



孤道心理

# Attachment in Childhood 儿童的依恋

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# Outline

## 大纲



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# The Value of Attachment Theory



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## 依恋理论的价值

Attachment focuses on aspects of relationships that serve to **regulate emotional distress**, which is central to the conduct of psychotherapy across diagnoses.

依恋关注的是能够**调节情绪痛苦**的关系，这对于跨诊断进行**心理治疗至关重要**。

Attachment theory prioritizes **interpersonal regulation** over **self-regulation** of emotional distress.

依恋理论优先考虑**情绪困扰的人际调节**而不是**自我调节**。

John Bowlby and Mary Ainsworth pioneered research in attachment theory that now spans a half century, providing a **robust empirical foundation** for the growth-promoting and healing aspects of close relationships, as well as problematic patterns of relationships, including the psychotherapy relationship.

约翰·鲍尔比和玛丽·安斯沃思开创了依恋理论的研究，这项研究现已跨越半个世纪，为亲密关系的成长促进和疗愈维度，以及包括心理治疗关系在内的有问题的关系模式提供了**强有力的实证基础**。

# Evolving understanding of functions of attachment 不断发展的对依恋功能的理解



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## *Protection from predators (mammals)*

### *保护免受捕食者的威胁(哺乳动物)*

Bowlby's starting point in his evolutionary theory  
鲍尔比以进化论作为起点

## *Feeling of security and emotion regulation*

### *安全的感觉和情绪调节*

Bowlby's additional focus on the safe haven of attachment; later theorists give priority to feeling of security (relief from emotional distress).

鲍尔比的另一个重点是依恋是安全避风港;后来的理论家们认为安全感更首要(减轻情绪痛苦)。

## *Training ground for development of mentalizing and social cognition*

### *发展心智化和社会认知的训练场*

Fonagy's view of evolutionary function: attachment relationships are the foundation for the development of social cognition, facilitated by mentalizing, contingent on attachment security, and undermined by attachment trauma.

福纳吉对进化功能的看法:依恋关系是社会认知发展的基础,被心智化促进、仰赖依恋中的安全,并会被依恋创伤所破坏。



# Coan's Social Baseline Theory of Emotion Regulation

## 科恩关于情绪调节的社会基线理论

Social baseline: *social relatedness and its psychological correlates constitute the normal, baseline ecology of the functional human brain* (bottom-up, automatic regulation)

社会基线：**社会关联及其心理相关性构成了运作中的人类大脑的常态的基线生态**(自下而上, 自动调节)

Note: being alone in pain is not normative; requires extraordinary expenditures of energy

注意：孤单承受痛苦并不是常态的；需要极大的能量开支

Attachment theory provides the ideal example of socially regulated emotion in its description of mother-child interactions

在对母子互动的描述中，依恋理论提供了社会情绪调节的理想样例

# Strange Situation (Infant Attachment)

## 陌生情景实验(婴儿依恋)



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The infant and the mother are brought into an unfamiliar but comfortable room filled with toys;  
the infant is given the opportunity to play with the toys, potentially with the mother's assistance;  
a stranger enters the room and plays with the infant;  
the mother departs, leaving the infant with the stranger and the toys;  
the mother returns, pausing to give the infant a chance to respond to her return, and the stranger leaves the room;  
the mother leaves the infant alone in the room;  
the stranger comes back into the room and interacts with the infant as needed;  
then the mother returns, and the stranger leaves the room.

Attachment relationships are evaluated in the reunions (5 & 8)

- 1 婴儿和母亲被带进一间有一些玩具的陌生但舒适的房间；
- 2 婴儿有机会玩玩具，有可能需要一些母亲的帮助；
- 3 一个陌生人进入房间并和婴儿一起玩耍；
- 4 母亲离开，留下婴儿与陌生人和玩具；
- 5 母亲回来了，停留一下，让婴儿有机会回应她的回归，陌生人离开房间；
- 6 母亲将婴儿独自留在房间里；
- 7 陌生人回到房间，并根据需要与婴儿互动；
- 8 然后母亲回来，陌生人离开房间。

通过重聚的时刻(5和8)来评估依恋关系

# Organized Attachment Strategies

## 有组织的依恋策略



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**Secure:** confident that the caregiver will be available and responsive in times of distress; develops in the context of sensitive responsiveness; associated with optimal social and academic development.

