



**[(Attachment, Intimacy, Autonomy: Using
Attachment Theory in Adult Psychotherapy)]
[Author: Jeremy Holmes] published on (December,
1996)**

Jeremy Holmes

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Attachment theory is on the leading edge of a conceptual revolution. It offers a new paradigm that can synthesize into a more coherent whole the best ideas from psychoanalysis, cognitive science, and neurobiology. With its emphasis on relationships, attachment theory is determinedly humanistic, while retaining the scientific vigor of Darwinian ethnology. Attachment theory provides an overall framework for thinking about relationships, or more accurately, about those aspects of relationships that are shaped by threat and the need for security, themes that are central to the work of psychotherapy. In this book Jeremy Holmes explores the contribution of attachment theory to everyday psycho-therapeutic practice where patients are usually seen once weekly, or less, for no more than two to three years.

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