

애착장애의 치료

ATTACHMENT-BASED INTERVENTION

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요 약 : 애착장애는 부모의 애착 양식(Attachment Style)에 따라 형성되며, 이는 부모의 애착 양식(Attachment Style)을 통해 자녀에게 전수된다. 본 연구는 애착 기반 개입(Attachment-Based Intervention)의 효과를 평가하기 위해 수행되었다. 이 개입은 부모의 애착 양식(Attachment Style)을 개선하고, 이는 다시 부모의 애착 양식(Attachment Style)을 통해 자녀에게 전수된다. 이 개입은 부모의 애착 양식(Attachment Style)을 개선하고, 이는 다시 부모의 애착 양식(Attachment Style)을 통해 자녀에게 전수된다. 이 개입은 부모의 애착 양식(Attachment Style)을 개선하고, 이는 다시 부모의 애착 양식(Attachment Style)을 통해 자녀에게 전수된다.

(Parent's Representation Internal Working Model)

Well-being Project STEEP(Steps Toward Effective and Enjoyable Parenting)

가
가
가

중심 단어 :

서 론

(pattern)
(representation)
(inner working model)

3

(intergenerational transmission)

가 (psychoanalytic theory), Freud¹⁾ 가 (social learning theory)

(repeating)

(working through) 2)3)

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4).

가 7~10 4
13

애착 치료(Attachment Intervention)

10).

1. 민감성(Sensitivity)을 증진하는 치료

Ainsworth ⁵⁾ 가

1) 네덜란드 연구

van den Boom⁶⁾ (irritable)

100
가 6~9

9
12 (28%)
42 (68%)⁷⁾

2) Anisfeld 등¹¹⁾의 연구

(baby carriers)

38%가
83%가

가 (focus) 가 (sample)

가 (availability) 가

2. 부모의 표상(Representation)을 바꾸는 프로그램

“(corrective attachment experience)¹²⁾”

Caucasian Srilanka, , Colombia

“ ” “ ”
6 9 가
가 ⁸⁾ , 12 “
” (90%) (70%)
(biological children) 가

1) 유아-부모 프로그램

Lieberman Pawl ¹³⁾
11~14 (34)
(25) ¹⁴⁾ 가
(intervenor)

12 가
가
7 가 ,
⁹⁾ 가
(goal corrected partnership)

(Adult Attachment

Interview)

6 (17~32) 75%가
가 14 (23) (23)
(ego strength)
가

2) Robert-Tissot 등¹⁵⁾의 연구 3) Menninger 유아 프로젝트
Robert - Tissot (42) 100 (13~17)
(interaction guidance therapy : IGT)(33) 18
0~30 ¹⁹⁾ 가 “warmline” 24
, IGT 가
가 30
McDonough 가 가
4 가
(self - esteem)
가

3. 사회적 지지를 공급하고 증진하는 프로그램 (social support)
36 HOME
가
가
Carter ²⁰⁾
가 가
1) 조산아 연구 가 가
Beckwith¹⁶⁾ 가 가
가 13 가가 가 “ ” 가
, 가 가 가
(35) (35) 가 가
9 (intervention)
(involvement) (reciprocity) 가
17) “ ”
(perception) (resource) 가 12
가 가

2) Jacobson과 Frye¹⁸⁾의 연구
3 가 12
2~3 1 가 1 2
1 가 6 가
46 (

)가 가 , / (80) 가 (29), 가 (28 가 가), 가 가 12 가가 , , 가 가 가 가 가 가 가 가 가 가

4. 모성 정신 건강을 증진하는 프로그램 가

1) Cooper와 Murray²²⁾의 연구

4가 50 (), / () 8~18 1 40%, 2 52%, 3 59%, 4 75% 가 18

5. STEEP 프로젝트

STEEP(Steps Toward Effective and Enjoyable Parenting)²⁵⁾ (internal working model)

2) Lyons-Ruth, Connell, Grunebaum²³⁾의 연구

31 75%가 9 가 18 , 가 (interac- tive) 가 가 가 가

1) 개입자(Intervenor)와 참가자 모집

STEEP 가 가 STEEP (quality) 가 가 가 가

60% 29% (disorga- nization) 32% 10%

2) 개입 과정

가 가 가 7~9 1 가

3) Barnett, Bignault, Holmes, Payne, Parker²⁴⁾의 연구

가 3

가 . 가 19 , , 가
 가 가 26) 가
 (“ .;“ 가 가 ,
 가 ”). 가 (D) (41%) (19%)
 , 가
 , .
 STEEP
 , , ,
 가 가 가
 , 가 가

여러 치료 연구에서 얻어진 교훈

1. 정서적 반응성(Emotional responsivity)이 중요함

. STEEP
 가 (ambivalence) (sensitivity)
 (continuum) Van Ijzendoorn
 가 (sensitivity), 4) meta - analysis ,
 (insensitivity) 가 ,
 (, , ,) 가 가 가
 .
 가 (emotional) (responsivity)
 STEEP 가
 , 가 ,
 , 가 (wor-
 , king through) 가 27),
 , 가
 (availability) 가
 , (representation) 가
 가 가 , 가
 , 가 가
 가 가 가

3) 프로그램 평가

154 가 (74 , 80)가 가 , -
 가 13 (1) , 가

(dismissing)

2. 대상(Sample)의 요구(Needs)를 고려해야함

(low risk) 가 . van dem Boom⁶⁾ 가 , 가 Juffer⁸⁾ 가 가 .
 가 가 4). 가 ...

21)

2. 전체 대인 관계 속에서 애착을 보아야 함

가 가 가 가
²⁸⁾ STEEP 가 가 가

가 가 가 가
 Cowan³⁰⁾ 가 가 가

향후 애착 치료의 방향

. Bowlby 가
 가
²⁹⁾
 1. 참가자의 요구를 충족시키는 유연성(Flexibility) 가

3. 엄마의 힘과 자부심을 강화함

가
 STEEP
 , , 가 ,
 가
 Community Life Skills Scale

Zalslow³¹⁾

가

Powell Grantham - McGregor³⁴⁾ 가

, 가 (respect)

Olds³⁵⁾ 2 가 9

, 가

가

van den Boom⁶⁾ Juffer⁸⁾

4. 조기에 개입하라

. Hofer³²⁾

(, , ,)

, critical period

(gene expression)

가

가

(intervenor) “ 가 ”

가
(synchrony)

결론

. Schore³³⁾

(underreactive)

(understimulate)

(overreactive)

(overstimulate)

가

가

가

가 ,

가

, 가

가

가

(sensitivity)

가 (availability)

가

(high risk) 가

가

가

가

가

(intervention)

(intervenor)

5. 강력하고 지속적으로 노력해야함

(training), ,

가 가 가

(internal working model)

가
(relationship)

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— ABSTRACT —

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ATTACHMENT-BASED INTERVENTION

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We reviewed four types of Attachment intervention, 1) programs that seek to enhance sensitivity, 2) programs designed to alter parents' representations, 3) programs that provide and enhance social support, and 4) programs designed to enhance maternal mental health and well-being, and Project STEEP (Steps Toward Effective and Enjoyable Parenting).

We have learned from these studies that the emotional sensitivity and responsivity are very important factors for the development and treatment of Attachment relationships and the needs of the parents should also be addressed.

Our recommendation for future attachment intervention is to design programs 1) that have the flexibility to meet participants' needs, 2) that involve other important people in the participants' lives, 3) that focus on fostering individual strengths, 4) that begin early, and 5) that are intensive and sufficiently long.

KEY WORDS : Attachment · Intervention.