• We don’t need a secure base.
• Appearance is not always reality; apparent security can be compulsive.
• Danger organizes our behavior strategically.
• Patterns of attachment are self-protective strategies.

● The effects of exposure to danger can lead to irrational self-protection.
● The effects of exposure to danger can be experienced vicariously and without awareness.
● The non-B strategies can make life safer, more comfortable.
● Discrepancy is the source of new information.

A New Look
● See what was always there, but from a new perspective;
● Draw new conclusions about
  – Clients
  – Self
● Take the time to understand: No cookbook of diagnoses & cures

Attachment theory is a theory about protection from danger.

Patterns of attachment are strategies for identifying danger and protecting oneself from danger.
Central Motivations to Behave

1. Protection of self and progeny (Bowlby)
   Threat: Danger

2. Reproduction (Freud)
   Threat: Isolation

Attachment is:

1. Pattern of attachment
   (relationship)

2. Pattern of processing information
   (transformations of information)

3. Strategy for identifying and responding to danger
   (mental & behavioral strategies)

Transformations

Sensory stimulation ↓
Patterns of neurological activation ↓
Representation ↓
Disposition to behave

Sensory Stimulation

Downward

Temporal order ↓ Intensity of stimulation ↓

Cognition Affect

Two Types of Prediction

Cognition

Learning of prior temporal contingencies

Affect

Unfocussed, context-elicited arousal, i.e., anxiety

Integration

Mental integration of cognitive and affective information to yield more accurately predictive information
Patterns of Attachment

- **Type A**
  Avoidant/Defended/Compulsive: Cognition-biased

- **Type C**
  Ambivalent/Coercive/Obsessive: Affect-biased

- **Type B**
  Balanced/Secure/Integrated: Unbiased

**Dynamic-Maturational Model**

- Logical structure based on information processing
- Types A & C are theoretical & functional opposites
- Strategies are in dynamic interaction with maturation
- Strategies are in dynamic interaction with context
- Diagnostic model based on function of behavior

**Cognition**

- Temporally ordered information (WHEN)
- Operant conditioning
- Single-trial learning
- Inhibition (punishing outcome)
- Compulsion (negative reinforcement)
- True & erroneous prediction

**Affect**

- Intensity of contextual stimulation (WHERE)
- Associative Conditioning
- Diffuse anxiety (intense high or low contextual stimulation)
  1. Desire for comfort
  2. Anger
  3. Fear
- Self-maintaining feedback loops
- Comfort (moderate stimulation)
- True or erroneous prediction

<table>
<thead>
<tr>
<th>Pleasant</th>
<th>Depressing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety inducing</td>
<td>Irritating</td>
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</tbody>
</table>
Integration

• Dual inputs: Cognitive & affective transformations
• Compare, contrast
• Correct error
• Construct best representation of when & where there might be danger
• Organize best predicted behavioral response
• The danger of integration

How much of the DMM is true?

• The elements are almost all empirically derived.
• Their arrangement into patterns (both strategies and longitudinal pathways) is theoretical.
• The functional meanings attributed to the behavior are theoretical.
• The crucial issues are whether the DMM:
  – The DMM can adapt to new research
  – DMM ideas lead to more effective interventions.