



## Curriculum Vitae

**John Bowlby**

1907 - 1990

- 1907      Born London  
            4th child, 2nd son  
            Father knighted, Royal Surgeon to King Edward VII and George V.  
            Family 'straightforward', fairly close, typical professional  
            lifestyle, 'with nurses of course'
- 1914-25    Preparatory school and Royal Naval College, Dartmouth
- 1925-28    Trinity College, Cambridge
- 1929-37    Medical, Psychiatry, Child Psychiatry
- 1938      Married Ursula Longstaff
- 1937-40    Psychiatrist, London Child Guidance Clinic
- 1940      Personality and Mental Illness
- 1946      Forty-four Juvenile Thieves
- 1946-72    Child Psychiatrist - Tavistock Clinic  
            Director, Dept. Children & Parents
- 1951      Maternal Care and Mental Health
- 1952      A Two-year-old Goes To Hospital
- 1958      Nature of the Child's Tie to Its Mother
- 1969      Attachment and Loss, Vol. 1
- 1973      Attachment and Loss, Vol. 2
- 1980      Attachment and Loss, Vol. 3
- 1990      Charles Darwin, A New Biography  
            Dies at vacation home, Isle of Skye

## PUBLICATIONS OF JOHN BOWLBY

(Compiled from various sources. Annotations by J.B.)

- Durban, E. P. M. & Bowlby, J. (1938) *Personal aggressiveness and war*. London: Kagan Paul.
- Bowlby, J. (1938). The abnormally aggressive child. *The New Era* (Sept.-Oct.)
- Bowlby, J. *Hysteria in children* (1939a). in *A Survey of Child Psychiatry*, pp. 80-94, Humphrey Milford (ed.), London: Oxford University Press.
- Bowlby, J. (1939b). Substitute homes. *Mother and Child* (National Council for Maternity and Child Welfare) *X* (1) (April): 3-7.
- Bowlby, J. (1939c). Jealous and spiteful children. *Home and School* (Home and School Council of Great Britain), *IV*(5): 83-5.
- Bowlby, J., Miller, E. and Winnicott, D. W. (1939d). Evacuation of small children (letter). *British Medical Journal* (16 Dec.): 1202-3.
- Bowlby, J. (1940a). The influence of early environment in the development of neurosis and neurotic character. *International Journal of Psycho-Analysis*, *21*: 154-78.
- Bowlby, J. (1940b) Psychological aspects. ch. 16, pp. 186-96, in *Evacuation Survey: A Report to the Fabian Society*. Richard Padley and Margaret Cole (eds.), London: George Routledge & Sons Ltd.
- Bowlby, J. (1940c). The problem of the young child. *Children in War-time*, *21* (3): 19-30, London: New Education Fellowships.

- Bowlby, J. (1944). Forty-four juvenile thieves: their characters and home life. *International Journal of Psychoanalysis*, 25: 1-57 and 207-228; republished as a monograph by Bailliere, Tindall & Cox, London, 1946.
- Bowlby, J. (1945-46). Childhood origins of recidivism. The *Howard Journal*, VII (1): 30-3, The Howard League for Penal Reform.
- Bowlby, J. (1946a). The future role of the child guidance clinic in education and other services. *Report of the Proceedings of a Conference on Mental Health*, (14-15 Nov.), pp. 80-89, National Association for Mental Health.
- Bowlby, J. (1946b). Psychology and democracy. *The Political Quarterly*, XVII (1): 61-76.
- Bowlby, J. (1947a). The therapeutic approach in sociology. *The Sociological Review*, 39: 39-49.
- Bowlby, J. (1947b). The study of human relations in the child guidance clinic. *Journal of Social Issues*, III (2) (Spring): 35-41.
- Bowlby, J. (1949a). The study and reduction of group tensions in the family. *Human Relations*, 2 (2) (April): 123-8.
- Bowlby, J. (1949b). The relation between the therapeutic approach and the legal approach to juvenile delinquency. *The Magistrate*, VIII (Nov.): 260-4.
- Bowlby, J. (1949c). *Why Delinquency? The Case for Operational Research*. Report of a conference on the scientific study of juvenile delinquency held at the Royal Institution, London 1 Oct., and published by the National Association for Mental Health.

