

Understanding the Influence of Early Attachments

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Recorded on: November 5, 2021

Length: 3 hours

- 1 hour and 30 minutes**
- Attachment, Emotion Regulation, and the Emergence of the Self
 - Attachment as a relationship
 - How attachments are assessed
 - Determinants of Secure and Anxious Attachment
 - From dyadic regulation to self-regulation
 - The construction of the self
- 1 hour and 15 minutes**
- How Early Experiences are Carried Forward and the Nature of Developmental Change
 - How relationship experiences are internalized
 - The measurement of inner representations
 - Why is their continuity in development?
 - How does significant change occur?
 - Implications for resilience and pathology