

CAPÍTULO VIII

John Bowlby

Biografía

Edward John Mostyn Bowlby nació en Londres, Inglaterra, el 26 de febrero de 1907, y murió el 2 de septiembre de 1990 en su casa de verano en la Isla de Skye, Escocia. Siendo el cuarto de seis hijos de una familia de clase media alta, Edward John Mostyn Bowlby fue criado por una niñera. John veía a su madre sólo una hora al día, a la hora del té, porque ella consideraba que la atención parental y el afecto podría conducir al niño a volverse malcriado. Cuando tenía cuatro años, su niñera y principal cuidadora del bebé dejó la familia. Más adelante, Bowlby describió esta trágica pérdida como algo similar a la pérdida de su madre.

Su padre, Anthony Bowlby, era un cirujano del palacio del rey. A la edad de siete años, le enviaron a un internado, práctica muy común entre los varones de su estatus social. Más adelante dijo que él no mandaría ni siquiera a su perro a un internado a la edad de siete años.

Como consecuencia de estas vivencias traumáticas durante su infancia, Bowlby desarrolló una enorme empatía por los niños que sufren. En abril de 1938, se casó con Ursula Longstaff, también hija de un cirujano. Tuvieron cuatro niños. Mary, nacida en 1939; Richard, nacido en 1941; Pía, nacida en 1945; y Robert, nacido en 1948. Después de la Segunda Guerra Mundial (1946–1947), Bowlby compró su casa en Hampstead, Londres, donde vivió el resto de su vida.

Bowlby estudió psicología en Trinity College (Cambrid-

Manual Psicoterapia Bowlby

Silvia Salcuni



Manual Psicoterapia Bowlby:

Terapia familiar Miguel Garrido,Alberto Espina,1995 Se recogen aspectos teóricos y conceptuales sobre la teoría psicoanalítica aplicada a las relaciones familiares y de pareja desarrollos de modelos terapéuticos psicoanalíticamente orientados integración con la teoría sistémica aplicaciones al campo de la formación y el abordaje de problemáticas específicas

Introducción a las psicoterapias psicodinámicas, experienciales, sistémicas, constructivistas e integradoras Begoña Rojí Menchaca,Luis Ángel Saúl Gutiérrez,2023-06-09 Introducción a las Psicoterapias Psicodinámicas Experienciales Sistémicas Constructivistas e Integradoras recoge los contenidos teóricos del segundo cuatrimestre de la asignatura Introducción a los Tratamientos Psicodinámicos Experienciales Sistémicos Constructivistas e Integradores materia opcional de la especialidad de Psicología Clínica del grado en Psicología ofrecido por la UNED En consecuencia el libro ha sido elaborado con las pautas metodológicas habituales en los textos básicos de esta universidad ya que su objetivo no es otro que proporcionar a sus alumnos una formación significativa y rigurosa en los temas que aborda Por ello este libro constituye un expositor contextualizado y crítico de contenidos que la producción editorial presenta habitualmente de manera desmembrada En definitiva este libro constituye un manual para obtener una visión de conjunto de los ámbitos psicoterapéuticos ajenos a la intervención cognitivo conductual V LIDO A PARTIR CURSO 23 24

Sandtray Applications to Trauma Therapy José Luis Gonzalo Marrodán,Rafael Benito Moraga,2023-08-28 Sandtray Applications to Trauma Therapy presents the theory behind and the practicalities of using sandtray therapy in treatment with traumatized patients both children and adults The book begins with a review of the most frequently asked questions that professionals ask themselves when using the sandtray It then details the Barudy and Dantagnan model of trauma therapy to understand and integrate sandtray therapy with patients who have suffered trauma Chapters describe the importance of neuroaffective communication directive and non directive working methodologies and how to use the technique in regulation empowerment and resilient integration of trauma A featured chapter by the second author Dr Raffael Benito presents the neurobiology behind sandtray therapy outlining step by step what happens in the brain of a patient during a sandtray session Transcripts of clinical cases sandtray images and true client stories are integrated throughout This practical volume will appeal to sandtray practitioners trauma therapists psychologists and psychiatrists working with patient experiences of abandonment mistreatment or sexual abuse among others

