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Anxiously attached individuals feel chronically insecure and their relationships are often intense, angry, and enmeshed. In the spectrum of anxious attachment, some people tip

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into states of acute rumination following specific life events, while an extreme manifestation may be thought of as "borderline borderline" - inescapable brooding, raging, and inability to separate.

Anxiously Attached: Understanding

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manifestation may be thought of as "borderline borderline" - inescapable brooding, raging, and inability to separate. Preoccupied clients can be difficult to work with, and these therapies often feel stuck or end badly.

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Preoccupied clients can be difficult to work with, and these therapies often feel stuck or end badly. Anxiously Attached contains four papers presented at a conference in February 2016. They address the origins of anxious attachment in specific features

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of parent-infant relationships, findings from research about developmental aspects, typical features, concerns, and defences in adults, and how these may be presented in psychotherapy.

Anxiously Attached: Understanding and Working with ...

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Understanding and Working with
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Clients who are Anxiously Attached -
Fear of Abandonment and Angry
Protest. Trainer: Linda Cundy.

Duration: 2 hours 44 minutes. Cost:

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£44. This training video with attachment expert Linda Cundy is essential viewing for therapists who are curious about those they work with who appear to be stuck in their therapeutic work or 'difficult' to work with.

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Working with Anxiously Attached Clients — Therapy ...

An anxiously attached child can feel like they have to cling to their parent to get their needs met.

How Anxious Attachment Style Affects Relationships ...

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of as "borderline borderline" -
inescapable brooding, raging, and
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Amazon.com: Anxiously Attached: Understanding and Working ...

Anxiously attached individuals are
more likely to use emotionally focused

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oping strategies and pay more attention to the experienced distress (Pistole, 1996). After the end of a relationship, securely attached individuals tend to have less negative overall emotional experience than insecurely attached individuals (Pistole, 1995).

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Attachment in adults - Wikipedia

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Fear of abandonment and angry

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protest: understanding and working with anxiously attached clients By Linda Cundy This chapter focuses on individual therapy with adults, outlining what preoccupied attachment looks like in general and in the consulting room, highlighting difficulties that commonly arise in therapy, and

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proposing aims and a specific focus for therapeutic work with preoccupied clients.

Anxiously Attached - Taylor & Francis Group

This absorbing monograph presents important and original insights into

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working with those who are anxiously attached. The use of extensive vignettes, descriptions and summaries of the authors' clinical and research work provides a uniquely comprehensive resource, which will appeal to a variety of individuals who have an interest this mode of relating.

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