INTEGRATING SEX AND ATTACHMENT IN EMOTIONALLY FOCUSED COUPLE THERAPY

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In this article, sexual functioning is placed in the context of love as an attachment bond. Attachment theory offers the most coherent and empirically validated theory of adult love and is summarized together with the implications of this theory for the practice of couple therapy in which sexual issues are often addressed. Recent research on attachment and sexuality is outlined and a model of healthy sexuality where attachment and sexuality are integrated is offered. The principles of an attachment-oriented approach to sex issues are set out and illustrated with reference to the process of emotionally focused couple therapy. Case descriptions and brief in-session transcripts are included. In the introduction to the fourth edition of the classic text Principles and Practice of Sex.