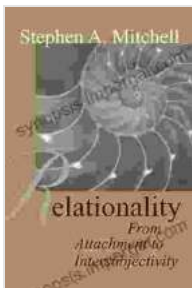


# Relationality: From Attachment to Intersubjectivity

Relationality is a fundamental aspect of human experience. We are born into relationships and we live our lives in relationship with others. Our relationships shape who we are and how we experience the world.



## Relationality: From Attachment to Intersubjectivity

(Relational Perspectives Book Series 20) by Stephen A. Mitchell

★★★★☆ 4.4 out of 5

Language : English  
File size : 793 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 194 pages



In recent years, there has been a growing interest in the concept of relationality in psychology and psychotherapy. Relational theory emphasizes the importance of relationships in understanding human development, psychopathology, and treatment.

The book *Relationality: From Attachment to Intersubjectivity*, edited by Jessica Benjamin, provides a comprehensive overview of the concept of relationality from a variety of perspectives. The book includes chapters on attachment theory, intersubjectivity, relational psychoanalysis, and relational psychotherapy.

## **Attachment Theory**

Attachment theory is a psychological theory that describes the development of close relationships between people. Attachment theory was developed by John Bowlby in the 1950s and 1960s. Bowlby believed that infants have a need to form close relationships with their caregivers in Free Download to feel secure and loved.

Attachment theory has been used to explain a wide range of behaviors, including:

- How infants interact with their caregivers
- How children develop relationships with their peers
- How adults form romantic relationships
- How people cope with loss and trauma

## **Intersubjectivity**

Intersubjectivity is a term used to describe the shared understanding between two or more people. Intersubjectivity is based on the idea that we can understand the thoughts and feelings of others by putting ourselves in their shoes.

Intersubjectivity is essential for communication, cooperation, and empathy. It allows us to share ideas, experiences, and emotions with others. Intersubjectivity is also important for the development of self-awareness.

## **Relational Psychoanalysis**

Relational psychoanalysis is a type of psychotherapy that emphasizes the importance of relationships in the development of the self. Relational psychoanalysis was developed by Stephen Mitchell and Jessica Benjamin in the 1980s and 1990s. Relational psychoanalysis believes that the self is not a fixed entity, but rather a product of our relationships with others.

Relational psychoanalysis has been used to treat a wide range of psychological problems, including:

- Depression
- Anxiety
- Eating disorders
- Personality disorders
- Trauma

## **Relational Psychotherapy**

Relational psychotherapy is a type of psychotherapy that emphasizes the importance of relationships in the therapeutic process. Relational psychotherapy was developed by David Wallin and Leslie Greenberg in the 1990s. Relational psychotherapy believes that the therapist-client relationship is a powerful force for change.

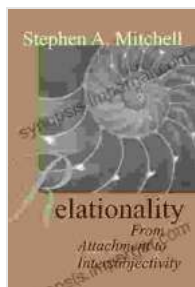
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The book *Relationality: From Attachment to Intersubjectivity* provides a comprehensive overview of the concept of relationality from a variety of perspectives. This book is a valuable resource for anyone interested in learning more about relational theory and its implications for psychology and psychotherapy.



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