The Effectiveness of Attachment-based Therapy on Reducing the Symptoms of Separation Anxiety Disorder Among 6-7 Years Old Children

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This study has investigated the impact of manipulating therapy on the basis of attachment on reducing the symptoms of separation anxiety among 6-7 year old children at pre-school centers of Khoy city. John Bowlby’s theory (1969) has been influenced by Freud’s theory of psychoanalysis and Ericson’s social theory and ethology. Manipulating therapy based on attachment relies on Bowlby’s theory and its main purpose is to establish a safe solid ground for the child in the family. Therefore, the followings have been emphasized: sensitive behavior training, sympathizing and responding to child symptoms, sympathetic behavior of manipulator with mother, paying attention to the quality of parent-manipulator relationship as the encouraging factor at mothers, helping the child to communicate a sense of safety while having relationship with parent. The guide line for attachment therapy which has been used in this study stands on the basis of the previously mentioned criteria and organizing to improve mother child interaction (World Health Organization). Children separation anxiety, according to John Bowlby’s theory of attachment is one of the consequences of attachment disorders. The anxiety in this study has been evaluated by CSI-4 form. Mothers of these children have received necessary training. The results of the study indicated that attachment therapy has decreased the symptoms of separation anxiety disorder up to %75.

Attachment therapy, Separation anxiety disorder