

Close Relationships and Adult Attachment: Theory, Research, and Current Controversies

PSYC 955, Fall 2015 (course number 25609)

Instructor: Omri Gillath | ogillath@ku.edu | 864-1772 | Fraser 518

Location and Time: 214 Fraser Hall | Wednesdays 1-3:50 p.m.

Office hours are on Tuesday 11-2, by appointment. I will do my best to respond to all your emails within 24-48 hours

Overview and Course Objectives

The objective of this seminar is to review key issues in the field of close relationships, using the theoretical framework of Bowlby's attachment theory. During the last 40 years, Bowlby and Ainsworth's attachment theory has been one of the most influential, research-generating conceptual frameworks in the areas of psychology on which it touches: developmental, social, personality, and clinical. After the publication in 1987 of a paper by Hazan and Shaver, the theory became one of the leading frameworks for the study of adolescent and adult close relationships, personality processes, and emotional dynamics. The theory has gained in popularity largely because it addresses a wide range of issues of interest to psychologists. This includes the evolution of behavioral systems that underlie close human relationships, the developmental roots of relational styles and affect-regulation processes, the role of mental representations in interpersonal behavior, and some of the processes involved in good and poor mental health. The theory and the literature it has inspired are captivating and compelling because they draw on a range of perspectives, including developmental, cognitive, social, evolutionary, and psychoanalytic psychology, and a wide range of research methods (e.g., behavioral observations, interviews, self-report questionnaires, projective tests, and social-cognitive laboratory experiments). We will use attachment theory to discuss current controversies, and outline future directions for research and theory development. Topics covered include, but are not limited to, romantic relationships, family relations, friendships, social networks and their underlying mechanisms.

Course Structure

Each week we will read and discuss several articles and/or chapters. Early in the semester, I will present background material, then other members of the seminar (that means you ;)) will take on increasingly active roles presenting the readings as well as their own relevant work. Each week you'll have to submit a reaction paper, and find a recent article relevant to the week's topic (see details below).

Grading and Assignments

Each week you need to submit (by Tuesday at 5:00 pm) a brief written summary of your reactions to that week's readings through the discussion board on BlackBoard. The written summary will also include any important questions, observations, ideas, hypotheses, and connections with other literatures. Of course, **class attendance**, providing good reports, and contributing effectively to discussions will also be important. Additionally, each student will have to submit a research paper (which we will discuss later in the semester), and present its essence on the last class session.

Your reaction papers should focus on insights, conceptual connections, criticisms, hypotheses, and questions stimulated by the readings and our discussions. Although I encourage you to raise any questions that arise for you, I'd prefer that you not just ask, "What does the author mean by X?" and more often ask, "What are the implications of Idea X for Idea Y, of paper X for the arguments in paper Y, of data in paper X for an issue we discussed with respect to paper Y?" It's also important

to wonder whether one paper or argument is consistent or inconsistent with some other papers or arguments. Your reactions will be evaluated with respect to three factors: (a) whether they are generally submitted on time, (b) the quality of your writing (i.e., clarity, coherence, professionalism), and (c) the quality of your ideas (i.e., Do they reflect careful reading and thoughtful consideration of the issues? Do they have the potential to generate productive discussion? Do they suggest new directions for research that could actually be pursued?).

Because you will be exchanging ideas with other members of the seminar, I encourage you to read their comments (on BlackBoard) before coming to class. This will help you get a feel for what is likely to come up in discussion and perhaps allow you to formulate ideas, answers, further questions, etc. in response. This should make the quality of our discussions better.

Week 1 (August 26th) – Class overview

A brief overview of the class theory and some of the researchers in the area.

Collective readings for next week (most of the reading should be on BB, the chapters of my book will be provided as we move through the semester):

Ainsworth, M. D. S., Blehar, M. C., Waters, E. & Wall, S. (1978). *Patterns of attachment: A psychological study of the strange situation*. Hillsdale, NJ: Erlbaum. [Chapters 1, 2, 3, and 15]

Bowlby, J. (1969/1982). *Attachment and loss: Vol. 1. Attachment*. New York: Basic Books. [Chapters 1 - 3]

Gillath, Karantzas, & Fraley (in prep). Ch 1 & 2.

Individual reading:

Ainsworth, M. D. S., Blehar, M. C., Waters, E. & Wall, S. (1978). *Patterns of attachment: A psychological study of the strange situation*. Hillsdale: Erlbaum. [Chapter 6].

