Attachment and Psychotherapy
依恋与心理治疗

Horst Kächele

INTERNATIONAL
PSYCHOANALYTIC
UNIVERSITY
DIE PSYCHOANALYTISCHE HOCHSCHULE IN BERLIN

1

Basic Facts
基础要素

PETER FONAGY

ATTACHMENT THEORY
AND PSYCHOANALYSIS
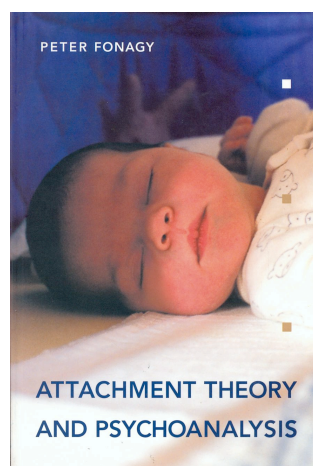
\# Attachment theory provides a testable model for the construct of re-staging in the therapeutic process
依恋理论为治疗过程结构的重组提供了可测试的模型

\# A desirable increase in attachment security is a curative and protective factor in psychic disorder working by change of procedural memories systems
依恋安全的适度提高是通过改变过程记忆系统而对精神障碍起到有治愈性和保护性的作用的

2

Questions
问题

- Attachment representation and attachment style
- 依恋表征和依恋形式
- Is the therapist an attachment figure?
- 治疗师是依恋对象吗？
- Is therapeutic alliance identical with attachment
- 治疗联盟等同于依恋吗？
- *Many open questions !!!!!!!!!!*
- *更多开放性问题！！！！！！*

Adult Working Models of Attachment
依恋的成年人工作模型

- In adults, working models of attachment consist of four elements
- 在成年人中，依恋的工作模型有四个要素组成
- (A) autobiographical memories of social interactions
- 自传记忆与社会互动
- (B) expectations about self and others in interpersonal situations
- 人际情境下的自我期待和他人期待
- C) relationship goals that guide one´s response in social situations
- 在社会情景下引导个体回应的关系目标
- (D) strategies for attaining these goals and regulating distress produced by the lack of goal attainment
- 实现这些目标的战略和管理由于缺乏目标实现而产生的困境

4

Psychotherapy - a Form of Attachment?
心理治疗——一种依恋的模式？

- If psychotherapy is a form of attachment, the relationship will be influenced by both the patients´s and the therapist´s
- 如果心理治疗是一种依恋,这种关系将受到病人的……和治疗师……的影响
- (a) memories of past attachments
- 过往依恋记忆
- (b) expectations about how self and others will behave in the thrapy relationship
- 对自我和他人在这段关系中的表现的期望

5

Psychotherapy - a Form of Attachment?
心理治疗——一种依恋的模式？

- (c) strategies for attaining goals in the therapeutic relationship
- 在治疗关系中达到目标的策略
- (d) strategies for regulation of distress when goals are frustrated
- 当目标受挫时，管理困境的策略

- Mallinckrodt B (2000) Attachment, social competencies, and the psychotherapy process. Psychotherapy Research 10: 239-266

6

3

Patient Attachment Organisation
病人依恋组织

- Secure patients seek and accept care
- 安全型的病人寻求并接受治疗
- Dismissive patients deny their need for help
- 回避型的病人否认他们需要帮助
- Preoccupied patients have difficulties to use their therapist
  痴迷型的病人对于如何使用治疗师充满困惑

7

Therapeutic Alliance
治疗联盟

- Secure attachment facilitates positive alliance
- 安全的依恋促进积极的联盟
- Insecure attachment shows differences: anxious-more pre-occupied were lower than those of secure or avoidant patients
- 不安全的依恋表现出不同:焦虑—高痴迷比安全的或回避的患者表现得更糟
- *This is not very informative as most patients coming to psychotherapy are insecure attached*
- 这不是很有价值, 因为大多数来心理治疗的病人都没有安全感

8

Stability or Shifts in Alliance
联盟的稳定或转变

- Secure patients show rather stable therapeutic alliance
- 安全的患者表现出相当稳定的治疗联盟
- Insecure patients show shift in therapeutic alliance,

and especially preoccupied patients show more frequent ruptures.

