



Evergreen Consultants in Human Behavior

pioneers in the treatment of adult attachment disorder

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Adult Attachment Disorder & Treatment

Unresolved childhood attachment issues leave an adult vulnerable to difficulties in forming secure adult relationships. Patterns of attachment continue through the life cycle and across generations. New relations are affected by the expectations developed in past relationships. There is a strong correlation between insecure adult attachment and marital dissatisfaction and negative marital interactions. If an adult does not feel safe with others, he/she will tend to be either rejecting of their partner or overly clingy.

Attachment problems are often handed down transgenerationally unless someone breaks the chain. As a parent, an insecurely attached adult may lack the ability to form a strong attachment to their child and provide the necessary attachment cues required for the healthy emotional development of the child thereby predisposing their child to a lifetime of relationship difficulties.

Depending on the genetic personality style of the individual and the early life events experienced, insecurely attached adults fall in one of two categories of insecure attachment:

AVOIDANT

- Intense anger and loss
- Hostile
- Critical of others
- Sensitive to blame
- Lack of empathy
- Views others as untrustworthy
- Views others as undependable
- Views self as unlovable or "too good" for others
- Relationships feel either threatening to one's sense of control, not worth the effort, or both
- Compulsive self-reliance
- Passive withdrawal
- Low levels of perceived support
- Difficulty getting along with co-workers, often preferring to work alone
- Work may provide a good excuse to avoid personal relations
- Fear of closeness in relationships
- Avoidance of intimacy
- Unlikely to idealize the love relationship
- Tendency toward Introjective depression (self critical)

ANXIOUS/AMBIVALENT

- Compulsive Caregiving
- Feel overinvolved and underappreciated
- Rapid relationship breakups
- Idealizing of others

Strong desire for partner to reciprocate in relationship
 Desire for extensive contact and declarations of affections
 Overinvests his/her emotions in a relationship
 Perceives relationships as imbalanced
 Relationship is idealized
 Preoccupation with relationship
 Dependence on relationship
 Heavy reliance on partner
 Views partner as desirable but unpredictable (sometimes available, sometimes not)
 Perceives others as difficult to understand
 Relationship is primary method by which one can experience a sense of security
 Unlikely to view others as altruistic
 Sensitive to rejection
 Discomfort with anger
 Extreme emotions
 Jealous
 Possessive
 Views self as unlovable
 Suicide attempts
 Mood swings
 Tendency toward anaclitic depression (dependent depression)

GOALS OF THERAPY

1. Identify early losses
2. Mourn the loss of that which never was but yearned for deeply
3. Provide closure to the unresolved relationship longings with parental attachment figures
4. Reorganize belief system and physiological reaction to attachment relationships

Gratefully, attachment styles are not fixed in stone and with either positive life experience or appropriate therapeutic intervention and a strong desire for change adults can alter their relationships and experience true intimacy and closeness.

ADULT INTENSIVE

"Homework" assignments designed for self-exploration may require time during the afternoon or evening.

Alternate models of body/mind therapy may require time during the afternoons.

Intimate partners may be invited to join in therapy during part or all of treatment.

Generally 3-5 therapy days working 3-5 hours per day are required.

COST

\$200.00 per hour

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