



Further reading

Amir Levine and Rachel Heller (2011). *Attached: Are you Anxious, Avoidant or Secure? How the science of adult attachment can help you find – and keep – love.*

Sue Gerhardt (2014). *Why Love Matters: How affection shapes a baby's brain.*

David Wallin (2015). *Attachment in Psychotherapy.*

Robert Karen (1990). "Becoming Attached", in *The Atlantic*. Available at: <https://www.theatlantic.com/magazine/archive/1990/02/becoming-attached/308966/>



Reflective questions

1. How do you understand attachment as an evolutionary system?
2. Which attachment style most reflects your approach to relationships? Why? What might be some of the advantages and disadvantages of that style within you own life and relationships, including your work with clients?
3. What practical applications from the workshop will you take into your own client work, especially when considering helping clients with an insecure attachment style move to a more “earned secure” style?