不安全的病人在治疗联盟上表现出转移，尤其是痴迷型的病人出现更频繁的破裂。

- Eames V, Roth A (2000) Patient attachment orientation and the early working alliance. A study of patient and therapist reports of alliance quality and ruptures. Psychotherapy Research 10: 421-434   9

Transference and Attachment
移情和依恋

- Few studies, yet:
- Attachment predicts the patient´s tendency to project his or her own interpersonal expectations and childhood phantasies onto the therapist:
- angry-entitled / anxious-preoccupied / avoidant-counterdependent / sexualized
- 研究,然而:
  依恋预测病人那些投射他或她自己的人际期望和童年幻想到医生的倾向:愤怒-冠名 / 焦虑-痴迷/回避-反依赖/性欲化
- Bradley R, Heim A, Westen D (2005) Transference pattern in the psychotherapy of personality disorders: Empirical investigations. British Journal of Psychiatry 186: 343-349   10

Splitting
分裂

- Anxiously attached patients are more inclined toward splitting in the transference, as they expect swings between idealizing the therapist on the one hand and being angry, frustrated, and disappointing in him or her on the other.
- 焦虑依恋的患者更倾向于在移情中分裂，因为他们期望在理想化治疗师与愤怒、沮丧和失望之间摇摆不定。

- Woodhouse S, Schlosser L, Crook R, Ligiero D, Gelso C (2003) Client attachment to therapist: Relations to transference and client recollections of parental caregiving. J Consult Psychol 50: 395-408

11

The Therapist - an Attachment Figure?
治疗师——依恋对象？

- Optimally the patients develop a secure attachment to the therapist;
- 最理想的情况下，患者会对治疗师产生一种安全的依恋
- But patients replicate their attachment pattern
- 但是病人复制他们的依恋模式
- Differential impact of patient attachment pattern on therapist work:
- 患者依恋模式对治疗师工作的差别影响：
- More interpretations with dismissive patient
- 更多的解释对回避型的病人
- More reflection of feelings with preoccupied patients
- 更多的情感反思对痴迷型病人
- Hardy G, Aldrigde J, Davidson C, Rowe C, Reilly S, Shapiro D (1999) Therapists responsiveness to client attachment styles and issues observed in client-identified significant events in psychodynamic-interpersonal psychotherapy. Psychotherapy Research 9: 36-53

12

The Secure Therapist
安全型的治疗师

- more able to hear and respond to the dependency needs of their patients
- 更能够倾听和对病人的依赖需求给予回应
- more able to manage overt demands
- 更有能力管理明显的欲求

13

Insecure Therapists
不安全型的治疗师

- More likely to see their preoccupied-hyperactivating patients as more needy and dependent than secure therapists
- 与安全的治疗师相比，他们更有可能认为自己的痴迷−过激型患者更需要帮助，更依赖他人

14

Therapists Attachment and Outcome
治疗师依恋和结果

- The Adult Attachment Interview (AAI) was used to study 31 psychotherapists who treated 1,381 patients in intensive multimodal inpatient psychotherapy. AAI dimensional ratings of security versus insecurity and dismissiveness versus preoccupation were used to predict alliance and outcome via multilevel regression techniques.

- 采用成人依恋访谈法(AAI)对31名心理治疗师进行了研究，他们对1381名患者进行了密集的多模式住院心理治疗。通过多层次回归技术，AAI在安全与不安全、回避与痴迷的维度上的评分被用来预测联盟和结果。

-
- Schauenburg H, Buchheim A, Beckh K, Nolte T, Brenk K, Leichsenring F, Strack M, Dinger U (2010) The influence of therapists attachment representations on outcome and alliance in inpatient psychotherapy. Psychotherapy Research 10: 193-202

15

Therapists Attachment and Outcome
治疗师依恋和结果

There were no main effects of therapists' attachment dimensions.
•治疗师的依恋维度没有主要影响

However, higher attachment security of the therapist was associated with both better alliance and outcome in more severely impaired patients.然而，较高的依恋安全性的治疗师与较严重受损患者有更好的联盟和预后相关。

•Schauenburg H, Buchheim A, Beckh K, Nolte T, Brenk K, Leichsenring F, Strack M, Dinger U (2010) The influence of therapists attachment representations on outcome and alliance in inpatient psychotherapy. Psychotherapy Research 10: 193-202

16

Patients as Attachment Objects?
患者作为依恋对象？

- The fact that therapists develop internal working models of their patients does not, however, suggest that patients become attachments objects for their therapists.
- 然而，治疗师开发病人的内部工作模型这一事实并不意味着病人成为治疗师的依恋对象
- Indeed, it could be well be argued that the development of an attachment to a patient might, for instance, preclude mentalizing about the patient (see Fonagy 2006).
- 事实上，可以很好地认为，对病人的依恋的发展可能，例如，排除了对病人的心智化(see Fonagy 2006).
- And this would **inhibit** certain kind of therapeutic work!
- 这会**抑制**某些治疗工作!

