



Understanding Disorganized Attachment: Theory and Practice for Working With Children and Adults

David Shemmings

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Disorganized attachment, the most extreme form of insecure attachment, can develop in a child when the person who is meant to protect them becomes a source of danger. Someone with disorganized attachment experiences 'fear without a solution' and it can result in extreme, erratic and disturbing behaviour. This book provides a comprehensive and accessible text on disorganized attachment. It outlines what it is, how it can be identified, the key causes, how it manifests in adulthood, and the implications for caregivers and those within close relationships. It also covers the debate over whether disorganized attachment can repeat down generations within families, and discusses neurological explanations and appropriate interventions. The book focuses on both children and adults and includes case vignettes to root the theory in practice and to illustrate real-life examples of disorganized attachment. With an authoritative research base, this accessible text will be invaluable to undergraduate and postgraduate students in the fields of social care, psychology, counselling and allied health professions, as well as practitioners and academics in these fields.

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