Cognitive Psychotherapy Toward a New Millennium Tullio Scrimali,Liria Grimaldi,2012-02-02 In the roughly two decades since Aaron T Beck published the now classic Cognitive Therapy of Depression and Michael J Mahoney declared the Cognitive Revolution much has happened What was proposed as the cognitive revolution has now become the zeitgeist and Cognitive Therapy CT has grown exponentially with each passing year A treatment model that was once seen as different strange or even alien is now commonplace In fact many people have allied themselves with CT claiming that they have always done CT Even my psychoanalytic colleagues have claimed that they often use CT After all they say Psychoanalysis is a

cognitive therapy Cognitive Therapy or Cognitive Psychotherapy has become a kaleidoscope model of treatment with influences coming from many sources Some of these contributory streams have been information processing behavior therapy Constructivist psychology and dynamic psychotherapy Each of these sources have added color shading and depth to the CT model What was originally uni dimensional in terms of the CT focus on depression has become multidimensional as the CT model has been applied to virtually every patient population treatment setting and therapy context CT must now be seen as a general model of psychotherapy that with modifications can be applied to the broad range of clinical problems and syndromes What has tied these various applications of CT together is the emphasis on a strong grounding in cognitive theory a commitment to empirical support and a dedication to broadening the model

Systemic Therapy with Individuals Luigi Boscolo, Paolo Bertrando, 2018-05-08 The authors describe the work they are doing with individual clients in Milan Locating themselves clearly within the tradition of the Milan approach and more recent social constructionist and narrative influences and articulating continually a broad systemic framework emphasizing meaning problems in context and relationship they introduce a range of ideas taken from psychoanalysis strategic therapy Gestalt therapy and narrative work They describe the therapy as Brief Long term therapy and introduce new interviewing techniques such as connecting the past present and future in a way that releases clients and helps them construct new narratives for the future inviting the patient to speak to the therapist as an absent family member and working with the client to monitor their own therapy The book is written with a freshness that suggests the authors are describing work in progress and the reader is privy to the authors own thoughts and reactions as they comment on the process of their therapy cases This is a demystifying book for it allows the reader to understand why one particular technique was preferred over another

Attachment Assessment in treatments, prevention and intervention programs Silvia Salcuni, 2015-05-13 Attachment theory assessment and research offers a broad far reaching view of human functioning and it can enrich a psychologist s understanding of subjects and their relational adjustment both in clinical and non clinical settings Ongoing research in attachment has led to a number of individual treatments and prevention and intervention programs The assessment of an individual s attachment organization can play a crucial role in explaining and previewing the unfolding treatment the relational adjustments or concerns and the psychological well being We hope to receive empirical papers that give evidence for the usefulness of attachment assessment in both clinical e g patients with Eating Disorder or Axis II psychotherapy patients or not clinical population e g Adoptive and or foster families or couples Mother infant assessment in prevention field These papers should include methodological issues and information about the participants the methods used to assess attachment the process of scorer training and the availability of the manual used to obtain inter scorer reliability Case studies may be of interest to the extent that they demonstrate the value of a systematic approach to attachment material A range of theoretical perspectives is welcome as well presentation of new emergent tools on attachment Because Frontiers in Psychology is an international journal each

empirical paper should comment on the international implications of the findings and discuss its cross cultural use Such comments may include for example its linguistic specificity its robustness in translation and the cross cultural generalizability of the constructs and behaviors of the measure and its usual correlates Cross cultural generalizability is not however a requirement

Counselling y psicoterapia en cáncer Francisco Luis Gil Moncayo,2014-11-16 Obra que nace con el aval de la Sociedad Española de Psicooncología a SEPO para convertirse en un referente en temas relacionados con el counselling y la psicoterapia en pacientes con cáncer Se trata de una monografía actualizada y de una enorme calidad científica que recoge las herramientas y la información necesaria para el desarrollo de una estrategia adecuada de psicooncología así como las principales pautas para su puesta en marcha y aplicación Combina de manera adecuada las técnicas de counselling y la psicoterapia con el objetivo de poder dar un soporte psicológico a los pacientes oncológicos y también a sus familiares La obra describe los distintos modelos de psicoterapia y counselling para posteriormente dar lugar a un contenido más práctico centrado en las prácticas habituales recomendadas en distintos supuestos

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