focused therapist or considering becoming one, this is a must-read.”

**Gregory C. Keck, PhD**  
Founder/Director, Attachment and  
Bonding Center of Ohio

“This guide is an outstanding resource for all clinicians who deal with attachment issues. It gives a thorough overview of the history of attachment therapy as well as a comprehensive overview of recommended standards of practice. This guide is full of useful information. Thoughtful and clearly written, a must read for all attachment therapists.”

**Terry M. Levy, PhD & Michael Orlans, MA**  
Co-Directors, Evergreen Psychotherapy Center Attachment Treatment &  
Training Institute

“This book has successfully taken on a formidable project: presenting a theoretically updated view of attachment-focused therapy. Citing current research, the authors have given a gift to the clinicians. They have answered questions that range from, “What do we call it?” to, “What does effective therapy include?” and finally, “How do I set up my practice so that I do not burn out or get sued?” This book is meaty, informative, and up-to-date. Thanks for making this information available in a easily accessible manner.”

**Deborah Gray, MSW, MPA**, author of *Nurturing Adoptions: Creating Resilience after Trauma and Neglect*

---

# Contents

---

<i>Introduction</i> .....	17
Attachment Therapy Today .....	17
Evolving Best Practice Standards .....	20
Revision of the <i>Professional Practice Guide</i> in an Era of Evidence-Based Practice .....	24
Summary .....	30
<i>Chapter 1: Issues with Terminology and Diagnosis</i> .....	33
Terminology Related to Diagnostic Issues .....	33
Differential Diagnosis .....	37
PTSD and Issues Related to Situational Trauma Exposure .....	39
Complex or Developmental Trauma Disorder .....	39

Symptoms Related to Neglect and Institutional Deprivation .....	42
Bipolar Disorder and Difficulties with Affect Regulation .....	43
Fetal Exposure to Alcohol and Other Substances .....	43
Issues with Terminology Regarding Therapy .....	44
<i>Chapter 2: Purpose and Scope of the Guide .....</i>	<i>47</i>
Intended Audiences .....	47
Use of Guide by Clinicians .....	48
Use by Parents, Caregivers and Others .....	48
Limitations of the Guide .....	49
<i>Chapter 3: Overview of Attachment Theory and Attachment Therapy: Synopsis of Key Components .....</i>	<i>51</i>
<i>Background .....</i>	<i>51</i>
Bowlby and the Origins of the Theory .....	51
Attachment Styles .....	52
Frequency Distribution of Attachment Styles .....	54
Impact of Attachment Disruptions .....	55
Effects of the Caregivers' Attachment Style .....	56
Attachment Styles vs. Disorders .....	57
Overview of the Developmental Risks of Insecure Attachment .....	57

<i>Core Principles Related to Attachment-Focused Therapy</i> .....	58
Synchrony/Attunement/Reciprocal Interactions as Foundation of Expectations .....	58
Interactive Repair .....	59
Regulation as Critical Outcome of Development .....	61
Internal Working Models and Core Beliefs .....	63
Inter-subjectivity .....	65
Theory of Mind and Reflective Functioning .....	66
Coherent Narrative .....	69
Safety .....	70
<i>Limitations of the Theory</i> .....	71
 <i>Chapter 4: Core Concepts of Trauma and Trauma-Focused Therapy</i> .....	 73
Introduction to Trauma Theory .....	73
Core Concepts of Trauma .....	73
Child Trauma vs. Adult Trauma .....	76
PTSD vs. Complex or Developmental Trauma .....	77
Relational Trauma .....	78
Fear and Attachment Security .....	78
Core Concepts for Interventions .....	79
Provision of “Disparity” .....	79
Focus of Treatment .....	79
Exposure vs. Consolidation .....	80