- Bowlby, J. (1950). Research into the origins of delinquent behaviour. *British Medical Journal*, (March 11: 570).
- Bowlby, J. (1951). *Maternal care and mental health*. World Health Organisation, Monograph Series No. 2.
- Bowlby, J. & Robertson, J. (1952a). Responses of young children to separation from their mothers. *Courier*, II(2):66-78, and II (3):131-142,. Paris: Centre International de l'Enfance.
- Bowlby, J. & Robertson, J. (1952b). A two-year-old goes to hospital: A scientific film. *Proceedings of the Royal Society of Medicine*, 46: 425-7.
- Bowlby, J., Robertson, J. and Rosenbluth, D. (1952c). A two-year-old goes to hospital. *The Psychoanalytic Study of the Child*, VII: 82-94.
- Bowlby, J. (1953a). The roots of parenthood. Convocation Lecture of the National Children's Home (July).
- Bowlby, J. *Child Care and the Growth of Maternal Love*, (1953b) (abridged version of *Maternal Care and Mental Health*, 1951), London: Penguin Books; new and enlarged edition (with Mary Ainsworth), 1965.
- Bowlby, J. (1953c). Critical phases in the development of social responses in man and other animals. *New Biology* (pp. 25-32). London: Penguin Books,.
- Bowlby, J. (1953d). Some pathological processes set in train by early mother-child separation. *Journal of Mental Science*, 9, 265-72.
- Ainsworth, M. D. & Bowlby, J. (1953e). Research strategy in the study of mother-child separation. *Courier*, IV: 105-13. Centre International de l'Enfance,

Bowlby, J. (1955). Family approach to child guidance: therapeutic techniques', (1955) Transactions of the 11th Interclinic Conference for the Staffs of Child Guidance Clinics, National Association for Mental Health (26 March).

Bowlby, J. (1956). The growth of independence in the young child. *Royal Society of Health Journal*, 76, 587-91.

Bowlby, J. (1956). Psychoanalytic instinct theory. In J. M. Tanner and B. Inhelder (eds.), *Discussions on Child Development*, 1, 182-87, London: Tavistock Publications.

Bowlby, J, Ainsworth, M., Boston, M. & Rosenbluth, D. The effects of mother-child separation: a follow-up study. (1956) *British Journal of Medical Psychology*, XXIX (3-4), 211-47.

Bowlby, J. (1957). An ethological approach to research on child development. *British Journal of Medical Psychology*, XXX (4), 230-40.

*Ethology provides concepts and data which are needed for the fuller development and integration of other approaches, notably psychoanalysis, learning theory and Piaget. Some ethological concepts, e.g. species specific behaviour pattern, sign stimulus, social releaser, are described, together with a theory of motivation utilizing negative feedback. Examples are given of four different ways in which species specific behaviour patterns can be affected during critical phases of development. This latter concept may prove useful in understanding the origins of neurosis. Studies of the smiling response are used to illustrate the usefulness of an ethological approach.*

Bowlby, J. (1958a). Can I Leave my Baby? The National Association for Mental Health.

Bowlby, J. (1958b). A note on mother-child separation as a mental health hazard. *British Journal of Medical Psychology*, XXXI (3-4) 247-8.

Bowlby, J. (1958c). Foreword to *Widows and their families* by Peter Marris. London: Routledge & Kegan Paul.

Bowlby, J. (1958d). The nature of the child's tie to his mother. *International Journal of Psycho-Analysis*, 39(5), 350-73.

*This paper is part of a series which explores the theoretical implications of observations of how children between about 1 and 4 years respond to separation from mother. A number of instinctual response systems, e.g. crying, smiling, sucking, clinging and following, come to bind the child to mother and mother to child. They form the basis of attachment behaviour which is active at high intensity until nearly 3 years and then diminishes. During separation a child progresses through three phases: protest, despair and detachment; which, respectively, raise the theoretical problems of separation anxiety, grief and mourning, and defence. A main feature of mourning is an effort to recover the lost figure; anger at the lost figure, third parties or the self is a normal part of this effort. Only when these efforts fail are ties with the object relinquished. Mourning may take one of several pathological courses. Each paper reviews the literature comprehensively. The themes dealt with in this series are elaborated in the three volume work Attachment and loss.*

Bowlby, J. (1958e). Psychoanalysis and child care. In J. Sutherland (ed.), *Psychoanalysis and Contemporary Thought*. London: Hogarth Press.

Bowlby, J. (1960a). Ethology and the development of object relations. *International Journal of Psycho-Analysis*, 41(4-5), 313-17.

Bowlby, J. (1960b). Separation anxiety. *International Journal of Psycho-Analysis*, 41(2-3), 89-113.

Bowlby, J. (1960c). Comment on Piaget's paper: The general problems of the psychobiological development on the child. In J. M. Tanner and B. Inhelder (eds.), *Discussions on Child Development*, vol. 4, London: Tavistock Publications.

Bowlby, J. (1960d). Grief and mourning in infancy and early childhood. *The Psychoanalytic Study of the Child*, 15, 9-52.

Bowlby, J. (1961a). Separation anxiety: a critical review of the literature. *Journal of Child Psychology and Psychiatry*, 1 (16): 251-69.