Ainsworth, M. D. S., & Bowlby, J. (1991). An ethological approach to personality development. *American Psychologist*, 46, 333-341.

Bretherton, I. (1992). The origins of attachment theory: John Bowlby and Mary Ainsworth. *Developmental Psychology*, 28, 759-775.

Fraley, R. C., & Spieker, S. J. (2003). Are infant attachment patterns continuously or categorically distributed? A taxometric analysis of strange situation behavior. *Developmental Psychology*, 39, 387-404.

Thompson, R. A. (2008). Early attachment and later development: Familiar questions, new answers. In J. Cassidy & P. R. Shaver (Eds.), *Handbook of attachment: Theory, research, and clinical applications* (2nd ed., pp. 348-366). New York: Guilford Press.

Waters, E., Kondo-Ikemura, K., Posada, G. & Richters, J. E. (1990). Learning to love: Mechanisms and milestones. In M. R. Gunnar & L. A. Sroufe (Eds.) *Self Processes and Development. The Minnesota Symposia on Child Psychology*. Vol. 23, (pp. 217-255). Hillsdale: Erlbaum.

Week 2 (September 2nd) – Bowlby's Ethological Attachment Theory and Ainsworth's Tests of It Attachment; Attachment in Infancy and Early Childhood

Discussion of methods and findings regarding attachment of infants and children to their parents and other caregivers.

Collective readings for next week:

Collins, N. L., Guichard, A. C., Ford, M. B., & Feeney, B. C. (2004). Working models of attachment: New developments and emerging themes. In W. S. Rholes & J. A. Simpson (Eds.), *Adult Attachment: Theory, Research, and Clinical Implications* (pp. 196-239). New York: Guilford.

Baldwin, M. W., Keelan, J. P. R., Fehr, B., Enns, V., & Koh-Rangarajoo, E. (1996). Social cognitive conceptualization of attachment working models: Availability and accessibility effects. *Journal of Personality and Social Psychology*, 71, 94-104.

Gillath, Karantzas, & Fraley (in prep). Ch 3.

Individual reading:

Klohnen, E. C., Weller, J. A., Luo, S., & Choe, M. (2005). Organization and predictive power of general and relationship-specific attachment models: One for all, and all for one? *Personality and Social Psychology Bulletin*, 31, 1665-1682.

Mikulincer, M., Gillath, O., & Shaver, P. R. (2002). Activation of the attachment system in adulthood: Threat-related primes increase the accessibility of mental representations of attachment figures. *Journal of Personality and Social Psychology*, 83, 881-895.

Week 3 (Sept 9th) – Attachment working models

What are working models, how they come to be, and what are their contribution?

Collective Readings for next week:

Bartholomew, K., & Horowitz, L. M. (1991). Attachment styles among young adults: A test of a four-category model. *Journal of Personality and Social Psychology*, 61, 226-244.

Hazan, C., & Shaver, P. R. (1987). Romantic love conceptualized as an attachment process. *Journal of Personality and Social Psychology*, 52, 511-524.

Hesse, E. (2008). The Adult Attachment Interview: Protocol, Method of analysis, and empirical studies. In J. Cassidy & P. R. Shaver (Eds.), *Handbook of attachment: Theory, research, and clinical applications* (2nd ed., pp. 552-599). New York: Guilford Press.

Gillath, Karantzas, & Fraley (in prep). Ch 4.

Individual reading:

Bakermans-Kranenburg, M. J., van IJzendoorn, M. H., & Juffer, F. (2003). Less is more: Meta-analyses of sensitivity and attachment interventions in early childhood. *Psychological Bulletin*, 129, 195-215.

Colin, V. L. (1996). *Human attachment*. New York: McGraw Hill. [Chapters 3 & 5]

De Wolff, M., & van IJzendoorn, M. H. (1997). Sensitivity and attachment: A meta-analysis on parental antecedents of infant attachment. *Child Development*, 68, 571-591.

George, C., & West, M. (2001). The development and preliminary validation of a new measure of adult attachment: The Adult Attachment Projective. *Attachment and Human Development*, 3, 30-61.

