



证道心理

Attachment in Adulthood

成人依恋

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Outline

提纲



证道心理

Measurement of adult attachment

成人依恋的测量

Continuity and discontinuity from childhood to adulthood

从童年到成年的连续性和不连续性

Adulthood patterns of attachment

成年人的依恋模式

Attachment in relationship with self

依恋与自体的关系

Implications for psychotherapy

对心理治疗的启示

Clinical example

临床实例

Adult Attachment Interview (AAI)

成人依恋访谈



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Hour-long interview designed to be moderately stressful
一小时的访谈，旨在施加适度的压力

- five adjectives for each parent; concrete examples
用五个形容词描述每一位家长；具体例子
- feelings of closeness
亲密的感觉
- how they responded when you were hurt or ill
当你受伤或生病时，他们是如何回应的
- separation experiences
分离的体验
- feeling rejected or threatened
感到被拒绝或受到威胁
- losses over the lifetime
一生中的丧失

Reflection on experiences (mentalizing)
对体验的反思（心智化）

- how the relationships affected your personality
这种关系如何影响你的人格
- reasons parents behaved as they did
父母表现成那个样子的原因
- change in relationships from childhood to adulthood
从童年到成年的关系发生的变化
- relationships with children
与子女的关系
- how relationships with parents affected relationships with children
与父母的关系如何影响与子女的关系
- note **similarity to psychotherapy sessions**
注意**与心理治疗的会谈相似**

Yields one overall attachment classification
生成一个整体的依恋分类

Self-Report Measures

自我报告法



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Relationship Questionnaire (Categorical)

关系问卷(分类式)

- Brief description of 3 patterns: choose which best fits
3种模式的简要说明:选择最适合的模式

Multi-Item self-report measures (Dimensional)

多条目的自我报告法(维度式)

- Measure attachment anxiety and avoidance (closeness-distance)
测量依恋焦虑和回避(亲近——距离)

Variable Targets

可变目标

- Most measures focus on a single target (e.g., romantic relationships)
大多数测量方法都集中在单一目标上(例如, 亲密关系)
- Some measures include repeated assessments for different targets (e.g., mother, father, romantic partner, therapist)
一些测量方法包括对不同目标的重复性评估(例如, 母亲、父亲、亲密伴侣、治疗师)

Continuity in Attachment Over the Lifetime



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依恋在一生中的连续性

- Internal working models are built up from cumulative history of interactions that enable prediction of future from the past.
内部工作模型是根据累积的互动历史建立起来的，可以从过去预测未来。
- Longitudinal studies relate infant security (Strange Situation) to attachment in early adulthood (Adult Attachment Interview).
纵向研究发现婴儿的安全感(陌生情境)与成年早期的依恋(成人依恋访谈)相关。
- Continuity is greater for secure/insecure than specific patterns.
连续性对安全/不安全的作用比特定模式更大。
- Infant security (with parental care, peer support) predicts quality of romantic relationships.
婴儿的安全感(父母照顾, 同伴支持)预测出亲密关系的质量。

Lawful Discontinuity in Attachment

依恋的不连续性的正当之处



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Internal working models are open to revision.

内部工作模型可以修改

Different attachment patterns are possible with different caregivers at the same time in life (e.g., in infancy).

在生活的同一时刻(例如, 在婴儿期), 与不同的养育者可能有不同的依恋模式。

Change in attachment patterns has been observed from 12 to 18 months.

在12至18月龄之间可以观察到依恋模式的变化。

Many factors are associated with lawful discontinuity:

许多因素与不连续性的正当之处有关:

- Change in caregiving and family functioning
养育和家庭功能的变化
- Divorce and death of parents
父母离婚和死亡
- Change in social support
社会支持的变化
- Stressful life events, illness, and trauma
有压力的生活事件, 疾病和创伤

Such environmental factors account for discontinuity over the lifetime.

这些环境因素导致了生命周期中的不连续性。

Psychotherapy is associated with positive change in attachment security.

