

# Contents

1	Attachment and Change	1
	<b>Part I. BOWLBY AND BEYOND</b>	9
2	The Foundations of Attachment Theory	11
3	Mary Main: Mental Representations, Metacognition, and the Adult Attachment Interview	25
4	Fonagy and Forward	43
	<b>Part II. ATTACHMENT RELATIONSHIPS AND THE DEVELOPMENT OF THE SELF</b>	59
5	The Multiple Dimensions of the Self	61
6	The Varieties of Attachment Experience	84
7	How Attachment Relationships Shape the Self	99
	<b>Part III. FROM ATTACHMENT THEORY TO CLINICAL PRACTICE</b>	113
8	Nonverbal Experience and the "Unthought Known": Accessing the Emotional Core of the Self	115

<b>9</b>	The Stance of the Self toward Experience: Embeddedness, Mentalizing, and Mindfulness	133
<b>10</b>	Deepening the Clinical Dimension of Attachment Theory: Intersubjectivity and the Relational Perspective	167
	<b>Part IV. ATTACHMENT PATTERNS IN PSYCHOTHERAPY</b>	191
<b>11</b>	Constructing the Developmental Crucible	193
<b>12</b>	The Dismissing Patient: From Isolation to Intimacy	211
<b>13</b>	The Preoccupied Patient: Making Room for a Mind of One's Own	224
<b>14</b>	The Unresolved Patient: Healing the Wounds of Trauma and Loss	242
	<b>Part V. SHARPENING THE CLINICAL FOCUS</b>	257
<b>15</b>	The Nonverbal Realm I: Working with the Evoked and the Enacted	259
<b>16</b>	The Nonverbal Realm II: Working with the Body	292
<b>17</b>	Mentalizing and Mindfulness: The Double Helix of Psychological Liberation	307
	References	339
	Index	355