

A Secure Base

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A Secure Base

A "secure base" is a term first introduced by the Canadian psychologist Mary Ainsworth in the 1960s and 70's, and later described by British psychologist John Bowlby in his 1988 book by the same name.

Psychotherapy - A Secure Base Psychotherapy

"A Secure Base" is basically an organization of John Bowlby's lectures and writings, edited to avoid unnecessary repetition. Bowlby thinks that some of the ideas from psychoanalysis have some merit--basically, what happens to us in childhood does affect who we become. However, he wishes that psychoanalysis would become more scientific.

Amazon.com: A Secure Base: Parent-Child Attachment and ...

It is based on true science, reproducible experiments, rather than theorizing based on the fuzzy memories of early childhood. And it explains much of observable human emotional bonding behavior. The easiest to observe is mother as a "secure base" to which the child as expeditionary force stays in touch with, and, when unsure, returns to.

A Secure Base (Routledge Classics): Bowlby, John ...

A secure base is provided through a relationship with one or more sensitive and responsive attachment figures who meet the child's needs and to whom the child can turn as a safe haven, when upset or anxious.

A Secure Base - UEA

A Secure Base: Parent-Child Attachment and Healthy Human Development. The world-famous psychiatrist and author of the classic works Attachment, Separation, and Loss offers important guidelines for child rearing based on the crucial role of early intimate relationships.

A Secure Base: Parent-Child Attachment and Healthy Human ...

The Secure Base. The person with a "secure base" has less of a need for salvation because he or she is sufficient and worthwhile as he or she is; at least that's the theory. That person can: abstain from toxic relationships to substances, behaviors, or people,

Overcoming an Addictive Experience: The Importance of a ...

What is a secure base? Developed by developmental psychologist Mary Ainsworth, the secure base phenomenon describes how the primary caregiver (typically the mama) is attached to her baby or, in more technical terms, maternal-infant attachment patterns.

A Secure Base: What is a secure base?

A Secure Base: Clinical Applications of Attachment Theory. By John Bowlby. London: Routledge. 1988. 180 pp. £8.95 (pb). - Volume 153 Issue 5 - Neville Singh

A Secure Base: Clinical Applications of Attachment Theory ...

A SECURE BASE Parent-Child Attachment and Healthy Human Development JOHN BOWLBY BASIC BOOKS A Member of the Perseus Books Group

A SECURE BASE - Semantic Scholar

Secure Base Counseling Center Building connected families. Secure Base believes in building a foundation that will help families connect, grow, and learn to mak Supporting mental health in children, adolescents and adults.

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