Main, M., Kaplan, N., & Cassidy, J. (1985). Security in infancy, childhood, and adulthood: A move to the level of representation. In I. Bretherton & E. Waters (Eds.), *Growing points of attachment theory and research. Monographs of the Society for Research in Child Development*, 50 (1-2, Serial No. 209), 66-104.

Roisman, G. I., Fraley, R. C., & Belsky, J. (2007). A taxometric study of the adult attachment interview. *Developmental psychology*, 43(3), 675-686.

Simpson, J. A., Collins, W. A., Tran, S., & Haydon, K. C. (2007). Attachment and the experience and expression of emotions in adult romantic relationships: A developmental perspective. *Journal of Personality and Social Psychology*, 92, 355-367.

Weinfield, N. S., Sroufe, L. A., Egeland, B., Carlson, E. A. (1999). The nature of individual differences in infant-caregiver attachment. In P. R. Shaver and J. Cassidy (Eds.), *Handbook of Attachment: Theory, Research, and Clinical Applications* (pp. 68-88). New York: Guilford.

Collins, N. L., & Read, S. J. (1990). Adult attachment, working models, and relationship quality in dating couples. *Journal of Personality and Social Psychology*, 58, 644-663.

Mikulincer, M., Florian, V., & Tolmacz, R. (1990). Attachment styles and fear of personal death: A case study of affect regulation. *Journal of Personality and Social Psychology*, 58, 273-280.

Simpson, J. A. (1990). Influence of attachment styles on romantic relationships. *Journal of Personality and Social Psychology*, 59, 971-980.

Roisman, G. I., Holland, A., Fortuna, K., Fraley, R. C., Clausell, E., & Clarke, A. (2007). The adult attachment interview and self-reports of attachment style: An empirical rapprochement. *Journal of personality and social psychology*, 92(4), 678-697.

Shaver, P. R., Belsky, J., & Brennan, K. A. (2000). The Adult Attachment Interview and self-report measures of romantic attachment: Associations across domains and methods. *Personal Relationships*, 7, 25-43.

Shaver, P. R., & Hazan, C. (1988). A biased overview of the study of love. *Journal of Social and Personal Relationships*, 5, 473-501.

Week 4 (Sept 16th) – Adult Attachment Measurement

Discussion of the two traditions of measures of adult attachment.

Week 5 (Sept 23rd) – no class Yum Kippor

Collective readings for next week:

Baldwin, M. W., & Fehr, B. (1995). On the instability of attachment style ratings. *Personal Relationships*, 2, 247-261.

Davila, J., & Sargent, E. (2003). The meaning of life (events) predicts change in attachment security. *Personality and Social Psychology Bulletin*, 29, 1383-1395.

Gillath, Karantzas, & Fraley (in prep). Ch 5.

Individual reading:

Van Ryzin, M. J., Carlson, E. A., & Sroufe, L. A. (2011). Attachment discontinuity in a high-risk sample. *Attachment & human development*, 13, 381-401.

Konrath, S. H., Chopik, W. J., Hsing, C. K., & O'Brien, E. (2014). Changes in Adult Attachment Styles in American College Students Over Time A Meta-Analysis. *Personality and Social Psychology Review*, 18, 326-348.

Brown, G. L., Mangelsdorf, S. C., & Neff, C. (2012). Father involvement, paternal sensitivity, and father- child attachment security in the first 3 years. *Journal of Family Psychology*, 26, 421-430.

Davila, J., Burge, D., & Hammen, C. (1997). Why does attachment style change? *Journal of Personality and Social Psychology*, 73, 826-838.

Davila, J., & Cobb, R. (2003). Predicting change in self-reported and interviewer-assessed adult attachment: Tests of the individual difference and life stress models of attachment change. *Personality and Social Psychology Bulletin*, 29, 859-870.

Fraley, R. C., Vicary, A. M., Brumbaugh, C. C., & Roisman, G. I. (2011). Patterns of stability in adult attachment: An empirical test of two models of continuity and change. *Journal of Personality and Social Psychology*, 101, 974-992.

Fraley, R. C., & Brumbaugh, C. C. (2004). A dynamical systems approach to understanding stability and change in attachment security. In W. S. Rholes & J. A. Simpson (Eds.), *Adult attachment: Theory, research, and clinical implications* (pp. 86-132). New York: Guilford Press.

Week 6 (Sept 30th) – Attachment stability and change

We will discuss various theoretical perspectives on the mechanisms of stability and change in attachment styles over time.