17

Therapists´Attachment Pattern
治疗师的依恋模式

- Comparative study on childhood experiences of psychotherapists and physicists: there are more frequent traumatizations **in psychotherapists.**
- 心理治疗师和物理学家童年经历的比较研究:有更频繁的创伤
- Fussell F, Bonney W (1990) A comparative study of childhood experiences of psychotherapists and physicists. Psychotherapy 27: 507-512

- Therapists are often only acquired-secure or even avoidant **attachment**
- 治疗师通常只能获得型安全，甚至是回避
- Eckert J (2008) Bindung von Psychotherapeuten. In: Strauss B (Hrsg) Bindung und Psychopathologie. Klett-Cotta, Stuttgart, S 332-349

18

Adult Attachment Interview (AAI)
成人依恋访谈

- M Main et al. have developed a semistructured interview, the Adult Attachment Interview (AAI), designed to elicit thoughts, feelings and memories about early attachment experiences and to assess the individuals state of mind in respect to attachment:
- 研究人员开发了一个半结构化的访谈, 即成人依恋访谈(Adult Attachment interview, AAI), 旨在引出对早期依恋经历的想法、感受和记忆, 并评估个人对依恋的心理状态:
- **secure-autonomous, dismissing, preoccupied, and unresolved state of mind.**
- 安全—自主型、回避型、痴迷型和未解决的精神状态

  –

19

Adult Attachment Interview (AAI)
成人依恋访谈

- The interviews, transcribed literally, are rated along different scales e. g.: loving relationship with mother and father, quality of recall, idealization and derogation of relationships and most importantly coherence of the narrative.
- 这些访谈逐字逐句地转录, 按不同的尺度进行评分。:与父母的爱的关系, 回忆的质量, 关系的理想化和贬损, 最重要的是叙事的连贯性。

  –

20

secure (F)
安全型(F)

- Adults with the classification <u>secure</u> (F) give open, coherent and consistent accounts of their childhood memories, regardless of whether they were positive or negative.
- 安全型(F)的成年人对他们的童年记忆进行公开、连贯和一致的描述，不管他们是积极的还是消极的
- They are able to integrate their various experiences into a unitary whole and to reflect upon their accounts during their interviews.
- 他们能够将自己的各种经历整合成一个整体，并在访谈中反思自己的经历。

21

secure (F)
安全型(F)

- These persons have free access to the topics asked about and show a feeling for balance.
- 这些人可以自由地访问被问及的话题，并表现出一种平衡的感觉。

22

dismissing (Ds)
回避型(Ds)

- Adults with the classification <u>dismissing</u> (Ds) give incoherent incomplete accounts of the experiences and often show gaps in memory.
- 回避型(Ds)的成年人对他们的经历给出了不连贯的、不完整的描述，并且常常显示出记忆上的空白
- As defense against the surfacing of painful memories, they minimize the importance of attachment.
- 作为对痛苦记忆浮出水面的防御，它们将依恋的重要性最小化。
- These people insist on normality and inner independence from others.
- 这些人坚持正常的生活方式和内心的独立。

23

preoccupied (E)
痴迷型(E)

- Adults with the classification <u>preoccupied</u> (E) recount in an excessive, often non-objective, and angry way, the conflicts experienced with their attachment figures.
- 痴迷型(E)的成人以一种过度的、通常非客观的、愤怒的方式叙述他们与依恋对象之间的冲突。
- They appear enmeshed and give the impression that past experiences are currently occurring, and that they are unable to distance themselves from them.
- 他们似乎陷入其中，给人的印象是，过去的经历正在发生，他们无法与自己保持距离。

24

preoccupied (E)
痴迷型(E)

- They describe conflict-stricken events and offer exaggerated pseudo-psychological analyses of them.
- 他们描述了受冲突影响的事件，并对这些事件进行了夸张的伪心理分析。
- Characteristic of preoccupied people is the oscillation between positive and negative evaluations, without being conscious of the inherent contradiction. In general, their language seems confused, unclear and vague.
- 痴迷型人的特点是在积极评价和消极评价之间的振荡，而没有意识到内在的矛盾。一般来说，他们的语言似乎是混乱的，不清楚的和模糊的。

25

unresolved (Ud)
未修通型

- Adults with the classification unresolved (Ud) show temporary lapses in the monitoring of reasoning or discourse during discussion of potentially traumatic events.
- 未修通型（unresolved, Ud）的成年人在讨论潜在的创伤事件时，在监测其推理或叙说的时，发现他们会有暂时的疏忽。
- Specifically, lapses in reasoning - for example, indications that a speaker believes that a deceased person is both dead and not dead - may indicate parallel, incompatible belief and memory systems regarding a traumatic event that have become dissociated.
- 具体来说，推理的失误——例如，有迹象表明，一个讲者相信一个已故的人即生又死——可能表明了在关于一个被解离出的一个创伤事件中，有着平行的、不相容的信念和记忆系统。

