

Attachment-Focused Parenting: Effective Strategies to Care for Children (Norton Professional Books (Hardcover))

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An expert clinician brings attachment theory into the realm of parenting skills.

Attachment security and affect regulation have long been buzzwords in therapy circles, but many of these ideas—so integral to successful therapeutic work with kids and adolescents—have yet to be effectively translated to parenting practice itself. Moreover, as neuroscience reveals how the human brain is designed to work in good relationships, and how such relationships are central to healthy human development, the practical implications for the parent-child attachment relationship become even more apparent.

Here, a leading attachment specialist with over 30 years of clinical experience brings the rich and comprehensive field of attachment theory and research from inside the therapy room to the outside, equipping therapists and caregivers with practical parenting skills and techniques rooted in proven therapeutic principles.

A guide for all parents and a resource for all mental health clinicians and parent-educators who are searching for ways to effectively love, discipline, and communicate with children, this book presents the techniques and practices that are fundamental to optimal child development and family functioning—how to set limits, provide guidance, and manage the responsibilities and difficulties of daily life, while at the same time communicating safety, fun, joy, and love. Filled with valuable clinical vignettes and sample dialogues, Hughes shows how attachment-focused research can guide all those who care for children in their efforts to better raise them.

Daniel A. Hughes, PhD, is a clinical psychologist who developed Dyadic Developmental Psychotherapy. He lives in Portland, Maine. "Although this book may be read as a stand-alone resource for parents, it is stronger if utilized as a companion resource for parents engaged in attachment-focused family therapy. What is refreshing about this book's approach is its focus on behavioral issues as manifestations of attachment disturbances between parents and youth instead of learned problems in need of correction. The parent responsibility then shifts from the implementation of behavioral consequences to enhancing and deepening the parent/child relationship as the chief instrument of change."

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ASAP Newsletter

"[A] practical text for students and professional interested in learning how to parent with attachment in mind...an excellent book, and I would recommend it to every trainee and to parents..."

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The Journal of the Canadian Academy of Child and Adolescent Psychiatry

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