- **Psychic life of the infant:**
  Paranoid schizoid position (first 3-4 months) vs depressive position (3-4 months onwards)
  Believed that we are born in a primitive state, viewing mum as a good breast and bad breast (paranoid schizoid position) splitting people into good or bad. After this, the child needs to learn to move to the depressive position, this happens through the mother surviving through the child’s aggression towards the ‘bad breast’ and the child begins to realise that good and bad come from the same object. This leads to guilt as they are trying to ‘kill’ the object they also love. This leads to integration (depressive position) where they understand that things can be both good and bad.
  Believed that psychopathology develops through being stuck in the paranoid schizoid position.

- **Winnicott (1886 – 1971)**
  Ego develops from a good holding environment and a good-enough mother
  Initially the carer’s role is to support the illusion of symbiosis, the carer then gradually and carefully allows disillusionment where the child realises its and the carers individuality. This happens through play and the use of a transitional object (blanket, teddy bear).
  If the provided environment is good-enough the child will be able to separate from the mother and become independent in a healthy way. If the environment is not good-enough psychopathology might arise.

Attachment theory:

- This theory builds on the work of Klein and Winnicot
- Bowlby, Ainsworth – strange situation
- Bowlby argues that we are genetically predisposed to form attachments.
- Bowlby’s evolutionary theory of attachment suggests that children come into the world biologically pre-programmed to form attachments with others because this will help them to survive. Bowlby was very much influenced by ethological theory in general, but especially by Lorenz’s (1935) study of imprinting, where he showed that attachment was innate (in young ducklings) and therefore has a survival value
- Attachment is a deep and enduring emotional bond that connects one person to another across time and space (Ainsworth, 1973; Bowlby, 1969).
- Child forms an attachment with the main caregiver who acts as a secure base.
- Types of attachment: secure, avoidant, ambivalent, disorganised
- The first attachment act as a prototype for all future relationships by creating an internal working memory which is a mental representation of self/others and guides future social and emotional behaviour.
If the attachment figure is broken or disrupted during the critical two year period the child will suffer irreversible long-term consequences of this maternal deprivation. This risk continues until the age of five.

Maternal deprivation could result in long term cognitive, social, and emotional difficulties for that infant.

Bowlby supported his hypothesis with a study of 44 thieves (Bowlby, 1944). Between 1936 and 1939 an opportunity sample of 88 children was selected from the clinic where Bowlby worked. Of these, 44 were juvenile thieves and had been referred to him because of their stealing. Bowlby selected another group of 44 children to act as ‘controls (individuals referred to the clinic because of emotional problems, but not yet committed any crimes).

On arrival at the clinic, each child had their IQ tested by a psychologist who also assessed the child’s emotional attitudes towards the tests. At the same time a social worker interviewed a parent to record details of the child’s early life (e.g. periods of separation). The psychologist and social worker made separate reports. A psychiatrist (Bowlby) then conducted an initial interview with the child and accompanying parent (e.g. diagnosing affectionless psychopathy).

**Findings:** More than half of the juvenile thieves had been separated from their mothers for longer than six months during their first five years. In the control group only two had had such a separation.

Bifulco et al. (1992) supports the maternal deprivation hypothesis. They studied 250 women who had lost mothers, through separation or death, before they were 17. They found that loss of their mother through separation or death doubles the risk of depressive and anxiety disorders in adult women. The rate of depression was the highest in women whose mothers had died before the child reached the age of 6.

Also in support are Harlow’s (1958) research with monkeys.

Bowlby says it’s not about transitioning between phases but it is about our early relationships with our caregivers creating our model.

After the secure working model was assessed, disorganised subtype was added which is where a child experiences traumatic events in childhood.

Attachments are stable over lifespan.

**Behavioural model**

In response to the psychoanalytic model. You cannot measure mental state or study it but you can study behaviour.

Behaviourism appeared in 1913 when John Watson proposed that classical conditioning was able to explain all aspects of human psychology.

**Basic assumptions:**

- Only observable behaviour is worth studying
- Human beings respond to environmental stimuli; mental state is not a factor involved in learning behaviour
- Individuals learn through conditioning

Operant