

PPK-IPPI:6/1

Attachment theories and psychology of close relationships

Ayşe Iraz KURAL, PhD student, Doctoral School of Psychology

iraz.kural@ppk.elte.hu

Structure: discussion on articles, videos and ppts.

The goal of the course

To analyze the effect of early attachment schemas (based on attachment theory) on interpersonal and social cognitions, attitudes, behaviors from the point of view of adult attachment styles and interpersonal relationships. We will discuss the psychology of formation of attachment styles, working models and relationships as well as losses and the dynamics of attachment in psychotherapy.

Conditions of the course completion

requirements:

- Participation, discussion questions: 25%
- Presentation of a selected article: 25%
- Exam during the exam period: 50 %
- Bonus: article presentation: 15 % (max. 15 minutes, to be sent by the evening of the previous day)

Bibliography, additional materials

Recommended (non-compulsatory) Readings

- *Cassidy, J. & Shaver, Ph. R. (2017) Handbook of attachment. Theory, research, and clinical applications. 3rd Edition. The Guilford Press*
- *Gillath, O., Karantzas, G. C. & Fraley, R. C. (2016). Adult Attachment; A concise Introduction to Theory and Research. Academic Press.*

Detailed syllabus

1. Introduction

<https://www.youtube.com/watch?v=WjOowWxOXCg>

<https://www.youtube.com/watch?v=PgIQv-rTGgA>

2. Attachment Theory

<https://www.youtube.com/watch?v=PnFKaaOSPmk>

<https://www.youtube.com/watch?v=hsA5Sec6dAI>

- *Gillath, O., Karantzas, G. C., & Fraley, R. C. (2016). What is Attachment Theory? In Gillath, O., Karantzas, G. C., & Fraley, R. C. (Eds), Adult Attachment; A concise Introduction to Theory and Research (pp. 1-30). Academic Press.*
<https://doi.org/10.1016/B978-0-12-420020-3.00001-3>
- *Mikulincer, M. & Shaver, F. (2016). Attachment related representations of self and others. In Mikulincer, M. & Shaver, F (Eds). Attachment in Adulthood: Structure, dynamics and change (2nd. Edition, pp. 147-187). The Guilford Press*
- *Bretherton, I., & Munholland, K. (2008). Internal working models in attachment relationships: Elaborating a central construct in attachment theory. In J. Cassidy & P. Shaver (Eds.), Handbook of attachment (pp. 102-130). New York: Guilford Press.*

3. Research on Adult Attachment Styles

- Fraley, R. C. (2019). Attachment in Adulthood: Recent Developments, Emerging Debates, and Future Directions. *Annual Review of Psychology*, 70(1), 401-422. <https://doi.org/10.1146/annurev-psych-010418-102813>
- Gillath, O., Karantzas, G. C., & Fraley, R. C. (2016). How stable are attachment styles in adulthood? In Gillath, O., Karantzas, G. C., & Fraley, R. C. (Eds), *Adult Attachment; A concise Introduction to Theory and Research* (pp. 129-157). Academic Press. <https://doi.org/10.1016/B978-0-12-420020-3.00001-3>
- Mikulincer, M. & Shaver, F. (2016). A Model of Attachment-System Functioning and Dynamics in Adulthood. In Mikulincer, M. & Shaver, F (Eds). *Attachment in Adulthood: Structure, dynamics and change* (2nd. Edition, pp. 27-47). The Guilford Press.

Reading for fun:

- Zilcha-Mano, S., Mikulincer, M. & Shaver, P.R. (2012). Pets as safe havens and secure bases: The moderating role of pet attachment orientations. *Journal of Research in Personality*, 46 (5), 571-580. <https://doi.org/10.1016/j.jrp.2012.06.005>

4. Attachment and Mating Preferences

- Schmitt, D. P., & Jonason, P. K. (2015). Attachment and Sexual Permissiveness: Exploring Differential Associations Across Sexes, Cultures, and Facets of Short-Term Mating. *Journal of Cross-Cultural Psychology*, 46(1), 119–133. <https://doi.org/10.1177/0022022114551052>
- Mikulincer, M. & Shaver, F. (2016). Attachment and sex. In Mikulincer, M. & Shaver, F (Eds). *Attachment in Adulthood: Structure, dynamics and change* (2nd. Edition, pp. 372-395). The Guilford Press.
- Bowen, J. D. & Gillath, O. (2020). Who plays hard to get and who finds it attractive? Investigating the role of attachment style. *Personality and Individual Differences*, 162. <https://doi.org/10.1016/j.paid.2020.109997>

