**Attachment-based Therapy**

Attachment-based Therapy is based on John Bowlby’s theory of parental-child attachment, which has been validated and expanded upon by subsequent researchers. Attachment theory describes four basic ways in which we as children learn to respond to our primary caregiver. We then take this “attachment style” into adulthood and relate to ourselves, others and the world based on these assumptions, which can be antiquated and no longer serve us.

Attachment-based therapy primarily works in two ways. First, the therapist endeavors to create a healthy attachment with the client that can serve as a model for other relationships. The therapist does this by being genuine, empathetic and trustworthy, among other things. This can also help the client heal old emotional wounds. Second, the therapist can help the client identify and question deeply-held assumptions. The client can then update these assumptions with a healthier model of the world that will better serve him or her.