**安全型:** 确信养育者在自己痛苦时是可获得的、并且会有响应;在敏感响应的背景下发展;会有最佳的社会和学术发展。

**Ambivalent:** seeking connection but feeling frustrated and deprived, make a fuss, push-pull, hit and cling; develops in the context of inconsistent responsiveness

**矛盾型:** 寻求联结,但感到挫折和被剥夺,大发脾气,又推又拉,打人又黏人;在不一致的响应的背景下发展

**Avoidant:** keep emotional distance to maintain the relationship, “don’t be a bother” and go it alone; develops in the context of consistent rejection

**回避型:** 保持情感距离以便维持关系,“不要成为负担”并且单独行动;在持续的拒绝的背景下发展

**Ideally, all three are flexible strategies for eliciting care**

**理想情况下,以上三种都是引出养育关怀的灵活的策略**

# Intergenerational transmission of security and mentalizing: Adult Attachment Interview & Strange Situation 安全感与心智化的代际传递:成人依恋访谈与陌生情境



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parental security of attachment (during pregnancy)

家长的依恋安全(怀孕期间)



TRANSMISSION GAP

传递的空档



infant secure attachment (1 year old)

婴儿安全依恋(1岁)

—Fonagy et al. (1991)

福纳吉等人(1991)





# Intergenerational transmission of security and mentalizing: *mentalizing begets mentalizing* 安全感与心智化的代际传递: 心智化会带来心智化

parental security of attachment ↔ parental mentalizing capacity

家长的依恋安全 ↔ 家长的心智化能力



mentalizing interactions with infant

与婴儿的心智化互动



infant secure attachment

婴儿的安全依恋



enhanced mentalizing capacity in childhood

童年期心智化能力的增强

# Filling the transmission gap with mentalizing

## 用心智化填补传递的空档



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Mary Ainsworth 玛丽·安斯沃斯

*Sensitive responsiveness*: interested in behavior and development; warm and affectionate; sensitive to infant's signals, interpreting them accurately and responding promptly and appropriately, especially when the infant is distressed.

**敏感的响应力**:对行为和发展感兴趣;温暖而深情;对婴儿的信号敏感,准确地解读它们,并迅速、适当地作出响应,特别是当婴儿感到痛苦时。

Elizabeth Meins 伊丽莎白·迈恩斯

*Mind-minded commentary* (6 months): refer to infant's knowledge ("you know what that is; it's a ball), interests ("What toy do you prefer?"), thought processes ("Are you thinking?"), feelings (e.g., bored, excited, worried); efforts to manipulate beliefs ("You're teasing me"). Parents' security predicts mind-minded commentary, which predicts infant security. Note the converse: parents' insecurity predicts low levels of mind-minded commentary and then infant insecurity.

**将心比心的评论**(6月龄):参照婴儿所知道的("你知道那是什么;它是一个球"),兴趣("你喜欢什么玩具?"),思考过程("你在想什么?"),感受(例如,无聊、兴奋、担心);操控信念的努力("你在逗我玩")。家长的安全感可以预示将心比心的评论,而这可以预测婴儿的安全感。请注意相反一面:父母的不安全感会预示较差的将心比心的评论,以及婴儿的不安全感。

Arietta Slade 阿莉埃塔·斯莱德

*Parental reflective functioning* measured in Parent Development Interview (10 months). High reflective functioning evident in parents' recognition of child's emotional states, especially, by their ability to link their own mental states with those of their child: "I was just so sad and frightened by the fight I had with my husband. I wasn't myself at all, and this was so disorienting to my baby."

**在家长发展访谈**(10月龄)中测量的**家长的反思功能**。家长对孩子情绪状态的认识,特别是他们将自己的心理状态与孩子的心理状态联系起来的能力,是高反思功能的证据:"我和我丈夫的吵架让我感到非常伤心和恐惧。我根本不是我自己,而且这对我的宝宝来说太困惑了。"

# Filling the transmission gap: Tronick

## 填补传递的空档：特罗尼克



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Infancy shows interpersonal regulation of emotion in pure form (i.e., nonverbal)

婴儿期展现出情绪的人际调节的纯粹形式(即, 非语言形式)

Mutual Regulation Model: mother and infant have an interactive goal to achieve a state of mutual regulation or reciprocity, and they have the capacity to attain it by jointly regulating their interactive behaviors, based primarily on emotional displays.

相互调节模式: 母婴之间拥有一个互动的目标, 以实现相互调节或互惠的状态, 并且他们有能力通过主要是情感的展示来协同调节他们的互动行为, 来实现这一目标。

They seek dyadic states of consciousness (conscious of one another's consciousness) through mutual regulation: achieving this state is highly rewarding, and is variously termed "matching," "attunement," "synchrony," etc.

他们通过相互的调节来寻求意识状态的二价性(意识到彼此的意识): 实现这种状态是非常有益的, 并被称为“匹配”、“调谐”、“同步”等不同术语。

From mother-infant play at 6 months, it was possible to predict infant security in the Strange Situation at 12 months: infants who became secure were able to signal emotionally and elicit responsiveness from mothers, in effect, developing strategies to repair disruptions with the cooperation of the mother. Infants thereby developed a feeling of efficacy, that is, able to influence the relationship. They developed confidence in eliciting the mother's comforting response. Accordingly, when stressed in the Strange Situation, they actively sought and received comfort from their mother.

