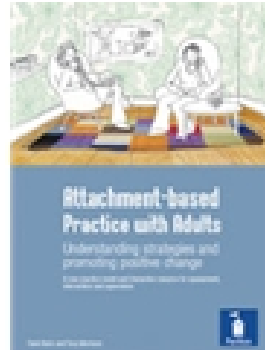


The course text is *Attachment-based Practice with Adults: Understanding strategies and promoting positive change*

by Clark Baim and Tony Morrison. Published 2011 by Pavilion Publishing, Brighton, UK.

This illustrated, multi-media resource offers a theoretically coherent, practice-based model for the application of attachment theory in working with any adults, including those who pose a risk to themselves or to other adults or children. Illustrated, colour-coded print material with audio DVD, including: 5 audio and print-based case studies and interviews with guided practice exercises, a 42pp interviewing guide plus discourse marking sheets, 10 exercises for assessment and intervention with clients, and a wealth of background information and guidance. Based on a model which complements existing therapeutic methods; includes powerful audio and written stories which bring theory to life; provides frameworks and tools to enhance the capacity of practitioners and to inform supervision.



DVD provide five powerful case studies to illustrate the three different attachment strategies, with audio interviews, commentaries and guided practical exercises. A detailed Interviewing Guide provides an invaluable framework for conducting and making sense of interviews, with examples of possible responses which might promote integration. Further exercises provide the basis for assessment and intervention with clients, and a final section shows how attachment-informed supervision can help to enhance practice.

This work-based resource increases the confidence of practitioners to act as change agents with their clients, and to relate to them in attuned and effective ways. It can be used by individuals, teams, co-workers, supervisors and teachers/trainers to reflect

At the heart of the resource is the five-step LEARN model, a flexible interviewing strategy which helps practitioners work with confidence in an attachment-informed way. Having introduced contemporary attachment theory, its links with neuro-biology and the importance of personal stories, the manual and audio

on and improve the preparation, use and support of attachment thinking in practice. It speaks to diverse professions and modalities and can be used in a multi-disciplinary environment by both adult and children's services.

Reviews:

"But what should I do?!!" This is what clinicians ask me after every talk. Baim and Morrison have filled a crucial need in Dynamic-Maturational attachment theory: the translation of theory into practice. After two decades of theory development, accomplishing this is my personal goal for the next decade. This book marks a strong beginning – and it is aimed exactly where it is needed most: toward 'feet on the street' professionals who must resolve the problems of troubled families every day. The ideas are fresh and integrative; the language is clear. Bravo!"

**Patricia M. Crittenden, PhD,
Developmental Psychopathologist and Founding President of
IASA (The International Association for the Study of Attachment)**

"Clark Baim and Tony Morrison have created a resource that is both intelligent and straightforward. They take complex concepts about attachment and development to a deeper level. Using written and audio aids, the authors create realistic scenarios that evoke the experiences of clinicians. Accessible interventions and solutions are depicted as the authors demonstrate interviewing and analytical techniques to help individuals grappling with attachment related challenges. The flexible format used in this book enables clinicians to find the sections and approaches that best match the needs of specific interventions. In short, this volume will be well and often used."

**Tricia Mosher, MSW, LCSW
Independent Practitioner, USA**

"This interactive practice guide is the outcome of a long, deep, professional and personal relationship. It is a meld of key theory and practice techniques for attachment based practice. Perseverance with any challenges the material may pose will richly reward the reader. The book role models a balanced attachment strategy between the reader and the authors. It is finely attuned to the needs of the practitioner and because of this, the reader develops a sense of trust in the materials and a belief that they may be used with confidence. One thing I particularly like is how the book is underscored with messages of hope and the recognition that 'the power to devise, reflect on and revise our stories is one of the most important resilience-building capacities we possess.'"

**Tess Tackett, Training Coordinator,
Blackpool Safeguarding Children Board**

"The last decade has seen an increasing focus on the importance of attachment theory and its application to work with people these authors refer to as 'troubled and troubling adults.' Presented in a characteristically accessible format, this manual presents clear explanations of the theories and concepts necessary for the application of attachment – based practice. Combined with exercises to enable rehearsal of understanding and skills, this book seems destined to become another milestone in the development of this still evolving area of work."

**Marcus Erooga, NSPCC Sexual Abuse Theme Adviser
and Visiting Research Fellow, Centre for Childhood Studies,
Huddersfield University**

"This is one of those sit down and read books but also a useful reference for when I'm thinking about what to do next or how I approach a particular situation. The diagrams help in remembering key concepts and shed light on complex material. The book brings together practical explanations of how the brain and the mind work in a relational context, including attachment and memory, and shows how

understanding these concepts directly inform therapy, supervision and other interactions. In training and therapy, we are often asked 'but what does it mean in practice?' This book is a fabulous resource to assist in exploring both that question and some of the many, many answers."

**Annette Jackson, Adjunct Associate Professor,
La Trobe University and Director, Take Two, Berry Street, Melbourne, Australia**

"Attachment based practice has an integral place in work with individuals who have complicated lives. This is a wonderful resource that is nurturing and empowering in its approach. It makes complex theory understandable and useable. The clear frameworks, resources and step by step approach will build confidence in practitioners. In itself it is motivating and will make you believe 'I can.'"

**Lynda Regan, Children's Service Manager,
Cornerstone Project, Eccles**

"Practitioners often have a good grasp of attachment theory, and this book beautifully and skilfully invites the reader to explore their learning to another level. The book positively challenges the reader to really try to understand and concentrate in depth around the functioning behind the behaviour and not just the behaviour itself. This is often missing during complex assessment processes. I think the book captures well the importance of assisting the service user to share their story with the worker, something workers often find hard to do. Practitioners love tools; the worksheets contain a variety of prompts for workers which stretch the thinking beyond the norm and will create productive discussions in both working/training situations. I am a qualified Social Worker and have worked with vulnerable children and their families for almost 25 years. How much more effective my interviewing skills would have been if I had this knowledge earlier in my career."

Sandra Cummings, Bolton Social Services

The audio examples are wonderful - powerful and moving little radio plays which also really help to integrate the theory into clinical settings. The book is certainly already informing my work.

L. D. – Psychotherapist, UK