Collective readings for next week:

Carnelley, K. B., Otway, L. J., & Rowe, A. C. (2015). The effects of attachment priming on depressed and anxious mood. *Clinical Psychological Science*, 1-58.

Mikulincer, M., & Shaver, P. R. (2015). The psychological effects of the contextual activation of security-enhancing mental representations in adulthood. *Current Opinion in Psychology*, 1, 18-21.

Otway, L. J., Carnelley, K. B., & Rowe, A. C. (2014). Texting “boosts” felt security. *Attachment & human development*, 16, 93-101.

Gillath, Karantzas, & Fraley (in prep). Ch 6.

Individual reading:

Gillath, O., Selcuk, E., & Shaver, P. R. (2008). Moving toward a secure attachment style: Can repeated security priming help? *Social and Personality Compass*, 2/4, 1651-1666.

Mikulincer, M., & Shaver, P. R. (2007). Boosting attachment security to promote mental health, prosocial values, and inter-group tolerance. *Psychological Inquiry*, 18, 139-156.

Week 7 (October 7th) – Attachment Security Priming

We will discuss the contextual activation of attachment in adulthood.

Collective readings for next week:

George, C., & Solomon, J. (2008). The caregiving system: A behavioral system approach to parenting. In J. Cassidy & P. R. Shaver (Eds.), *Handbook of attachment: Theory, research, and clinical applications* (2nd ed., pp. 833-857). New York: Guilford Press.

Gillath, O., Shaver, P. R., & Mikulincer, M. (2005). An attachment-theoretical approach to compassion and altruism. In P. Gilbert (Ed.), *Compassion: Its nature and use in psychotherapy* (pp. 121-147). London: Brunner-Routledge.

Gillath, Karantzas, & Fraley (in prep). Ch 7.

Individual reading:

Collins, N. L., & Feeney, B. C. (2000). A safe haven: An attachment theory perspective on support seeking and caregiving in intimate relationships. *Journal of Personality and Social Psychology*, 78, 1053-1073.

Collins, N. L., & Ford, M. B. (2010). Responding to the needs of others: The caregiving behavioral system in intimate relationships. *Journal of Social and Personal Relationships*, 27, 235-244.

Kunce, L. J., & Shaver, P. R. (1994). An attachment-theoretical approach to caregiving in romantic relationships. In K. Bartholomew & D. Perlman (Eds.), *Attachment processes in adulthood* (pp. 205-237). London: Jessica Kingsley.

Mikulincer, M., Gillath, O., Halevy, V., Avihou, N., Avidan, S., & Eshkoli, N. (2001). Attachment theory and reactions to others' needs: Evidence that activation of the sense of attachment security promotes empathic responses. *Journal of Personality and Social Psychology*, 81, 1205-1224.

Mikulincer, M., Gillath, O., Sapir-Lavid, Y., Yaakobi, E., Arias, K., Tal-Aloni, L., & Bor, G. (2003). Attachment theory and concern for others' welfare: Evidence that activation of the sense of secure base promotes endorsement of self-transcendence values. *Basic and Applied Social Psychology*, 25, 299-312.

Mikulincer, M., & Shaver, P. R. (2001). Attachment theory and intergroup bias: Evidence that priming the secure base schema attenuates negative reactions to out-groups. *Journal of Personality and Social Psychology*, 81, 97-115.

Mikulincer, M., Shaver, P. R., Gillath, O., & Nitzberg, R. E. (2005). Attachment, caregiving, and altruism: Augmentation of attachment security increases compassion and helping. *Journal of Personality and Social Psychology*, 85, 817-839.

Shaver, P. R., Mikulincer, M., & Shemesh-Iron, M. (2009). A behavioral systems perspective on prosocial behavior. In M. Mikulincer & P. R. Shaver (Eds.), *Prosocial motives, emotions, and behavior* (pp. 73-92). Washington, DC: American Psychological Association.

Week 8 (Oct 14th) – Attachment and other behavioral systems part a: Caregiving

Discussion on the interplay between attachment and other behavioral systems, starting with the caregiving system: Influences of the sense of attachment security on compassion, altruism, and prosocial behavior.

Approval of research proposals until the 14th.

Collective readings for next week:

Davis, D., Shaver, P. R., & Vernon, M. L. (2004). Attachment style and subjective motivations for sex. *Personality and Social Psychology Bulletin*, 30, 1076-1090.

