bindungstrauma und retrospektiv erinnerte kindheitstraumatisierung bei patienten
in psychosomatischer akutbehandlung. (Unresolved attachment and remembered
childhood trauma in patients undergoing psychosomatic inpatient treatment).
Zeitschrift für Psychosomatische Medizin und Psychotherapie (Journal of
Psychosomatic Medicine and Psychotherapy) 57, 325-342.

Author Abstract:

Objective: Clinical populations are characterised by a high level of childhood trauma and
unresolved attachment status ("U"). Unresolved attachment status indicates the
inability to integrate attachment-related dangers. Little is known about the
interaction of traumatic childhood experiences and an unresolved attachment
status.

Method: We administered the Adult Attachment Projective Picture System (AAP) to 45
newly admitted psychosomatic inpatients. Childhood trauma (CTQ) and distress
were assessed by self-report questionnaires, and cognitive-emotional development
was evaluated with the Levels of Emotional Awareness Scale (LEAS). We
explored whether unresolved (U) and resolved (R) attachment status differentiated
the sample with regard to childhood trauma, distress and cognitive-emotional
development.

Results: 53 % of the sample was characterized by the attachment status U; physical abuse
and neglect as well as emotional neglect were correlated with a diminished ability
to integrate trauma indicators in the AAP. A resolved attachment status was
related to higher LEAS scores.

Conclusion: The level of cognitive-emotional development may mediate the actual
integration of attachment-related dangers and the interaction between actual
attachment-related anxiety and past traumatic experiences.