心理治疗与依恋安全的积极变化有关。

Adult Analogues to Child Attachment

童年依恋在成人身上的相似结果



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- Romantic relationships are the closest adult counterparts to childhood attachment patterns
亲密关系是成人生活中最接近童年期依恋模式的对应部分
- Psychotherapy evokes attachment needs and patterns
心理治疗唤起了依恋需求和模式
- Secure attachment is associated with confidence and trust in availability and responsiveness, coupled with a disposition to reach out for support when needed. Security entails effective dependency and a capacity to bridge the gap between separation and reunion (internal security).
安全依恋与对可获得感和响应性的信心和信任有关，并且在有需要时可以寻求支持。安全感需要有效的依赖以及弥合分离与团聚之间的空缺的能力（内部安全）。
- Ambivalent attachment is associated with stormy relationships, clinging, feeling frustrated and deprived, and angry protests (e.g., borderline personality disorder). A positive aspect of ambivalence is continuing engagement in relationships.
矛盾型依恋与暴风骤雨般的关系、黏人、感到挫折和被剥夺感，以及愤怒的抗议有关（例如，边缘人格障碍）。矛盾型的一个积极方面是继续参与到关系中。
- Avoidant attachment associated with emotional distance—managing emotional distress by oneself (e.g., with the aid of alcohol, drugs, nonsuicidal self-injury).
回避型依恋与情感距离有关 – 自己处理自己的情感困扰（例如，借助酒精、药物、非自杀性自伤）。

Two Developmental Lines

两条发展路线



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Relatedness

关联性

- Typical traits: dependency, cooperation, collaboration, mutuality, reciprocity, altruism, empathy, affection, intimacy

典型特征: 依赖、合作、协作、相互性、互惠、利他、同理心、亲情、亲密

Self-definition (autonomy)

自我定义(自治)

- Typical traits: independence, self-reliance, agency, competition, achievement, dominance, power, separateness

典型特征: 独立、自力更生、能动性、竞争、成就、主导、权力、分离属性

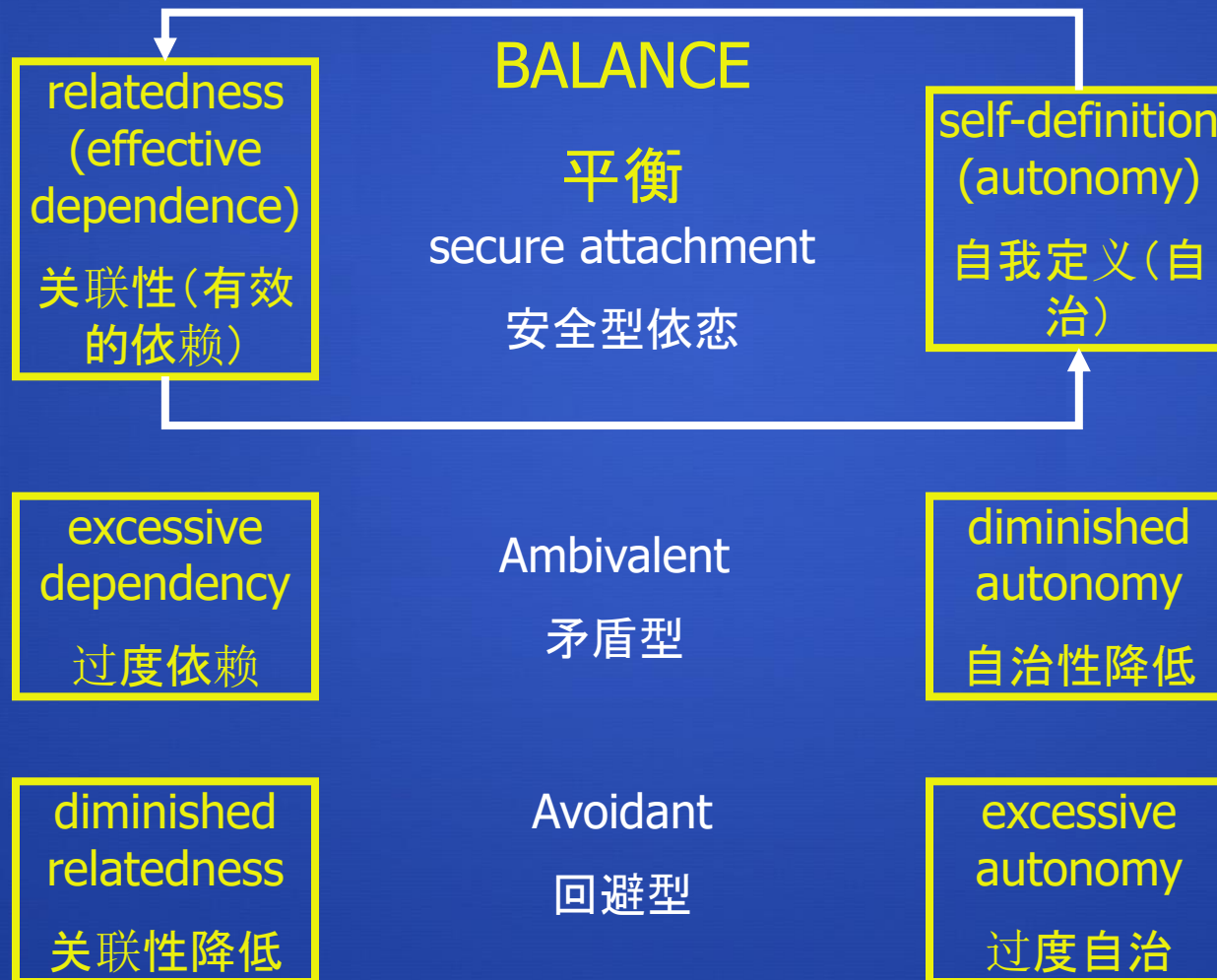
—Blatt, SJ (2008) *Polarities of experience*.