DeWall, C. N., Lambert, N. M., Slotter, E. B., Pond Jr, R. S., Deckman, T., Finkel, E. J., ... & Fincham, F. D. (2011). So far away from one's partner, yet so close to romantic alternatives: Avoidant attachment, interest in alternatives, and infidelity. *Journal of personality and social psychology*, 101, 1302.

Gillath, O., Mikulincer, M., Birnbaum, G., & Shaver, P. R. (2008). When Sex Primes Love: Subliminal Sexual Priming Motivates Relational Goal Pursuit. *Personality and Social Psychology Bulletin*, 34, 1057-1069.

Snapp, S., Lento, R., Ryu, E., & Rosen, K.S. (2014). Why do they hook up? Attachment style and motives of college students. *Personal Relationships*, 21, 468-481.

Individual readings:

Birnbaum, G. E., Mikulincer, M., & Gillath, O. (2012). When does responsiveness pique sexual interest? Attachment and sexual desire in initial acquaintanceships. *Personality and Social Psychology Bulletin*, 38, 946-958.

Birnbaum, G. E., Mikulincer, M., & Gillath, O. (2011). In and Out of a Daydream Attachment Orientations, Daily Couple Interactions, and Sexual Fantasies. *Personality and Social Psychology Bulletin*, 37(10), 1398-1410.

Diamond, L. M. (2003). What does sexual orientation orient? A biobehavioral model distinguishing romantic love and sexual desire. *Psychological Review*, 110, 173-192.

Eastwick, P. W. & Finkel, E. J. (2012). The evolutionary armistice: Attachment bonds moderate the function of ovulatory cycle adaptations. *Personality and Social Psychology Bulletin*, 38, 174-184.

Gillath, O., & Schachner, D. A. (2006). Sex and love: Goals, motives, and strategies: How do sexuality and attachment interact? In M. Mikulincer & G. S. Goodman (Eds.), *Dynamics of romantic love: Attachment, caregiving, and sex*. (pp. 337-355). New York: Guilford Press.

Schachner, D. A., & Shaver, P. R. (2002). Attachment style and human mate poaching. *New Review of Social Psychology*, 1, 122-129.

Tracy, J. L., Shaver, P. R., Albino, A. W., & Cooper, M. L. (2003). Attachment styles and adolescent sexuality. In P. Florsheim (Ed.), *Adolescent romance and sexual behavior: Theory, research, and practical implications* (pp. 137-159). Mahwah, NJ: Erlbaum.

Zeifman, D., & Hazan, C. (2008). Pair bonds as attachments: Reevaluating the evidence. In J. Cassidy & P. R. Shaver (Eds.), *Handbook of attachment: Theory, research, and clinical applications* (2nd ed., pp. 436-456). New York: Guilford Press.

Week 9 (Oct 21st) – Attachment and other behavioral systems part b: Sex

Discussion of adolescent and adult attachment in relation to sexuality.

Collective readings for next week:

Dinero, R. E., Conger, R. D., Shaver, P. R., Widaman, K. F., & Larsen-Rife, D. (2011). Influence of family of origin and adult romantic partners on romantic attachment security. *Couple and Family Psychology: Research and Practice*, 1, 16-30.

Gillath, O., Canterberry, M., & Collins, T. J. (2012). What is Attachment? In O. Gillath, G. Adams, & A. D. Kunkel (Eds.), *Relationship science: Integrating evolutionary, neuroscience, and sociocultural approaches*. Washington, DC: American Psychological Association.

Kirkpatrick, L. A. (1998). Evolution, pair-bonding, and reproductive strategies: A reconceptualization of adult attachment. In J. A. Simpson & W. S. Rholes (Eds.), *Attachment theory and close relationships* (pp. 353-393). New York: Guilford.

Gillath, Karantzas, & Fraley (in prep). Ch 8.

Week 10 (Oct 28th) –Attachment and context

We will discuss various contextual factors than can influence individual differences in attachment.

Collective readings for next week:

Coan, J. A. (2010). Adult attachment and the brain. *Journal of Social and Personal Relationships*, 27, 210-217.

Fonagy, P., & Target, M. (2005). Commentary: Bridging the transmission gap: An end to an important mystery of attachment research? *Attachment & Human Development*, 7, 333-343.

