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爱的心理学 Psychology of Love

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北京大学心理学系 李问归
Psychology of LOVE



Lecture 8: Psychological perspective on the roots of Love

Attachment Theory (Cont.)



Attachment theory

Share your story





第一次与父母分离

- 第一次和父母分离是在幼儿园入托的时候。下午被送到班里，看到活动的房间很大有好多玩具，小朋友们很快就玩儿到一起了，有一个很漂亮说话声音很好听的阿姨带我们作游戏，记得当时妈妈问我觉得幼儿园好不好，我就把被子从妈妈手里抢过来对她说“挺好的你回去吧”，妈妈听完很放心就走了。后来我疯玩儿了一个下午，到了晚上第一次和陌生人住在一起感觉比较奇怪。我记得那天窗户上有一只很大的蛾子，我非常害怕它，认为那就是传说中的鬼，于是吓得大哭。好多孩子听到了以后也跟着一起哭，哭着哭着就听见其中一个孩子疯狂的喊自己想家了，声音凄惨得不得了。我听后立即就忽略了蛾子的存在，转而投入到一种念家的情绪中继续大哭。整个过程都记得特别清楚，因为当时觉得很莫名其妙，就像被突然启动了一样。



Attachment theory

- 第一次上幼儿园时，我死活在门口哭，不进去。我妈没办法，就陪着我，让老师也在门口陪着我，我能在门口站半天。后来我每天上幼儿园都死活不进去，园长都知道了，最后就说甬来了，休一年吧。我感觉幼儿园不是什么好地方。
- 我一点也不恋家。妈妈经常和我说我小的时候特别的粘她，可是有一回她出差了，回来以后奶奶高兴的指给我看“看，是谁回来了？”，我看了一眼说“妈妈”，然后就继续做自己的事情了，这把她伤心死了。可是从我记事起，我就觉得我一点没有恋家过。小学的时候手拉手活动去山区待了两天，不想家。



Attachment theory

- 第一次与父母分离？我记不清了。反正应该没有大吵大闹过。当然并不是我喜欢去上幼儿园或者小学，我只是不怕遇到那么多人，况且我知道放学后就可以回家的。上了大学，离开父母的心情中，当然有不舍，但是没有难过。
- 印象比较深刻的是小学三年级的时候，我转到了一所离家非常远的寄宿制学校，一周回家一次。在班车上的时候，看到站在下面向我挥手的父母，和身边完全不认识的老师、同学，我的心情特别失落，当车子开动起来的时候，我就开始掉眼泪了。



Attachment theory

对于第一次跟父母分离的情况我实在说不清是什么样的情况，应该是上幼儿园吧，只是听妈妈说，我很乖很听老师的话，从来不哭闹。自己有印象的真正意义上的分开应该是上寄宿小学的第一天吧。其实当时的我哪有在意什么分不分开，完全被新学校，新朋友所吸引。爸爸妈妈把我交给老师，办完手续后就离开了，一切都很自然，对我来讲这是梦寐以求的好事，用我当时的话来讲是终于脱离苦海，可以自由的生活了。

虽然幼儿园就在家的对面，妈妈领着我来到幼儿园门口时，我说什么也不肯进去了。于是妈妈只好把我带回家，第二天妈妈用好吃的东西诱惑我才把我带到了教室门口，而幼儿园的阿姨则在门口用玩具“迎接”我，这才顺利完成的交接过程。



Major propositions of attachment theory: Representational models

- Internal working models
 - A representation model of attachment relationship is a mental representation of the self, the other, and their relations.
 - Representational models include feelings, beliefs, expectations, behavioral strategies, and rules for directing attention, interpreting information, and organizing memory.



Major propositions of attachment theory: Representational models perpetuate early patterns

- Once formed, representational models tend to maintain their coherence and patterns of organization.
- New social partners are selected on the basis of, and/or are assimilated to, old models of people and relationships.



Attachment theory

Major propositions of attachment theory: Representational models perpetuate early patterns

- Individual's representational models set the stage for interactions with new social partners and have long-lasting consequences for personality development and for the nature of close relationships
- The pattern of attachment behavior and the associated representational models of attachment relationships are adaptive for the environment in which the young child develops them.



Major propositions of attachment theory: Multiple models

- It is not uncommon for a person to hold two conflicting internal models of an important relationship.
- One of the child's representational models develops largely from direct experience, encoded and stored in episodic memory. A second, contradictory model may develop largely from cognitive input if what the parents tell the child conflicts with her actual experience.



Major propositions of attachment theory: Vulnerability to psychopathology

- DSM-IV list criteria for identifying attachment disorders of infancy.
 - These disorders are characterized by the absence, disruption, or distortion of the developmental sequences of attachment behaviors that normally occur and that orient and tie the baby to his or her caregivers.



