

Table 1

Parallel Infant and Adult Attachment Styles

Infant Style	Adult Style	Descriptions
Secure	Secure	<p>Secure infants often register distress at separation from parent, reconnect warmly upon their return, & reengage in exploring environment or in play.</p> <p>Secure adults value interpersonal connections, can form close relationships without undue difficulty, & can discuss past (good & bad) attachment experiences with clarity & appropriate affect.</p>
Avoidant	Dismissing	<p>Avoidant infants sidestep attachment needs by turning away from parents & focusing on environment; physiological signs of distress measurable despite absence of overt distress.</p> <p>Dismissing adults minimize importance of interpersonal connections in favor of achievement, activity; may have sparse or idealized memories of childhood attachment figures.</p>

Attachment Style in a Trauma Group

Ambivalent/	Preoccupied	<p>Ambivalent infants show intense Resistant focus on attachment figures with extreme distress at separation, proximity-seeking combined with anger or passivity at reunion; hard time returning to baseline level of play and exploration.</p> <p>Preoccupied adults are very focused on past attachment figures whom they discuss in a rambling & sometimes angry or helpless manner; often not satisfied with degree of closeness in current relationships.</p>
Disorganized/	Unresolved	<p>Disorganized infants show no disoriented consistent approach to attachment figures and may alternate between avoidant & ambivalent styles or otherwise present confusing mixes of distress at separation with avoidance of reunion. Unresolved adults can appear cognitively disorganized in relation to attachment issues; they may be very helpless & victim-identified or very hostile & aggressor-identified, and may oscillate between dismissing & preoccupied positions.</p>