

The Adult Attachment Projective Picture System ©

The **AAP** is an adult and adolescent measure for use in psychotherapy, psychiatry, and psychological assessment. It bridges the gap between developmental attachment theory (Bowlby-Ainsworth) and practice. Attachment-oriented psychotherapy has demonstrated effectiveness in changing maladaptive and dysregulated self-representations to regulated and secure representations, supporting increased mentalizing capabilities, decreased symptom distress, and improved relationships.

The Measure:

Evaluates responses to Seven standardized line drawings of attachment scenes. ~30-minute in-person or virtual administration. Well-validated alternative to and more economical and user-friendly than the AAI. Also assesses defensive processes, and self and relationship constructs (e.g., agency, synchrony), and pathological incomplete mourning for attachment trauma (e.g., failed mourning).

“From day one, my AAP training experience deepened my understanding of clients. I am impressed by the richness of the AAP for conceptualization and therapeutic intervention!”

www.attachmentprojective.com Contact aapinfo@comcast.net for training and seminar information.
Carol George and Malcolm West. *The Adult Attachment Projective Picture System*, Guilford Press, 2012.

Dr. George, a UC Berkeley PhD and Professor Emerita of Mills College, is an international attachment expert and developed attachment assessments for adults, adolescents, parents, and children.

