

Attachment Theory, Relationships, and Intimacy

Research Paper Instructions

[illegible]

Remember that a theory is just a theory. The theory, in part or in whole, may or may not apply to you or others you know. It is, however, possible to gain insight into self and others through examining theoretical work. Attachment theory has gained much attention in recent years because earlier research has been applied to adult relationships and intimacy. It is important to understand the theory's origin and application to various stages of the family life cycle, in order to gain the most personal and professional understanding.

The four areas to be researched and written about include:

1. **Attachment Theory**-Who developed it? What is it? What are the different types of attachment in very young children? How can secure attachment be facilitated in infancy? What areas of development are impacted by attachment? How can secure attachment be expressed in families throughout the family life cycle? What emotional benefits do children experience as a result of living in a securely attached family?
2. **Adult Attachment**-What are the three attachment styles displayed by adults? How are they expressed in relationships? How do they impact sexual intimacy?
3. **Attachment Repair**-How can adults, who did not experience secure attachment in childhood, or who just want to improve their relationships in general, facilitate healing in their own lives and relationships? Explore at least 3 ways to grow in this area.
4. **More About Attachment**-Pick an area of attachment that you want to know more about and do additional research. What is your topic and what did you learn? Here are some topic ideas: aging and attachment, caregiving and attachment expression, spirituality and attachment, addiction and attachment, teaching and attachment, nursing and attachment, and more.