Gillath, O., Bunge, S. A., Shaver, P. R., Wendelken, C., & Mikulincer, M. (2005). Attachment style differences and ability to suppress negative thoughts: Exploring the neural correlates. *NeuroImage*, 28, 835-847.

Gillath, O., Shaver, P. R., Baek J. M., & Chun, S. D. (2008). Genetic Correlates of Adult Attachment Style. *Personality and Social Psychology Bulletin*, 34, 1396-1405.

Gillath, Karantzas, & Fraley (in prep). Ch 9.

Individual readings:

Bakermans-Kranenburg, M. J., & Van IJzendoorn, M. H. (2004). No association of the dopamine D4 receptor (DRD4) and -521 C/T promoter polymorphisms with infant attachment disorganization. *Attachment and Human Development*, 6, 211-218.

Crawford, T. N., Jang, K. L., Livesley, W. J., Shaver, P. R., Cohen, P., & Ganiban, J. (2007). The overlap between self-reported attachment insecurity and personality disorders in adults: Genetic and environmental influences. *European Journal of Personality*, 21, 191-208.

Donnellan, M. B., Burt, S. A., Levendosky, A. A., & Klump, K. L. (2008). Genes, Personality, and Attachment in Adults: A Multivariate Behavioral Genetic Analysis. *Personality and Social Psychology Bulletin*, 34, 3-16.

Luijk, M., P.C.M., Tharner, A., Bakermans-Kranenburg, M. J., van IJzendoorn, M. H., Jaddoe, V. W.V., Hofman, A., Verhulst, F. C., Tiemeier, H. (2011). The association between parenting and attachment security is moderated by a polymorphism in the mineralocorticoid receptor gene: Evidence for differential susceptibility. *Biological Psychology*, 88, 37-40.

Powers, S. I., Pietromonaco, P. R., Gunlicks, M., & Sayer, A. (2006). Dating Couples' Attachment Styles and Patterns of Cortisol Reactivity and Recovery in Response to a Relationship Conflict. *Journal of Personality and Social Psychology*, 90, 613-628.

Roisman, G. I., & Fraley, R. C. (2006). The limits of genetic influence: A behavior-genetic analysis of infant-caregiver relationship quality and temperament. *Child Development*, 77, 1656-1667.

Week 11 (November 4th) – What is Attachment: Genes, the Brain, and Endocrinology.

We will discuss the physiological, neural, and genetic underpinnings of the attachment system.

Collective readings for next week:

Johnson, S. M. (2008). Couple and family therapy: An attachment perspective. In J. Cassidy & P. R. Shaver (Eds.), *Handbook of attachment* (2nd ed., pp. 811-833). Guilford Press: New York.

Nakash-Eisikovits, O., Dutra, L., & Westen, D. (2003). The relationship between attachment patterns and personality pathology in adolescents. *Journal of the American Academy of Child & Adolescent Psychiatry*, 41, 1111-1123.

Sroufe, L. A., Carlson, E. A., Levy, A. K., & Egeland, B. (1999). Implications of attachment theory for developmental psychopathology. *Development and Psychopathology*, 11, 1-13.

Gillath, Karantzas, & Fraley (in prep). Ch 10.

Individual readings:

Allen, J. P., Hauser, S. T., & Borman-Spurrell, E. (1996). Attachment theory as a framework for understanding sequelae of severe adolescent psychopathology: An 11-year follow-up study. *Journal of Consulting and Clinical Psychology*, 64, 254-263.

Bowlby, J. (1973). Attachment and loss: Vol. 2: Separation. New York: Basic Books (Ch. 2).

Crawford, T. N., Shaver, P. R., Cohen, P., Pilkonis, P. A., Gillath, O., & Kasen, S. (2006). Self-reported attachment, interpersonal aggression, and personality disorder in a prospective community sample of adolescents and adults. *Journal of Personality Disorders*, 20, 331-351.

Fortuna, K., & Roisman, G. I. (2008). Insecurity, stress, and symptoms of psychopathology: Contrasting results from self-reports versus interviews of adult attachment. *Attachment & Human Development*, 10, 11-28.

Week 12 (Nov 11th) – Attachment and Therapy

Is attachment a precursor or a risk factor for psychopathology?

Collective readings for next week:

Berscheid, E. (1999). The greening of relationship science. *American Psychologist*, 54, 260-266.