---

*Contents*

---

	Therapeutic Window/Window of Tolerance .....	81
	Arousal Modulation, Affect Tolerance and Regulation .....	83
	Resistance .....	84
	Goal Sequence or Phase Approach .....	86
	Development of a Coherent Narrative from the Trauma Perspective .....	86
<i>Chapter 5:</i>	<i>Core Assumptions of Attachment-Focused Therapy .....</i>	<i>91</i>
	Basic Assumptions .....	91
	Safety Principles .....	97
<i>Chapter 6:</i>	<i>Overview of Attachment-Focused Therapy ....</i>	<i>101</i>
	Introduction .....	101
	Core Concepts .....	101
	Goals and Objectives of Treatment .....	111
	Process of Therapy .....	113
<i>Chapter 7:</i>	<i>Training, Supervision, and Scope of Competency .....</i>	<i>125</i>
	Need for Specialized Training and Preparation .....	125
	Supervision .....	126
	Competency .....	129
	Registered Clinician Process .....	130
<i>Chapter 8:</i>	<i>Referral and Intake .....</i>	<i>133</i>

---

	Screening Process .....	133
	Authority to Consent for Treatment .....	134
<i>Chapter 9:</i>	<i>Assessment of Children With</i>	
	<i>Attachment Issues</i> .....	
137		
	Introduction .....	137
	Overview of the Process .....	139
	Looking Beyond Symptoms .....	140
	When a Child with Attachment Problems is Still in the Family of Origin .....	141
	Diagnostic Considerations .....	142
	Assessment of the Caregiver(s) .....	145
	Assessment of the Child .....	150
	Assessment of the Family .....	154
	Standardized Instruments .....	155
	Projective Measures .....	160
	Standardized or Semi-Structured Interview Assessment Tools .....	160
<i>Chapter 10:</i>	<i>Treatment Planning Process</i> .....	
163		
	Overview .....	163
	Anticipated Outcomes of Therapy .....	164

---

*Contents*

---

Monitoring and Evaluating Progress .....	167
Safety Planning .....	168
Inclusion of Family's Support Network .....	168
Supports to Sustain Progress .....	169
Psychiatric Consultation and Evaluation for Medication .....	169
Regression and Relapse Prevention .....	170
Rationale for an Integrated Treatment Approach .....	170
Evidence Based Approaches .....	175
Out-of-Home Placements .....	175
 <i>Chapter 11: Special Considerations Regarding Behavior Management .....</i>	 <i>177</i>
Philosophy and Background.....	177
Protection and Limit Setting .....	179
General Considerations .....	181
Collaboration with Schools and Others .....	184
Restrictive Behavior Management Techniques and Safety .....	184
Contraindicated Behavior Management Techniques that are <i>NOT</i> Approved by ATTACH .....	185
 <i>Chapter 12: Special Ethical Considerations in Attachment -Focused Therapy .....</i>	 <i>189</i>

General Purpose .....	189
Competence .....	190
Informed Consent .....	191
Assessment of Clients and Professional Opinions .....	196
Privacy and Confidentiality .....	197
Conflicts of Interest and Dual/Multiple Relationships .....	198
Physical Contact with Clients .....	198
Documentation of Service and Access to Records .....	199
Referrals .....	199
Termination of Services .....	199
Advertising, Endorsements, and Public Statements .....	200
Impaired Professionals .....	201
<i>Chapter 13: Vicarious Trauma and the Clinician's Responsibility for Self Care .....</i>	<i>203</i>
General Requirements of the Work .....	203
Occupational Hazards of Trauma and Attachment-Focused Work .....	204
Signs and Symptoms of Distress .....	205
Implications for Clinician's Competency and Duty .....	205
Self Assessment of Counter- Transference Reactions .....	206

---

*Contents*

---

Supervision and Consultation .....	206
Other Supports to Maintaining Balance .....	207
<i>References</i> .....	211
<i>Glossary</i> .....	227
<i>Appendix A: ATTACH’s White Paper on Coercion in Treatment</i> .....	235
<i>Appendix B: Test Publishers</i> .....	251
<i>Appendix C: Out-of Home Placements</i> .....	255