-布拉特(2008)体验的极性

Developmental Lines and Attachment 发展线和依恋



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Attachment and Psychotherapy

依恋和心理治疗



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Psychotherapy stimulates attachment needs and evokes attachment strategies.
心理治疗激发依恋需求并唤起依恋策略。

The dynamic nature of attachment strategies offers promise of change through psychotherapy.

依恋策略具有动力属性, 因此通过心理治疗带来改变是可能实现的。

Secure patients have stronger therapeutic alliances and better outcomes than insecure patients.

与不安全依恋的病人相比, 安全依恋的病人具有更强的治疗联盟和更好的结果。

Avoidant patients are less affected by psychotherapy, less self-disclosure.

回避型病人受到心理治疗的影响较小, 自我暴露较少。

Ambivalent patients feel connected but have a more stormy course and do less well overall.

矛盾型病人感到有连接, 但有更加暴风骤雨的过程, 总体上的进展会不太好。

Some evidence indicates that adult psychotherapy increases attachment security.

一些证据表明, 成人心理治疗可提高依恋安全性。

Therapists who are more secure and those who are more experienced are more flexible in responding in non-complementary ways over the course of therapy (increase emotion with avoidant, decrease with ambivalent).

更为安全型的治疗师以及更有经验的治疗师在治疗过程中以非互补的方式更灵活地应对(与回避型可增加情绪, 与矛盾型可降低情绪)。

Clinical Example: Ambivalent Attachment

临床实例：矛盾型依恋



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Patient was a woman in her thirties who was depressed and abusing alcohol after repeated break-ups in romantic relationships.

病人是一位三十多岁的女性，她在多次亲密关系分手后感到抑郁并且酗酒。

she knew she was “stuck in a rut” but she could not understand what was going wrong in her relationships.

她知道自己“陷入了困境”，但她无法理解她的关系中出了什么问题。

She was confused by the fact that men inevitable broke up with her despite the fact that she was “always so caring and good” to them. Her caring pattern was evident in the therapy as she was solicitous about the therapist’s emotional wellbeing.

尽管她对他们“总是非常关心和友善”，但他们仍然会与她分手，这使她感到困惑。她的关心模式在治疗中也很明显，因为她执着于治疗师的情绪健康状态。

This confusion provided a focus for therapy, which we explored together and I summarized in a written formulation.

这种困惑提供了治疗的焦点，我们一起探讨，并在书面表述中进行了总结。

Clinical Example: Ambivalent Attachment

临床实例：矛盾型依恋(续)



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In the course of the therapy, she became aware of her extreme dependency. She engaged in what Bowlby called “compulsive caregiving” in an effort to keep men dependent on her and to prevent them from leaving.

在治疗过程中，她开始意识到自己的极度依赖。她使用了鲍尔比所谓的“强迫照顾”，试图让男人依赖她，以阻止他们离开。

She became aware that her caregiving led to men feeling “smothered” by her and distancing themselves from her.

她意识到她的照顾导致男人感到被她“窒息”，并与她保持距离。

Furthermore, when men distanced themselves from her, she felt frustrated and deprived. She acknowledged that she became “passive-aggressive,” pouting, nasty, and distancing herself sexually. Her behavior was a form of protesting separation.

此外，当男人远离她时，她感到抑郁和被剥夺。她承认，她变得“被动攻击”，撅嘴、耍脾气、并在性方面表现冷淡。她的行为是一种抗议分离的形式。

The process for change entailed (a) developing a broader network of social support in relationships with women that would (b) provide security and decrease her anxiety about abandonment and (c) decrease the clinging by comforting that drove men away.

改变的过程包括(a)在与女性的关系中发展出更广泛的社会支持网络，这将(b)提供安全感并减少她对被抛弃的焦虑；(c)通过获得安抚，从而减少会把男人赶跑的黏人行为。

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