



Editorial

El Modelo del Apego en la Práctica Actual: Avances y Nuevas Direcciones en la Intervención Clínica

The Attachment Model in Current Practice: Advances and New Directions in Clinical Intervention

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La teoría del apego, formulada inicialmente por John Bowlby, ha evolucionado hasta convertirse en un marco interdisciplinario y transteórico que amplía la comprensión de la psicopatología y optimiza la intervención clínica.

Entre los desarrollos recientes destaca el Modelo Dinámico-Maduracional del Apego y la Adaptación (DMM) de Patricia Crittenden, una propuesta innovadora que redefine las estrategias de apego como respuestas adaptativas a contextos de peligro. Este modelo, no patologizante y basado en fortalezas, ofrece herramientas para comprender cómo estrategias cruciales para la supervivencia en la infancia pueden transformarse en conductas desadaptativas en la adultez.

Los artículos de este número, detallados a continuación, profundizan en las bases teóricas del DMM y sus aplicaciones prácticas en áreas como la evaluación clínica, la formulación terapéutica y la intervención en poblaciones vulnerables:

Systematic Review of the Impact of Parent-Child Separation on Children's Mental Health and Development (Milozzi, 2025): Un análisis exhaustivo del impacto de la separación temprana entre padres e hijos en la salud mental y el desarrollo infantil.

Completando el Mapa de la Terapia Cognitiva: Apego y el Trabajo con lo Negativo (Serván, 2025): Una exploración sobre el trauma y las experiencias irrepresentables en la clínica terapéutica.

Una Aproximación Metacognitiva Relacional al Apego en Psicoterapia (Mirapeix, 2025): Introducción a la terapia metacognitiva relacional, que combina mindfulness con narrativas interpersonales.

Rethinking Developmental Trauma Using the Child Attachment and Play Assessment (Farnfield, 2025): Replanteamiento del trauma del desarrollo, destacando el uso del juego como herramienta terapéutica a través del CAPA.

Vínculos de Apego en Familias Homoparentales (Balma y De Grandis, 2025): Reflexión sobre los desafíos y oportunidades específicas en estas estructuras familiares.

Introduction to the Dynamic-Maturational Model of Attachment and Adaptation: A Function-Based Approach to Understanding

Developmental Psychopathology (Baim, 2025a): Presentación de los principios básicos del DMM como enfoque funcional para comprender la psicopatología del desarrollo.

Clinical Applications of the Dynamic-Maturational Model of Attachment and Adaptation: Assessment, Formulation, and Principles of Care (Baim, 2025b): Una guía sobre la formulación de casos desde el DMM, con énfasis en sus instrumentos de evaluación y estrategias de abordaje clínico.

Revisión Sistemática sobre el Apego Adulto y la Repercusión en la Satisfacción de las Relaciones de Pareja (Vizcaí et al., 2025): Análisis de la relación entre las estrategias de apego adulto y la satisfacción en las relaciones de pareja.

El Rol del Apego en el Desarrollo del Lenguaje y la Comunicación a lo Largo de la Vida (Rivas Martínez, 2025): Exploración de cómo las pautas de apego temprano influyen en las habilidades comunicativas a lo largo del ciclo vital.

Desde las consecuencias de la separación parental en la infancia hasta la satisfacción en las relaciones de pareja en la adultez, pasando por las aplicaciones clínicas del DMM en contextos de trauma y adversidad, los trabajos aquí presentados muestran cómo el apego sigue siendo un eje transversal para comprender las interacciones humanas y su impacto en el bienestar.

Un aspecto crucial que une estas contribuciones es la capacidad del modelo del apego para integrarse con diferentes enfoques psicoterapéuticos, ofreciendo una perspectiva rica y flexible para abordar la diversidad de experiencias humanas. Como demuestran los artículos de este número, el apego no solo es relevante en la psicoterapia individual, sino también en la comprensión y tratamiento de dinámicas familiares y sociales complejas.

Este número de *Revista de Psicoterapia* no solo refleja el creciente interés en el Modelo Dinámico-Maduracional del Apego y la Adaptación (DMM), sino que también destaca la trayectoria de su desarrollo y su impacto en el campo de la psicoterapia. En este sentido, contar con la voz de Patricia Crittenden en esta edición es un privilegio y una oportunidad invaluable para profundizar en la evolución del modelo y sus aplicaciones más recientes.

En el siguiente texto, Crittenden nos ofrece una mirada reflexiva sobre el recorrido del DMM, sus avances teóricos y su expansión a lo largo de los años. Con su característico rigor científico y compromiso con la práctica clínica, nos invita a comprender cómo este enfoque ha ido integrando distintos niveles de análisis para ofrecer una perspectiva más completa sobre la adaptación humana. Su testimonio no solo enriquece este número, sino que también nos recuerda la importancia de seguir construyendo puentes entre la investigación, la práctica y las necesidades de las personas con las que trabajamos.

Con gran entusiasmo, damos paso a su contribución.

Forward by Patricia M. Crittenden, PhD

I am so pleased with this issue of REVISTA DE PSICOTERAPIA., edited by Silvana Milozzi, PhD, that focuses on the Dynamic-Maturational Model of Attachment and Adaptation (DMM). The issue is a great capstone to many years of DMM work in Spanish-speaking countries and three papers published earlier in REVISTA DE PSICOTERAPIA. The 2000 paper, *Moldear la arcilla. El proceso de construcción del self y su relación con la psicoterapia*, is one of my favorites.

The current issue of REVISTA DE PSICOTERAPIA reminds me of my first visit to Argentina and Chile in the late 1990's at the invitation of Prof. Vittorio Guidano. That trip occurred shortly after Pinochet left power in Chile; it was an experience that forever changed my outlook on Latin America and the international role of the United States. After that I came frequently for two decades of courses in attachment and psychotherapy for the Sociedad de Terapia Cognitiva Posracionalista. That broadened to teaching in Ecuador, Mexico, Panama, Palma, Spain, and Uruguay, including setting up courses with Spanish materials and Latin American trainers.

As frequently happens, the DMM focus on the reality of danger and the importance of having multiple strategies to protect oneself, one's partner, and one's children immediately made sense to psychotherapists who dealt directly with endangered people. At that time, an important change was occurring in the DMM, shifting the focus from *attachment* (with its implicit preference for security) to *adaptation* with its explicit focus on using attachment relationships to adapt to the dangers in one's context. Adaptation implies the use of many protective strategies when conditions are not safe (this highlights the difference between 'security' as felt safety and actual safety, as the absence of danger.) **Figure 1** illustrates the classification of attachment strategies within DMM. In the DMM 'every strategy is the best strategy for some context and none is the best for all conditions.

The most current work in the DMM addresses the evolution of the brain specifically to cope with danger, demonstrating how exposure to danger, in the context of maturation and protective parents, promotes psychological development. A particular contribution of the DMM (see **Figure 1**) is describing the changes in information processing that occur as the brain matures and that permit the construction of increasingly precise protective strategies.

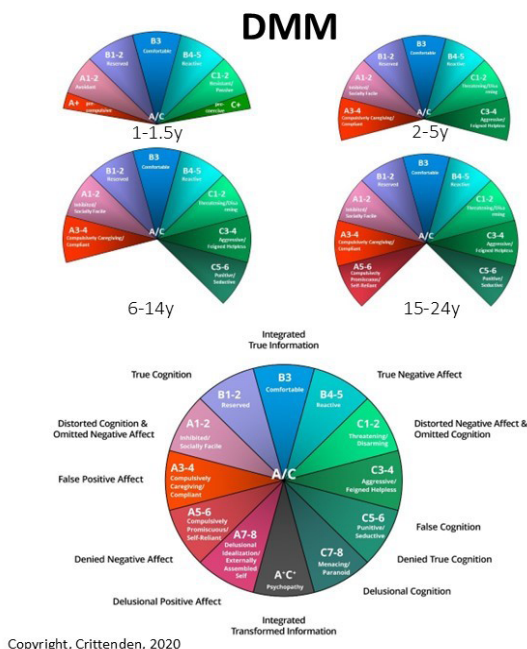
The DMM offers both a dynamic understanding of development and also a strengths approach to what other theories often consider a deficit or injury. A strengths approach can give respect and agency to people who have suffered, thus helping them to adapt more fully to their current conditions, even when these are unsafe (Crittenden, 1997; Crittenden et al., in preparation). The central idea is that danger itself does not lead to maladaptive behavior or psychological trauma; instead, erroneous information about danger creates these risks. This is an emerging, leading edge in DMM work.