5. Attachment and Relationship Scripts

<https://www.youtube.com/watch?v=23ePqRkOKtg>

<https://www.youtube.com/watch?v=gZj176ZoM4Y>

- Cross, E. J., & Overall, N. C. (2018). Women's attraction to benevolent sexism: Needing relationship security predicts greater attraction to men who endorse benevolent sexism. *European Journal of Social Psychology*, 48, 336– 347. <https://doi.org/10.1002/ejsp.2334>
- Karantzas, G.C., Simpson, J.A., Overall, N.C., & Campbell, L. (2019). The association between attachment orientations and partner evaluations: An ideal standards perspective. *Personal Relationships*, 26, 628– 653. <https://doi.org/10.1111/per.12297>
- Luke, M., Sedikides, C., Carnelley, K. (2012). Your Love Lifts Me Higher! The Energizing Quality of Secure Relationships. *Personality & social psychology bulletin*, 38, 721-33. <https://doi.org/10.1177/0146167211436117>.

Extra:

- Molero, F., Shaver, P.R., Fernandez, I., Alonso-Arbiol, I., & Recio, P. (2016). Long-term partners' relationship satisfaction and their perceptions of each other's attachment insecurities. *Personal Relationships*, 23(1), 159-171. <https://doi.org/10.1111/per.12117>

6. Attachment and Non-traditional Partnerships: LMBTQ+ relationships, Polyamory

- Moors, A. C., Conley, T. D., Edelstein, R. S., & Chopik, W. J. (2015). Attached to monogamy? Avoidance predicts willingness to engage (but not actual engagement) in consensual non-monogamy. *Journal of Social and Personal Relationships*, 32(2), 222–240. <https://doi.org/10.1177/0265407514529065>
- Cook, S. H., & Cabels, B. J. (2016). *The Integrated Attachment and Sexual Minority Stress Model: Understanding the Role of Adult Attachment in the Health and Well-Being of Sexual*

Minority Men. Behavioral medicine (Washington, D.C.), 42(3), 164–173.

<https://doi.org/10.1080/08964289.2016.1165173>

- Mohr, J.J., Selterman, D. & Fassinger, R. (2013). *Romantic Attachment and Relationship Functioning in Same-Sex Couples. Journal of Counseling Psychology, 60(1), 72-82.*
<https://doi.org/10.1037/a0030994>

Extra:

- Finet, C., Waters, T. E. A., Vermeer, H. J., Juffer, F., Van IJzendoorn, M. H., Bakermans-Kranenburg, M. J., & Bosmans, G. (2020). *Attachment development in children adopted from China: the role of pre-adoption care and sensitive adoptive parenting. Attachment & Human Development, 1–21*

7. Attachment Social Attitudes and Cognitions

- Metin-Orta, I. & Metin-Camgöz, S. (2020). *Attachment Style, Openness to Experience, and Social Contact as Predictors of Attitudes Toward Homosexuality, Journal of Homosexuality, 67(4), 528-553, <https://doi.org/10.1080/00918369.2018.1547562>*
- Vincenzo Calvo, Maria Cusinato, Natasha Meneghet & Marina Miscioscia (2020) *Perceived Social Support Mediates the Negative Impact of Insecure Attachment Orientations on Internalized Homophobia in Gay Men, Journal of Homosexuality. <https://doi.org/10.1080/00918369.2020.1734378>*
- Shaver, P.R., Mikulincer, M. & Cassidy, J. (2019). *Attachment, caregiving in couple relationships and prosocial behavior in wider world. Current Opinion in Psychology, 25, 16-20. <https://doi.org/10.1016/j.copsyc.2018.02.009>*

Extra:

- Van Oudenhoven, J.P. & Hofstra, J. (2006). *Personal reactions to 'strange' situations: Attachment styles and acculturation attitudes of immigrants and majority members. International Journal of Intercultural Relations, 30(6), 783-798. <https://doi.org/10.1016/j.ijintrel.2006.05.005>*

8. Attachment and losses: grief and letting go

- Cassidy, J. & Shaver, Ph. R. (2017). *Attachment, Loss and Grief. In Cassidy, J. & Shaver, Ph. R (Eds). Handbook of attachment. Theory, research, and clinical applications. (3rd Edition, pp.40-62). The Guilford Press*
- Jerga, A. M., Shaver, P. R., & Wilkinson, R. B. (2011). *Attachment insecurities and identification of at-risk individuals following the death of a loved one. Journal of Social and Personal Relationships, 28(7), 891–914. <https://doi.org/10.1177/0265407510397987>*
- Rojas, L.G., Guzmán-González, M. & Ottenberger, D.R. (2016). *Romantic Attachment and Adjustment to Divorce and Separation in a Chilean Adult Sample, Journal of Divorce & Remarriage, 57(8), 573-585. <https://doi.org/10.1080/10502556.2016.1233852>*