从6个月龄的母婴游戏开始, 可以在12个月龄的陌生情境实验中预测婴儿的安全感: 成为安全型的婴儿能够发出情绪信号并且引发母亲的响应, 其结果为, 与母亲合作地发展出修复干扰的策略。因此, 婴儿产生了一种效能感, 即能够影响到这段关系。他们建立了引发母亲抚慰反应的信心。因此, 当在陌生情境中受到压力时, 他们积极地寻求并获得了母亲的抚慰。

# Tronick: Disruption and Repair

## 特罗尼克：干扰和修复



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30% of the time, mother and infant are in matching states; 70% mismatches  
30%的时间，母亲和婴儿处于匹配状态；70%则是不匹配的

Continual disruptions show the “messy” nature of interactions, which include miscommunication, miscoordination, occurring 4-to-10 times per minute, due to inattention, distraction, preoccupation, turning away, signals being too brief to notice (e.g., fractions of a second), as well as defensive withdrawal.

持续的干扰体现出互动的“杂乱”属性，包括沟通失误、不协调，每分钟发生4到10次，原因是没有关注力、分心、执迷、转身、信号太短暂而无法注意到（例如，一秒钟的片段），以及防御性地退缩。

With six-months-old infants, rupture and repair is continual (repairs occur once every 3-5 seconds). The disruption produces brief negative emotion and the repair (return to matching states) is highly rewarding.

对于6个月大的婴儿，破裂和修复是连续的（每3-5秒进行一次修复）。干扰产生短暂的负面情绪，修复（恢复到匹配状态）是非常有益的。

The 30%-70% “mid-range” proportion is optimal; less matching can be traumatic; too high matching is intrusive does not allow enough distance and space. High matching indicates anxiety and hypervigilance in mother or infant.

30%-70%的“中档”比例是最佳的；较少匹配可能是创伤性的；太高的匹配则是侵入性的，不允许足够的距离和空间。高匹配表示母亲或婴儿的焦虑和过度警觉。

“reparation, its experience and extent, is the ‘social-interactive mechanism’ that affects the infant’s development. In interactions characterized by normal rates of reparation, the infant learns which communicative and coping strategies are effective in producing reparation and when to use them.

“修复的体验和程度，是影响婴儿发展的‘社会互动机制’。在有着正常的修复率的互动中，婴儿学习哪种交流和应对策略在产生修复方面最有效，以及学习使用它们的时机。

# Beebe: 4-month predictors of secure attachment at 12 months in the Strange Situation

## 毕比: 4月龄预测陌生情境实验中12月龄的安全依恋

Mother's and infant's behavior relatively stable and predictable (each to the other)  
母亲和婴儿的行为相对稳定和可预测(对彼此而言)

Each follows the direction of the other's attention (e.g., looking at and looking away from the other's face)  
每个都跟随对方注意力的方向(例如, 看向对方的脸或从对方的脸转开)

Mothers follow the direction of infant facial and vocal emotion as it becomes more and less positive, and more and less negative; each can predict the other's emotional behavior  
母亲跟随婴儿面部和声音情感的方向, 跟随积极的部分增减, 以及消极的部分的增减; 每个人都可以预测对方的情绪行为

Mothers coordinate their touch behavior with infant vocal emotion and touch; as infants touch more, mothers touch more affectionate  
母亲用婴儿的声音情感和触摸来协调自己的触摸行为; 随着婴儿的触摸越来越多, 妈妈的触摸也更加亲热

Many dyads far from ideal but "good enough." Future secure dyads are average, not ideal. Too much synchrony is indicative of hypervigilance (more characteristic of ambivalent/resistant attachment)  
许多二元配对远非理想, 但已“足够好”。未来的安全二元配对来自平均的状态, 而非理想状态。太多的同步性表明过度警觉(更是矛盾/阻抗型依恋的特征)



# Factors that Influence Quality of Caregiving

## 影响养育质量的因素

Financial resources; poverty

财务资源; 贫穷

Parental health, physical and mental

父母的身心健康

Single parenthood

单身父母

Quality of marital relationship

婚姻关系的质量

Social support for the family

对家庭的社会支持

Caregivers need secure attachment relationships

养育者们也需要安全的依恋关系

# Implications of Infant Attachment for Psychotherapy with Adults (Beebe & Lachmann)

## 婴儿依恋对成人心理治疗的启示(毕比 & 拉赫曼)

Nonverbal communication is remarkably consistent across the lifespan.

非语言沟通在整个生命周期中非常一致。

The implicit, procedural mode of “action knowledge” is fundamentally organizing as the continuous out-of-awareness fabric of the exchange.

“行动知识”的内隐的、程序性的模式在本质上组织起交流这一活动的持续的意识之外的肌理。

Our ability to sense and *not to inhibit* our own bodily arousal, attention patterns, affective reactions, orientation shifts, and touch patterns is important.

我们感知而*不是抑制*我们自己的生理唤起、注意力模式、情感反应、关注点转换和触摸模式的能力非常重要。

It is not to our advantage to become self-conscious about our nonverbal behavior.

对我们的非语言行为进行自我意识并不是我们的长项。

High levels of coordination are not optimal; midrange is optimal.

高水平的协调不是最佳的;中等程度是最佳的。

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