

Attachment

Attachment Theory -

Psychological model that attempts to describe the dynamics of long-term interpersonal relationships between humans

Four distinguishing characteristics of attachment:

1. **Proximity Maintenance** - the desire to be near the people we are attached to
2. **Safe Haven** - returning to the caregiver for comfort in the face of a fear or threat
3. **Secure Base** - the caregiver base of security from which the child can explore the surrounding environment
4. **Separation Distress** - anxiety that occurs in the absence of the caregiver



- Frequent visual checking in with caregiver
- Settled by caregiver's attempts to soothe (regulation)



- Internal high arousal
- Anxiety often masked by anger and attempt to control
- Externally looks independent and typically developing



- Unable to be soothed by caregiver
- Experiences anxiety
- Passively overwhelmed or angrily preoccupied



- Show a lack of clear attachment behavior
- Increased vulnerability for stress
- Challenges with controlling negative emotions
- Powerful predictor of serious psychopathology