26

unresolved (Ud)
未修通型

- Lapses of monitoring of discourse, such as sudden change into eulogistic speech, suggest the possibility of state-shifts.
- 对话语的监控失误，如突然变成某种咏颂，提示了状态转变的可能。

27

Attachment in Depressive Disorders
抑郁症中的依恋

- Longitudinal studies:
- 纵向研究：
- early loss of attachment figure favours depressive disorder;
- 早年间依恋对象的丧失的倾向于得抑郁症
- Inadaequate care after loss doubles the percentage 丧失后的缺失的照顾将这个比率增加了一倍
- Variability in the group of depressive disorders (major depression, dysthmia):
- 抑郁障碍组(重度抑郁，心境恶劣)的变异性：
- findings with AAI **mainly** insecure patterns with unresolved trauma.
- AAI的结果提示 主要 是不安全模式和未解决的创伤。

28

Borderline Personality Disorder
边缘型人格障碍

- Fonagy et al. (1996) found that 75% of persons with borderline personality disorder had are occupied states of mind, and that half of those fell in a rarely used subgroup, fearfully preoccupied (E3) with respect to traumatic events.
- Fonagy等人（1996年）发现，有75%患有边缘型人格障碍的人都有"痴迷"的心理状态，其中一半的人可归类为一种少见的子群体里，对创伤事件的恐惧型痴迷（E3）。
- 89% of borderline patients were classified as unresolved concerning abuse.
- 89%的边缘病人被归类为"未修通"型的，涉及到虐待。

29

A Case
临床案例

I: hmm hm how would you describe the relationship to your parents, your mother and father, when you were a child?

P: -- hm- this long silence says a lot (laughs), I couldnt rely on them, I couldn´t rely on them, never.

- *I: hmhm*
- *访谈者：嗯，嗯，你会如何描述自己童年期与父母的关系？*
- *病人：——嗯—这么长的沉默透露了很多东西（笑），我无法依靠他们，我永远无法依靠他们。*
- *访谈者：嗯嗯。*

30

A Case
临床案例

- *P: I still cant, my mother needs to be cared for today, and other people have to coordinate with me all the time, the neighbours and the social institution, they have to check if it is right what she is saying or is she lying, these are experiences with her, I would say **aggressive caregiving**, I was not able to be ill, and when I was ill, then, these teas, I didnt like, that is why I am not able to drink these herbal teas up to now, just without sugar, something like that, hm being ill was really a mess for me, hot potatoes around my neck, hm*

- *病人：现在仍然不行，今天我的母亲需要被照料，其他人必须一直和我配合，邻居们和社会机构，他们必须去检查她的话是对的还是在撒谎，这些都是和她相处的体验，我会说"攻击性的照料"，我没有办法生病，并且当我生病，那么，这些茶，我不喜欢，这就是为什么直到现在我还没有办法喝这些草药茶，不要糖，就像那样，*

  嗯生病对我来说是一团糟，很难受的体验，

31

Aggressive Caregiving
攻击性的照料

- *I would say aggressive caregiving, I tried to be healthy again as fast as possible, today I can be more generous with myself in that case very slowly, being ill, but that costed me many years, with my father I didn´t have a good relationship either,*

- *我要说攻击性的照料，我试着尽快的恢复健康，现在在那种情况下我能非常慢的变得对自己更好，病了，但那花了我很多年，我与父亲也没有很好的关系，*

- *I cant report something positive, very little, my mother always told my father what I did wrong, she did that probably also with my ten year older brother, she told my father, and*

- *我无法汇报一些正向的东西，非常少的，我的母亲总是把我做错的事情告发给我的父亲，她也在比我大十岁的哥哥面前那样做，她告诉我的父亲，，*

32

16

Aggressive Caregiving
攻击性的照料

- *,*
- *when he came back in the evening he hit us, something like that, it just happened yesterday, two weeks ago I got frightened, he always scared me when I was a child*
- *并且当他晚上回家时他打我们，就是那样的一些事情，它像是正发生在昨天，两个星期以前我被吓坏了，在我小时候他总是吓我*

33

No Security
没有任何的安全感

I still suffer of that, it happens often today that I get frightened when somebody is in the same room though I know who is present.

I dont have any feeling of security, and I always thought, some day we will have a break down and my father will be unemployed, he was popular in his job

but as a child I always had that feeling that everything can fall apart very fast and I worked in early years, also in the holidays, and tried to earn some money,

I always had the feeling there is no security, nothing to rely on.

我现在还遭受那种折磨，即使我认识的人和我在一个房间我都会害怕，这样的事今天还经常发生，我没有任何的安全感，我一直在想有一天我们会崩溃并且我的父亲会被解雇，他在工作中很受欢迎但是从小时候起我就总是感觉所有东西都很快会崩溃并且我很早就开始工作，即便是在假日，并且试图去挣一些钱，我一直感觉没有什么是安全的，没有什么可以去依靠。

34

Main & Goldwyns (1996) Criteria for Loss
Main & Goldwyn对于丧失的标准(1996)

- キ   Indication of disbelief that the person is dead
- キ   Indication of confusion between self and dead person
- キ   Disorientation with respect to time and space
- キ   Psychologically confused statements
- キ   Extreme behavioral reaction to a loss
- 显示出不相信该人已经死亡
- 显示出自己和死去的人之间的混淆
- 对于时间和空间的方向感紊乱
- 对于丧失的极端行为反应

35

Main & Goldwyns (1996) Criteria for Abuse:

- キ   Unsuccessful denial of the occurence or intensity of the abusive experience
- キ   Feelings of being causal in the abuse and deserving it
- キ   Disoriented speech
- 对于虐待体验的发生或强度的不成功的否认
- 在虐待中感受到它是自己造成的和自己是应被虐待的
- 语言混乱

36

Adult Attachment Pictures
成人依恋图片

George C, West M (2001)
The development and preliminary validation of a
new measure of Adult Attachment: The Adult
Attachment Projective.
Attach Hum Dev 3: 30-61

37
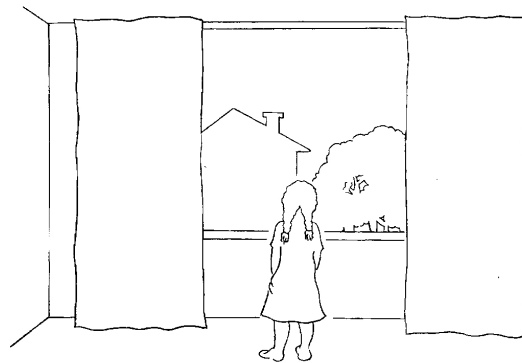
2

38

Child at Window "Resolved"
站在"解决"窗口的孩童

- In this picture a girl is dreaming away looking out of the window at houses and gardens vis-a`vis.在这幅画中，一个女孩正在做梦，看着窗外的房子和花园。
- *What led up to this?这是怎么回事？*
- Having moved into a new city the girl is examining her room for the first time. And the view she has got from there. **She feels extremely lonely and lost** and *is looking whether there are children in the neighbourhood where she then; where the next playground is, where her school is,* **whether there is somebody outside with whom she could make friends** and she really doesn't know yet what she is supposed to do here or is doing here. She is standing there a little lonely and **lost** and without courage. *But this will change once she has lived here for a while, her room will be completely furnished, she then will feel at ease* **and find many new friends.**
- 搬进一个新城市后，这个女孩第一次检查她的房间。以及她从那里看到的景色。*她感到非常孤独和失落*，正在*寻找临近处是否有年龄相仿的孩童；最近的玩乐场在哪里，她的学校在哪里，外面是否有人可以和她交朋友*，她真的不知道她应该在这里做什么或正在在这里做什么才能交到朋友。她站在那里有点寂寞，*迷失*，没有勇气。*但一旦她在这里住了一段时间，这种情况就会改变，她的房间会完全布置好，然后她就会感到轻松，找到很多新朋友。*
- **„she feels extremely lonely", „lost"**
- **Internalized secure base: „find some friends", „make new friends"**

39

- **„she feels extremely lonely", „lost"**
- **Internalized secure base: „find some friends", „make new friends"**
- *Capacity to act: „is looking where the next playground is"*
- 她感觉极度的孤独，，，迷失
- 内在安全基础:"找到朋友",,,"找到新朋友"
- 行为能力:。。正在寻找最近的玩乐场在哪里？

40

3

41
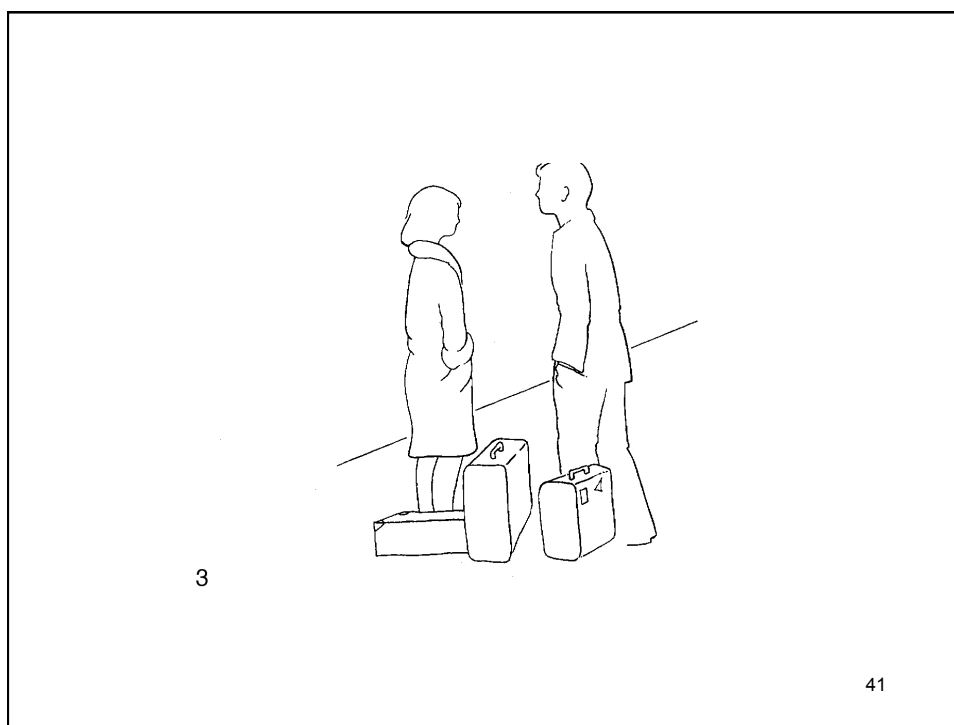
Departure
离开

A couple waiting for the train to arrive. The man says: „Let us have another cup of coffee, so that our holiday starts right here". The woman: **„a really good idea".**

一对夫妻正在等待列车到达，男的说"我们再喝一杯咖啡把，这样我们的旅行就立马开始啦。"女人说"好主意。"

A couple on the brink of divorce. 一对夫妻正在离婚的边缘

The man says: „ I knew it since long that we can´t get along well, let us face we have failed".
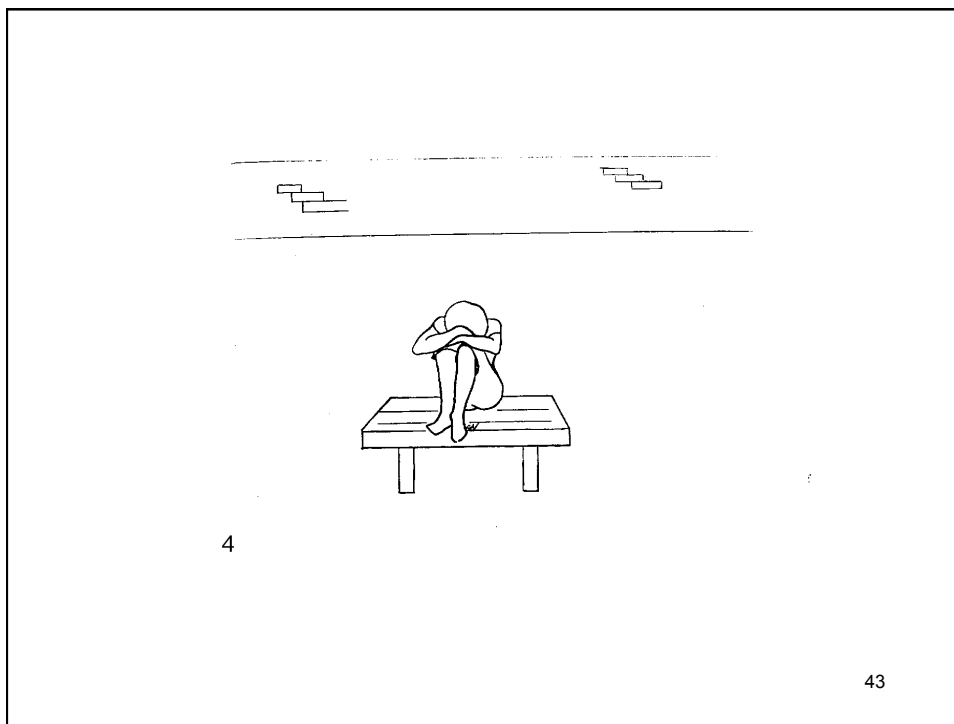
男的说"我知道我们相处不来已经很久了，让我们面对我们的失败吧。"

The woman: is there no hope for us both?

女人：我们之间就没有希望了吗？

The man: „ I am afraid **I do not see any future**"

男的：我怕是看不到未来了

42

4

43

Loneliness
孤独

A girl has lost her best friend.

一个女孩失去了她最好的朋友

Still she thinks that after some time of mourning, she will find another mate.