- Bowlby, J. (1961b). Note on Dr Max Schur's comments on grief and mourning in infancy and early childhood. *The Psycho-analytic Study of the Child*, 16, 206-208.
- Bowlby, J. (1961c). Childhood mourning and its implications for psychiatry. The Adolf Meyer Lecture. *American Journal of Psychiatry*, 118 (6): 481-97.
- Bowlby, J. (1961d). Processes of mourning. *International Journal of Psycho-Analysis*, 42(4-5), 317-40.
- Bowlby, J. (1962a). Defences that follow loss: Causation and function. Unpublished.
- Bowlby, J. (1962b). Loss, detachment, and defence. Unpublished.
- Bowlby, J. (1963). Pathological mourning and childhood mourning. *Journal of the American Psychoanalytic Association*, 11 (3) (July): 500-14.
- Bowlby, J. (1964a). Note on Dr Lois Murphy's paper 'Some aspects of the first relationship'. *International Journal of Psycho-Analysis*, 45(1), 44-46.
- Bowlby, J. (1964b). Security and Anxiety: Old Ideas in a New Light. Proceedings of the 15th Annual Conference of the Association of Children's Officers.
- Bowlby, J. (1965). Darwin's health (*letter*). *British Medical Journal* (10 April). p. 999.
- Bowlby, J. (1966). Foreword to *Brief Separations* by C. M. Heinicke and I. J. Westheimer. New York: International Universities Press.
- Bowlby, J. (1968a). Effects on behaviour of disruption of an affectional bond. In J. M. Thoday and A-S Parkes (eds.), *Genetic and environmental influences on behaviour*, , pp. 94-108. Edinburgh: Oliver & Boyd.

Bowlby, J. (1968b). Security and anxiety. In *The Formative Years*. London: BBC Publications.

Bowlby, J. (1969a). Affectional bonds: their nature and origin. In H. Freeman (ed.), *Progress in Mental Health*. , London: J. & A. Churchill.

Bowlby, J. (1969b). *Attachment and loss* (vol. 1), Attachment. New York: Basic Books. Penguin Books, 1971; 2nd edn, 1982.

*A young child, when removed from his mother-figure, and placed with strangers is distressed. At first he seeks to regain his lost mother; subsequently he often becomes despairing and, later still, detached. There is evidence that reactions of this sort underlie much psycho-pathology, including pathological anxiety and grief. In these three volumes the author considers the implications of these observations for psychoanalytical theory, especially object-relations theory. In Volume I, a theory of instinctive behaviour, derived from ethology and control systems, is described that is believed to provide psychoanalysis with a foundation in biological theory of the kind Freud always hoped for. Attachment behaviour is presented as a distinct form of instinctive behaviour and one that, though most evident during childhood, plays a major role throughout life. Its function is postulated as protection from predators. A detailed account is given of the way attachment behaviour develops during the early years.*

*In the second edition the basic theory has been revised to take account of major developments in the thinking of biologists studying the social behaviour of species other than man. There are also two new chapters. In one an account is given of important new findings from prospective studies of patterns of attachment between young children and their mothers. In the other problems of theory are examined and clarified.*

Bowlby, J. & Melges, F. T. (1969c). Types of hopelessness in psychopathological process. *Archives of General Psychiatry*, 20: 690-699.

Bowlby, J. (1969d). Psychopathology of anxiety: The role of affectional bonds. In M. H. Lader (ed.), *Studies of Anxiety, British Journal of Psychiatry*, Special Publication no. 3.

Bowlby, J. (1970). Reasonable fear and natural fear. *International Journal of Psychiatry*, 9, 79-88.



Bowlby, J. & Parkes, C. M. (1970). Separation and loss within the family. In E. J. Anthony (ed.), *The Child in his family*. New York: J. Wiley.

Bowlby, J. (1973a). Attachment and loss (vol. 2), Separation: Anxiety and anger. New York: Basic Books. Penguin Books, 1975.

*In this volume the author inquires why unwilling separation from an attachment figure should elicit anxiety and what the implications are for personality development. Finding traditional theory unsatisfactory, he re-examines the evidence regarding situations that arouse fear in humans and compares it with evidence for animals. The conclusion reached is that fear is aroused most often by situations that, intrinsically harmless, serve as indicators of an increased risk of danger. To some of these situations which include separation from an attachment figure, there is a strong genetically determined bias to respond with fear. Fear is especially intense when several fear-arousing conditions are present simultaneously.*

*Much pathological anxiety, including "over-dependency", can be understood as anxious attachment, which develops as a result of a person's having had experiences that lead him to be anxious lest his attachment figures should be inaccessible or unhelpful. Evidence shows that threats by a parent to abandon a child, and inversions of parent-child relationship due to a parent's own anxiety over attachment, play a principal part in the genesis of phobic conditions.*

*Volume III, Loss, applies this theoretical perspective to problems of mourning, depression, and defence, with special reference to the pathological forms they take and drawing on material published in previous papers.*

Bowlby, J. (1973b). Self-reliance and some conditions that promote it. In R. Gosling, (ed.), Support, Innovation, and Autonomy (pp. 23-48). London: Tavistock Publications.