9. Attachment and psychotherapy: transference and counter-transference

- Mikulincer, M., Shaver, P.R. and Berant, E. (2013), *Attachment and Therapeutic Processes. Journal of Personality, 81, 606-616. <https://doi.org/10.1111/j.1467-6494.2012.00806.x>*
- Bennett, S. C. (2008). *The interface of attachment, transference, and countertransference: Implications for the clinical supervisory relationship. Smith College Studies in Social Work, 301-320. <https://doi.org/10.1080/00377310802114635>*
- Gelso, C.J., Palma, B. and Bhatia, A. (2013), *Attachment Theory as a Guide to Understanding and Working With Transference and the Real Relationship in Psychotherapy. Journal of Clinical Psychology, 69, 1160-1171. <https://doi.org/10.1002/jclp.22043>*

10. Attachment and Psychopathology

- Miljkovitch, R., Deborde, A.-S., Bernier, A., Corcos, M., Speranza, M., & Pham-Scottez, A. (2018). *Borderline personality disorder in adolescence as a generalization of disorganized attachment. Frontiers in Psychology, 9, Article 1962. <https://doi.org/10.3389/fpsyg.2018.01962>*

- Conradi, H.J., Boertien, S.D., Cavus, H. & Verschuere B. (2016). Examining psychopathy from an attachment perspective: the role of fear of rejection and abandonment, *The Journal of Forensic Psychiatry & Psychology*, 27(1), 92-109. <https://doi.org/10.1080/14789949.2015.1077264>
- Lewczuk, K., Kobylińska, D., Marchlewska, M. (2018). Adult attachment and health symptoms: The mediating role of emotion regulation difficulties. *Current Psychology*, 3660. <https://doi.org/10.1007/s12144-018-0097-z>

11. Priming attachment (in)security: in therapy and beyond

- Hudson, N. W., & Fraley, R. C. (2018). Moving toward greater security: The effects of repeatedly priming attachment security and anxiety. *Journal of Research in Personality*, 74, 147–157. <https://doi.org/10.1016/j.jrp.2018.04.002>
- Manuela, O. & Elia, P. (2019) “Partner in Prime”? Effects of repeated mobile security priming on attachment security and perceived stress in daily life, *Attachment & Human Development*, 21:6, 638-657. <https://doi.org/10.1080/14616734.2018.1517811>
- Selcuk, E., Zayas, V., Günaydin, G., Hazan, C. & Kross, E. (2012). Mental representations of attachment figures facilitate recovery following upsetting autobiographical memory recall. *J. Personality and Social Psychology*, 103, 362–378. <https://doi.org/10.1037/a0028125>

12. Attachment as a tool for interventions

- Herd, B.D. (2015). *Psychopathy and Attachment: The Effect of Security Priming on Psychopathy in a College Student Sample*. *Electronic Theses and Dissertations*. 1225. <https://digitalcommons.georgiasouthern.edu/etd/1225>
- Rowe, A.C., Gold, E. R. & Carnelly, K.B. (2020). The effectiveness of attachment security priming in improving positive affect and reducing negative affect: A systematic review. *International Journal of Environmental Research and Public Health*, 17(3), 968. <https://doi.org/10.3390/ijerph17030968>
- McGuire, A.B, Gillath, O., Jackson, Y. & Ingram, R. (2018). Attachment security priming as a potential intervention for depressive symptoms. *Journal of Social and Clinical Psychology*, 37, 44–68. <https://doi.org/10.1521/jscp.2018.37.1.44>

13. Attachment as a tool for interventions 2

- Saleem, M. , Prot, S. , Cikara, M. , Lam, B. C. P. , Anderson, C. A. and Jelic, M. (2015) *Cutting Gordian Knots: Reducing Prejudice Through Attachment Security*. *Personality and Social Psychology Bulletin*, volume 41 (11): 1560-1574 <http://dx.doi.org/10.1177/0146167215601829>
- Liu, J., Huo, Y., Chen, Y. & Song, P. (2018). Dispositional and experimentally primed attachment security reduced cyber aggression after cyber ostracism. *Computers in Human Behavior*, 84, 334-341. <https://doi.org/10.1016/j.chb.2018.02.040>
- Wilkinson, L. L., Rowe, A. C., & Heath, G. H. (2013). Eating me up inside: Priming attachment security and anxiety, and their effects on snacking. *Journal of Social and Personal Relationships*, 30(6), 795–804. <https://doi.org/10.1177/0265407512468371>

Extra:

- Boag, Elle & Carnelley, Katherine. (2015). Attachment and prejudice: The mediating role of empathy. *The British journal of social psychology / the British Psychological Society*. 55. 10.1111/bjso.12132. <https://doi.org/10.1111/bjso.12132>