她仍然想着经过一段时间的哀悼后，她会找到新的伙伴。

Meanwhile she will read her diary about her **positive experiences with this friend.**

同时她会去读她日记里那些与那位朋友有关的积极体验。

44

5

45
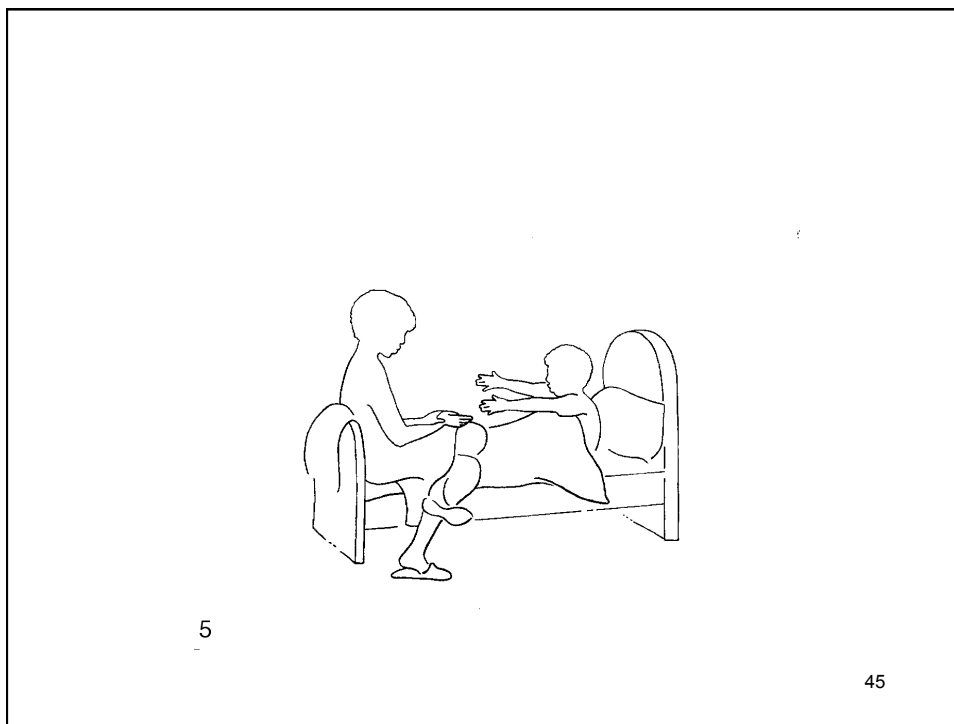
Mother-Child
妈妈和孩子

Mother says: „I am so sorry but I can´t stay any longer".

妈妈说:"我很抱歉，我不能再这里待下去了"

Child: „But please come back tomorrow - will you?"

孩子:"但请你明天回来，好吗？"

Mother: „ I can´t come, you know, **I have to leave** for a business trip"

妈妈:"我不能来了，你知道，我明天必须要出差的。"

46

6

47
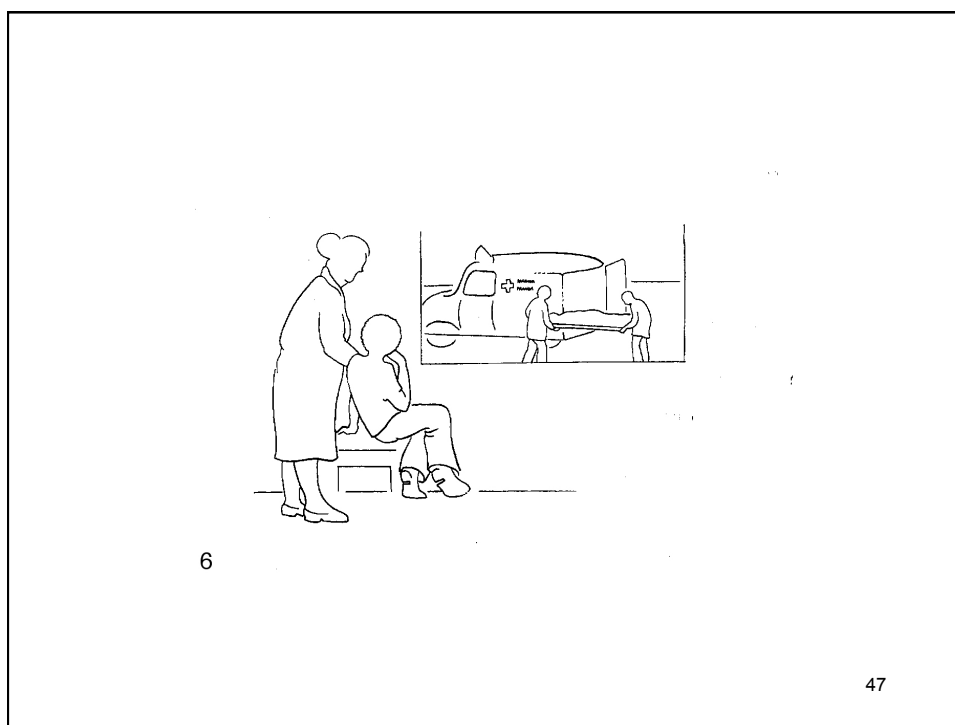
Accident
事故

The boy was playing with his best friend; a car came and hit his friend.