Major propositions of attachment theory: Vulnerability to psychopathology

- The attachment system is also central to some forms of psychopathology that emerge later in life
 - School refusal is clearly a symptom of a disturbance in an attachment relationship
 - School refusal is persistent, very anxious behavior that truly prevents a child from attending school regularly



Major propositions of attachment theory: Vulnerability to psychopathology

- Attachment theory incorporates much of the concept of transference from classical psychoanalytic theory.
 - Transference occurs when the individual assimilates new partners (spouse, friend, employer, therapist, and even, sometimes, a child) to existing, largely unconscious, representational models of relationships—models developed in childhood and never revised or updated since then



Major propositions of attachment theory: Continuity and change

- Attachment patterns and representational models tend to maintain themselves
- Attachment theorists have often emphasized that development continues all through childhood, adolescence, and adulthood
- In all but the most severe cases of psychopathology, change remains possible.



Major propositions of attachment theory: Continuity and change

- Changes in a child's attachment behavior and in her representational models of attachment relationships can evolve from developmental changes and/or from changes in experience
 - Developmental changes in the child can also either support improvements or increase tension in her relationships with her parents



Major propositions of attachment theory: Continuity and change

- Changes in the quality of the child's attachment can also result from changes in the parent's behavior that result from changes in the family's circumstances (such as an economic setback or advance, a move to a new neighborhood, the birth of a sibling, a death, a divorce, a marriage, psychotherapy, or a child's entry into day care or school)



Major propositions of attachment theory: Psychotherapy

- Psychotherapist be aware of his or her role as an attachment figure for the client.
- Therapist should act as a secure base who, by being supportive and predictably available and responsive, can foster trust and enable clients to explore and revise their internal working models of attachment relationships and of themselves.



Major propositions of attachment theory: Psychotherapy

- Unlike most traditional psychoanalysts, Bowlby did not advocate restricting oneself to being a “blank screen” onto which the patient might project whatever was in his mind.
- The client’s work in psychotherapy is also likely to include gaining access to unconscious representational models and memories; experiencing or re-experiencing the feelings associated with previously repressed knowledge; reevaluating perceptions and beliefs; developing a mental model of self as loveable, worthy, and competent; experimenting with new behaviors; modifying existing relationships



Three common misperceptions about attachment theory

- Babies are attached only to the primary caregiver or mother figure.
- Experiences in the first year of infancy fully determine the individual's psychological future. (It set the child on a developmental trajectory, but life provides many experiences and opportunities that can modify or even radically alter this trajectory)
- Separations associated with infant day care are terrible for babies and toddlers.



Major propositions of attachment theory: Infant patterns

- From ethological perspective, both a propensity to form attachments and flexibility in organizing attachment behavior are adaptive as the species evolves; they increase the likelihood that the species will survive.
- Flexibility allows for considerable variation among individuals as each adapts to the specific physical, familial, and cultural environment in which he or she spends a single lifetime.



Major propositions of attachment theory: Infant patterns

- Ainsworth's Uganda: lengthy observations of infants and their mothers in their natural environments.
- Strange Situation: a laboratory procedure, a moderately stressful event, activated the infant's attachment system and highlighted individual differences in the organization of attachment behavior.



Major propositions of attachment theory: Infant patterns

- Securely attached baby: approaches or signals to the attachment figure at reunion and soon achieves a degree of proximity or contact that suffices to terminate attachment behavior.



Major propositions of attachment theory: Infant patterns

Securely attached baby:





Major propositions of attachment theory: Infant patterns

- Avoidant attachment: fails to greet her mother when she returns to the lab room after a brief absence, ignores her overtures, and acts as if she is of little importance.



Major propositions of attachment theory: Infant patterns

Avoidant attachment



If it occurred in the first moments of reunion, the seemingly neutral, disinterested behavior of these children would be coded as avoidance.



Major propositions of attachment theory: Infant patterns

- Resistant attachment: both anxiety and mixed feelings about the attachment figure are readily observable.
- At reunion after brief separations in an unfamiliar environment, these babies mingle openly angry behavior with their attachment behavior.
- They may cry and reach to be picked up but then push away from the caregiver. They are often difficult to soothe.



Major propositions of attachment theory: Infant patterns

- Resistant attachment:



At reunion, babies in Group C mix angry behavior with attachment behavior.



Major propositions of attachment theory: Infant patterns

- Main & Solomon: disorganized-disoriented.
- Show a variety of indices of insecurity. Some appear to be clinically depressed; some show mixtures of avoidant behavior, openly angry behavior, and attachment behavior; and some show odd behaviors and behavior sequences that leave observers with a sense of discomfort or disturbance.

Learning From the lecture





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