Another leading edge is the understanding of sexuality, both its essential role in reproduction and its potential to foster attachment relationships, especially when enduring attachments are absent (Crittenden & Landini, 2023). That leads to one of the most important recent contributions of the DMM: a review of 242 studies of parent-child separation leading to the conclusion that separation of children from their parents always does harm and that the harm often extends across three and four generations (Crittenden & Spieker, 2023; Milozzi, 2025).

Finally, current DMM work is expanding work on somatic organs other than the brain, particularly around the concepts of "the dangerous 'un's'", that is, the impact of information that is *unspeakable*, *unthinkable*, *uncontrollable*, and *unknowable* on adaptation.

Some might say that the DMM has developed too slowly. I think the careful steps forward are an advantage, one that reduces the possible harm of insufficiently validated work. Requiring numerous, rigorous, and independent studies of new assessments is crucial to avoiding harm (first!) and guiding more attuned treatment (Crittenden, Claussen, & Kozłowska, 2007). Theory itself depends on a careful integration of basic empirical science, clinical case studies, and clinical experience, especially across several cultures (Crittenden & Spieker, 2019). Clinical problems *are* urgent, but rushing through fads of new ideas can be harmful to people who need help. The strong evidence of there being no reduction in mental illness, child protection, or criminality (Children's Bureau, 2018; Olfson et al., 2019; US Bureau of Labor Statistics, 2019) or improvement in treatment outcomes in the recent half century

Figure 1
DMM Protective Strategies at Different Ages, with Information Processing

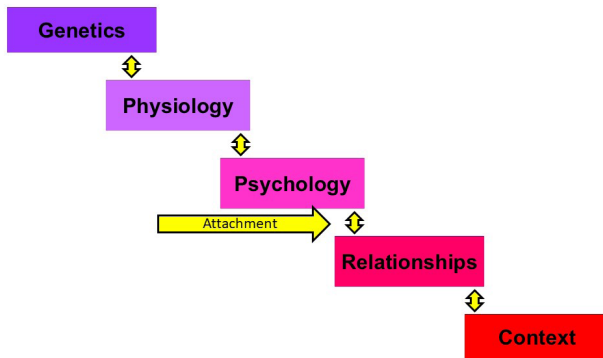


(Brüne et al., 2012; British Psychological Society, 2013; Insel & Wang, 2010; Roth & Fonagy, 2006; Seligman, 2013) and the presence of largely unreported harm in more than 20% of treatment outcomes (Barlow, 2010; Leichsenring, et al. 2022; Lilienfeld, 2007; Lohr, et al. 2006; Rose et al., 2002; Wampold et al., 1997) suggests the wisdom of moving forward thoughtfully and carefully.

The DMM has grown slowly, building from simpler issues to more complex ones. Moreover, it has done so by integrating the best ideas from all the theories of treatment (Crittenden, Landini, & Spieker, 2021). *DMM Integrative Treatment* is not another, competing theory of treatment, but rather an integrated summation of what is known now and an organized framework for accepting new, not yet even imagined work. The framework accounts for genetic, organic (especially neurological), psychological, familial and cultural contributions to human adaptation, all concentrated in the function of attachment relationships to protect and support family members. See Figure 2.

Before closing, I want to thank Augusto (Tito) Zagmutt and Álvaro Quiñones, both of whom have opened doors to my work in Spanish-speaking countries. This issue of REVISTA DE PSICOTERAPIA both brings the newest work to Spanish-speaking countries and benefits from their experience. This is a great advantage to us all.

Figure 2
Dynamic Interplay of Influences on Adaptation



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