一个男孩和他的好朋友在玩，一辆车来了，撞上了他的朋友。

Grandmother tries to comfort the boy: „you ll see the **doctors will do their best**".

祖母试着安慰男孩：**"你会看到医生们会尽力的。"**

48

7

49
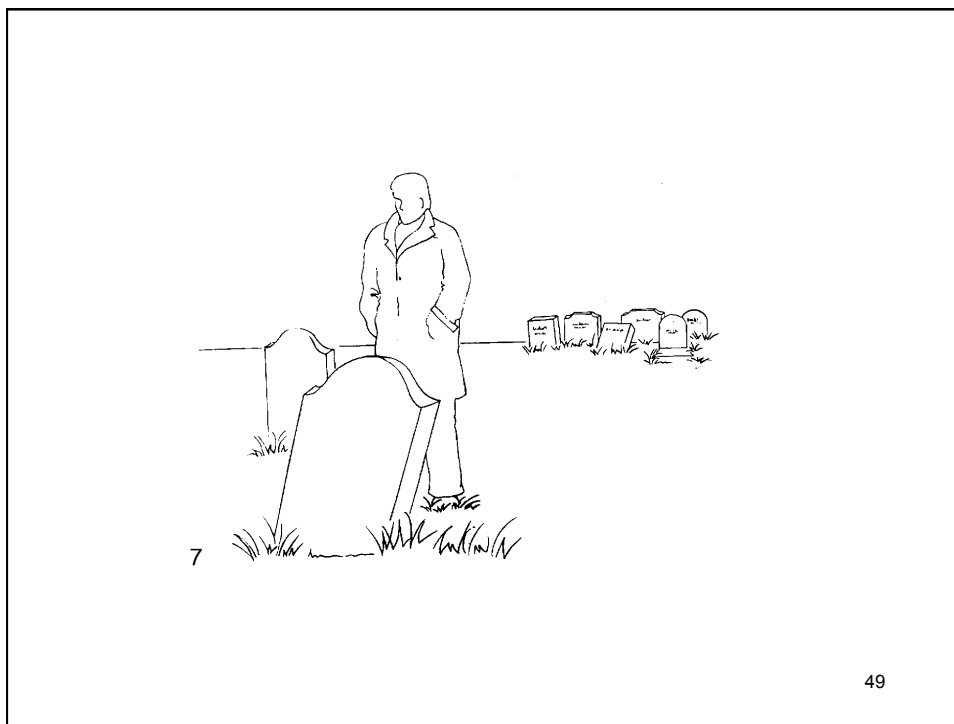
Cemetery
墓地

A man returns to his home village after twenty years; he thinks of his parents that had sent him away when he was young, too young for being deserted.

一个人二十年后回到他的家乡;他想起了他的父母, 他们在他年轻的时候就把他送走了, 他被遗弃那会还太小了。

Now it is **too late to reconsile** with them.

现在与父母和解又太晚了。

50

51

Corner "Unresolved"
"为解决"的角落

He is afraid. I believe he is beaten, maybe by his own father. He moved towards the corner trying to save himself one step back after the other and so ended up **being cornered**, he's got no chance to get away from him.

他很害怕。我相信他是被他自己的父亲打了。他移动到了角落, 试图保护自己的一步一步的后退, 结果被逼得走投无路, 他没有机会躲开他了。

He is raising his hands but this is only a reflex action.

他升起他的手, 但这只是反射动作。

He actually knows that he cannot defend himself. He waits that it will stop although he is without hope that it will stop.

他知道他没有办法保护他自己, 他在等待这一切结束, 虽然这很无望。

These moments always seem to be endless. 这个过程永无止尽。

And he actually comes nearer, the father. Maybe he hits once again.

他并且知道, 之后他的父亲可能又会打他一次。

fear: „is afraid", helplessness: „being cornered" 恐惧:"恐怕", 无望:"走投无路"

Unresolved: *no* capacity to act, *no* comfort/help, *no* internalized secure base

为解决:没有能力行动, 不能安慰/帮助, 没有内在安全基础

52

AAP-Bilder
AAP-图片

Username: lehrbuch
Password: psychol

More about attachment on
www.horstkaechele.de

更多关于依恋的内容在

www.horstkaechele.de

54