



## **Attachment Theory in Adult Mental Health: A guide to clinical practice**



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In the fifty years since its inception, John Bowlby's attachment theory has been powerfully influential on developmental psychology and, more recently, mental health. Bringing together the experience of a diverse range of mental health practitioners and researchers who routinely use attachment theory in their own work, *Attachment Theory in Adult Mental Health* provides a guide to using attachment theory in everyday practice.

Adam N. Danquah and **Katherine Berry** present a wide-ranging and practical approach to the topic which includes studies on clinical practice, the provision of mental health services and accommodating intercultural perspectives. **Section One** covers the basics of attachment theory and practice. **Section Two** presents clinical problems and presentations including, among others, the treatment of depression, anxiety disorders, psychosis, personality disorder and eating disorders. **Section Three** addresses the needs of specific populations, discussing the influence of sociocultural factors like gender, ethnicity and age. Finally, **Section Four** examines the organisation and the practitioner, including using the theory to organise services and how individual therapists can integrate their own attachment histories into their approach.

Including the most up-to-date theories and practice in the field, *Attachment Theory in Adult Mental Health* is ideal for psychologists and psychological therapists, counsellors, psychiatrists, occupational therapists, social workers and mental health service managers and commissioners.



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