



# Systemic Therapy and Attachment Narratives: Applications in a Range of Clinical Settings

*Rudi Dallos, Arlene Vetere*

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Professional interest in the clinical applications of attachment theory continues to grow and evolve, and at the same time narrative approaches are also gaining ground. This book explores how attachment-based ideas can be used in clinical practice by offering a practical and sophisticated exposition of clinical approaches.

Bringing together three main systems of thought and psychotherapeutic practice - systemic theory, attachment theory and narrative theory - practitioners are shown how to use these ideas in their work through the integrated approach of 'attachment narrative therapy'.

Using clinical examples, the authors provide guidance on how to use attachment narrative therapy in different clinical contexts and with various client groups, including working with:

- addictions: alcohol dependency and eating distress
- loss and grief
- trauma and dissociation
- love and sexuality: applications with couples.

*Systemic Therapy and Attachment Narratives* provides practical guidance for a range of mental health professionals including family therapists, child, adolescent and adult psychotherapists, clinical psychologists and social workers, enabling them to apply this approach in a range of contexts.

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