Buss, D. M. (1995). Evolutionary psychology: A new paradigm for psychological science. *Psychological Inquiry*, 6, 1-30.

Holmes, J. G., & Cameron, J. (2005). An Integrative Review of Theories of Interpersonal Cognition: An Interdependence Theory Perspective. In M. W. Baldwin (Ed). *Interpersonal cognition*. (pp. 415-447). New York: Guilford Press.

Individual readings:

Aron, A. & Aron, E. N. (2006). Romantic relationships from the perspectives of the Self-Expansion Model and Attachment Theory: Partially overlapping circles. In M. Mikulincer & G. S. Goodman (Eds.), *Dynamics of romantic love: Attachment, caregiving, and sex*. (pp. 359-382). New York, NY: Guilford Press.

Clark, M. S., & Mills, J. (1979). Interpersonal attraction in exchange and communal relationships. *Journal of Personality and Social Psychology*, 37, 12-24. [Interdependence theory, communal and exchange orientations].

Hendrick, C., & Hendrick, S. S. (Eds.). (2003). Romantic love: Measuring cupid's arrow. In S. J. Lopez, & C. R. Snyder (Eds.), *Positive psychological assessment: A handbook of models and measures*. (pp. 235-249). Washington: American Psychological Association.

Sternberg, Robert J. (2004). A Triangular Theory of Love. In H. T. Reis, & C. E. Rusbult (Eds). *Close relationships: Key readings*. (pp. 213-227). Philadelphia: Taylor & Francis.

Storm, C., & Storm, T. (2005). The English lexicon of interpersonal affect: Love, etc. *Cognition and Emotion*, 19, 333-356.

Week 13 (Nov 18th) – Attachment and Other Theories or Models of Adult Pair Bonding/Romantic Love

We will discuss how attachment is positioned in relation to other theories on close relationships.

Collective readings for next week:

Cooper, M. L., & Sheldon, M. S. (2002). Seventy years of research on personality and close relationships: Substantive and methodological trends over time. *Journal of Personality*, 70, 783-812.

Fraley, R. C., & Shaver, P. R. (2008). Attachment theory and its place in contemporary personality research. In O. John, R. W. Robins, & L. A. Pervin (Eds.), *Handbook of Personality: Theory and Research* (3rd Edition) (pp. 518-541). New York: Guilford Press.

Noftle, E. E., & Shaver, P. R. (2006). Attachment dimensions and the big five personality traits: Associations and comparative ability to predict relationship quality. *Journal of Research in Personality*, 40, 179-208.

Sibley, C. G., & Overall, N. C. (2008). The boundaries between attachment and personality: Localized versus generalized effects in daily social interaction. *Journal of Research in Personality*, 42, 1394-1407.

Zayas, V., Shoda, Y., & Ayduk, O. N. (2002). Personality in context: An interpersonal systems perspective. *Journal of Personality*, 70, 851-900.

Individual readings:

Kobak, R. (1994). Adult attachment: A personality or relationship construct? *Psychological Inquiry*, 5, 42-44.

Carver, C. S. (1997). Adult attachment and personality: Converging evidence and a new measure. *Personality and Social Psychology Bulletin*, 23, 865-883.

Onishi, M., Gjerde, P. F., and Block, J. (2001). Personality implications of romantic attachment patterns in young adults: A multi-method, multi-informant study. *Personality and Social Psychology Bulletin*, 27, 1097-1110.

Vaughn, B. E., Bost, K. K., & van IJzendoorn, M. H. (2008). Attachment and temperament: Additive and interactive influences on behavior, affect, and cognition during infancy and childhood. In J. Cassidy & P. R. Shaver (Eds.), *Handbook of attachment* (2nd ed., pp. 192-216). Guilford Press: New York.

Weinberger, D., Schwartz, G., & Davidson, R. (1979). Low anxious, high anxious, and repressive coping styles: Psychometric patterns and behavioral and physiological responses to stress. *Journal of Abnormal Psychology*, 88, 369-380.

White, J. K., Hendrick, S. S., & Hendrick, C. (2004). Big five personality variables and relationship constructs. *Personality and Individual Differences*, 37, 1519-1530.

Week 14 (December 2nd) – What is the Association between Attachment and General Personality Processes and Structures?

Is attachment simply a glorified big five factor?

Week 15 (Dec 9th) – Closing time

Presentation of students' studies, a final wrap up, and good byes.