



# *The Hebrew University of Jerusalem*

## *Syllabus*

### *Developmental Personality and Social Aspects of Attachment Theory and Research - 51600*

*Last update 28-08-2024*

*HU Credits: 2*

*Degree/Cycle: 2nd degree (Master)*

*Responsible Department: Psychology*

*Academic year: 0*

*Semester: 1st Semester*

*Teaching Languages: Hebrew*

*Campus: Mt. Scopus*

*Course/Module Coordinator: Mario Mikulincer*

*Coordinator Email: [mario.mikulincer1@mail.huji.ac.il](mailto:mario.mikulincer1@mail.huji.ac.il)*

*Coordinator Office Hours: By appointment*

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Teaching Staff:

Prof. Mario Mikulincer

Course/Module description:

*In the course, we will learn about the basic principles of attachment theory and its extension to adolescence and adulthood beyond significant dyadic relationships. We will become familiar with the normative components of the operation of the attachment behavioral system, the dynamics of security (the security circle and the secure-base script), and the formation of interpersonal differences in internal representations of the self and others, in the associative network related to attachment, and in attachment orientations. Subsequently, we will study the development of these differences and the expansion of the network of attachment figures throughout life. Additionally, we will learn about the implications of security and insecurity in attachment for self-worth, processes of emotional and self-regulation, the quality of a person's relationships with romantic partners, authority figures, groups, and social institutions, maintenance of resilience in traumatic situations, and development of mental health disorders.*

Course/Module aims:

*The course objectives are to familiarize students with (a) basic concepts of theory and research in attachment, (b) normative components of the theory, (c) components of interpersonal differences stemming from the theory, and (d) developmental, intrapersonal, interpersonal, and systemic aspects of the theory.*

Learning outcomes - On successful completion of this module, students should be able to:

*By the end of the course, the students will be familiar with the basic concepts of theory and research in attachment, will be able to write about the normative and individual-difference components of the theory, and will be able to conduct research on the developmental, intrapersonal, interpersonal, and broader societal aspects and implications of the theory.*

Attendance requirements(%):

100%

*Teaching arrangement and method of instruction: Frontal lecture, text readings, and group discussion*

Course/Module Content:

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1. *Historical Background of Attachment Theory*
  2. *Behavioral Systems and the Attachment Behavioral System*
  3. *Dynamics of Security and Creation of Individual Differences*
  4. *Extension of the Theory to Adulthood and Beyond Significant Dyadic Relationships*
  5. *Measurement and Assessment of Interpersonal Differences in Attachment Throughout Life*
  6. *Development and Stability of Interpersonal Differences in Attachment Throughout Life*
  7. *The Attachment Basis of Self-perceptions and Perceptions of Others*
  8. *The Attachment Basis of Emotional Regulation*
  9. *The Attachment Basis of Self-regulation*
  10. *The Attachment Basis of Interpersonal and Group Relationships*
  11. *Attachment, Sex, and Caregiving*
  12. *Attachment in Organizational Systems*
  13. *Attachment and Psychopathology*

Required Reading:

Mikulincer, M., & Shaver, P. R. (2016). *Attachment patterns in adulthood: Structure, dynamics, and change* (2nd edition). Guilford Press.

Mikulincer, M., & Shaver, P. R. (2023). *Attachment theory expanded: Security dynamics in individuals, dyads, groups, and societies*. Guilford Press.

Additional Reading Material:

Will be delivered to students during the course

Grading Scheme:

Essay / Project / Final Assignment / Home Exam / Referat 100 %

Additional information: