Saturday 5 December 2026
APT: Birmingham Teaching
History of Attachment & Contemporary Developments in Attachment Theory
Rachel Dunkley Jones

When we met in February, we talked quite a lot about the early history of attachment theory, so to some extent our day together next month will be a continuation of that conversation. I'd encourage you to come with responses and questions which may have been generated about the theme of attachment in the interim.

Some of the papers I put as suggested reading appear here again, as you may not have looked at them last time. All the papers below can be found on PEP except the Main et al, which I've sent as a PDF in case anyone does want to have a look at it.

Can you all please read the following (which I think I suggested before also):

**Fonagy, P. & Chloe Campbell (2015) 'Bad Blood Revisited: Attachment and Psychoanalysis', British Journal of Psychotherapy 31 (2): 229-250.

This is long but a much-cited paper, so read it if you have time / are so inclined:

Main, Mary Nancy Kaplan and Jude Cassidy (1985) 'Security in Infancy, Childhood, and Adulthood: A Move to the Level of Representation', Monographs of the Society for Research in Child Development, 1985, Vol. 50, No.1/2, Growing Points of Attachment Theory and Research pp. 66-104 [PDF attached to my email]

Could you also each select one of other starred readings below and prepare a summary of the key themes to present to the rest of the group, in around 10 minutes each. Please agree between yourselves who is doing which one. (If anyone wants to present on Main et al above instead of one of these, please do.)

*Bowlby, John, (1980), 'The Trauma of Loss', International Psycho-Analytical Library, 109:7-22

*Lyons-Ruth, K. (2006). 'The interface between attachment and intersubjectivity: Perspective from the longitudinal study of disorganized attachment'. Psychoanalytic Inquiry, 26, 595–616.

*The Boston Change Process Study Group (CPSG) (2002) 'Explicating the Implicit: The Local Level and The Microprocess of Change in the Analytic Situation' International Journal of Psychoanalysis 83(5):1051-1062.

*Knox, Jean (2016) 'Epistemic Mistrust: A Crucial Aspect of Mentalization in People with a History of Abuse?' British Journal of Psychotherapy 32(2):226-236

Should you feel inclined, you can also take a look at:

Bowlby, RIchard (2017) 'Growing up with Attachment Theory—A Personal View' PDPSY 45(4):431-439

Chambers, Joanna (2017). '*The Neurobiology of Attachment: From Infancy to Clinical Outcomes',* Psychodynamic Psychiatry, 45(4): 542-563

Ginsburg, Sybil A. (2012) 'The Boston Change Process Study Group: Reflections on a clinical theory.' Psychoanalytic Quarterly 81(3):751-771

Holmes, J. (2015) "Attachment Theory in Clinical Practice: A Personal Account" British Journal of Psychotherapy 31(2):208-228

Holmes, J. (2017). Attachment, Psychoanalysis, and the Search for a 21st-Century Psychotherapy Practice. *Psychoanalytic Inquiry*, (37)(5):309-318

Knox, J. (1999) The relevance of attachment theory to a contemporary Jungian view of the internal world: Internal working models, implicit memory and internal objects*. Journal of Analytical Psychology* 44:511-530

Knox, J. (2009) The Analytic Relationship: Integrating Jungian, Attachment Theory and Developmental Perspectives *British Journal of Psychotherapy* 25 (1): 5-23

Schore, J.R. and Schore, A (2007) Modern Attachment Theory: The Central Role of Affect Regulation in Development and Treatment. *Journal of Clinical Social Work*. Available free online:
http://www.trieft.org/wp-content/uploads/2015/01/Modern_Attachment_Theory_Schore.pdf