



Attachment Theory

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John Bowlby



John Bowlby

- Father of Attachment Theory
- British psychiatrist and psychoanalyst.



Major Concepts of Attachment Theory

- Attachment
- Attachment, in the context of children
- Separation
- Long-term adverse effects
- The role of mother in child's development



Stages of Attachment Theory

- Phase of limited discrimination
- Phase of limited preference
- Phase of focused attachment and secure base
- Phase of goal-corrected partnership.



Relationship between Concepts

- Are the relationships logical?
- Are there scientific knowledge/evidence?
- Concept 1 & 2



Third Concept in Attachment Theory

❖ Separation produces extreme distress

□ Three States of Distress

➤ Protest

➤ Despair

➤ Detachment



Fourth Concept in Attachment Theory

- ❖ There are significant long term adverse effects on a child as a result of separation.

- Study of 44 thieves



Fifth Concept of Attachment Theory

❖ Theory emphasizes the role of mother in child's development, where father plays the second fiddle to mothering.

➤ Mother/child

➤ Michael Rutter- Father of child psychology



Attachment Theory & Nursing Practice

- Mother-infants
- Parents-children
- Spouses
- Patients-healthcare provider



Attachment Theory & Nursing Practice

- “supportive relationships are health protective” (Pietromonaco & Schetter, 2013, p. 499)
- “people who lack social ties or social integration experience higher mortality rates” (Pietromonaco et al, 2013, p. 499).



Attachment Theory

<http://www.youtube.com/watch?v=VAAmSqv2GV8>

References

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