Bowlby, J. (1974). Problems of marrying research with clinical and social needs. In K. J. Connolly and J. S. Bruner (eds.), *The growth of competence* (pp. 303-7). London and New York: Academic Press.

Bowlby, J. (1975). Attachment theory, separation anxiety and mourning. In David A. Hamburg and Keith H. Brodie (eds.), *American Handbook of Psychiatry* (2nd edn.), vol. 6, New Psychiatric Frontiers, Ch. 14, pp. 292-309.

*This long article presents an outline of the data considered and the theoretical position developed in the three volumes of Attachment and loss.*

Klagsbrun, M. & Bowlby, J. (1976a). Responses to separation from parents: a clinical test for young children. *British Journal of Projective Psychology and Personality Study*, 21 (2): 7-27.

Bowlby, J. (1976b). Human personality development in an ethological light., In G. Serban and A. Kling (eds.), *Animal models in human psychobiology*, pp. 27-36, New York: Plenum Publishing Corp.

Bowlby, J. (1977). *The making and breaking of affectional bonds*. I: Aetiology and psychopathology in the light of attachment theory, II: Some principles of psychotherapy. *British Journal of Psychiatry*, 130, 201-10 and 421-31.

Bowlby, J. (1978). Attachment theory and its therapeutic implications. In S. C. Feinstein and P. L. Giovacchini (eds.), *Adolescent Psychiatry: Developmental and Clinical Studies*, vol. 6, , pp. 5-33, New York: Jason Aronson.

Bowlby, J. (1979a). On knowing what you are not supposed to know and feeling what you are not supposed to feel. *Canadian Journal of Psychiatry*, 24 (5): 403-8.

Bowlby, J. (1979b). Psychoanalysis as art and science. *International Review of Psycho-Analysis*, 6(3), 3-14.

Bowlby, J. (1979c). *The making and breaking of affectional bonds*. London: Tavistock Publications.

Bowlby, J. (1979d). Continuing commentary on article by D. W. Rajecki, M. E. Lamb and P. Obmascher, Toward a general theory of infantile attachment: A comparative review of aspects of the social bond. *The Behavioural and Brain Sciences*, 2, 637-8.

Bowlby, J. (1979e). By ethology out of psychoanalysis: An experiment in interbreeding. (The Niko Tinbergen Lecture). *Animal Behaviour*, 28(3), 649-56.

Bowlby, J. (1980). *Attachment and Loss* (vol. 3), *Loss: Sadness and Depression*. New York: Basic Books. Penguin Books, 1981.

Bowlby, J. (1981a). Perspective: a contribution by John Bowlby. *Bulletin of the Royal College of Psychiatrists*, 5 (1) (Jan.).

*A brief autobiographical account of the development of the author's professional career and scientific work*

Bowlby, J. (1981b). Contribution to symposium, 'Emanuel Peterfreund on information and systems theory'. *The Psychoanalytic Review*, 68: 187-90.

Bowlby, J. (1981c). Psychoanalysis as a natural science. *International Review of Psycho-Analysis*, 8(3), 243-56.

*This paper, together with the 1979 paper Psychoanalysis as art and science, describes the author's position in the controversy whether psychoanalysis should be regarded as a scientific or a hermeneutic discipline. Confusion has arisen because the same term, psychoanalysis, is used in two quite different senses: (a) to refer to a discipline concerned with personality development and psychopathology and (b) to refer to the treatment of a patient. Used in the first sense, psychoanalysis refers to what should be a scientific discipline. Used in the second sense it refers to transactions between unique individuals, which puts it outside the realm of science. In its development as a scientific discipline psychoanalysis has been handicapped by an inappropriate metapsychology. It is argued that new concepts- derived from control theory and evolutionary biology are much better suited to the construction of the theory than are those that were available at the turn of the century.*

Bowlby, J. (1982a). Attachment and loss: retrospect and prospect. *American Journal of Orthopsychiatry*, 52 (4): 664-78.

*A brief historical account of how findings from a number of early studies led to the concept of 'maternal deprivation', of how this led to the formulation of an alternative and ethologically based theory to account for a child's tie to his mother, and of how this, in turn, led to a reformulation of psychoanalytic theory regarding anxiety, mourning and defence.*

Bowlby, J. (1982b). Epilogue. *The Place of Attachment in Human Behaviour*; Colin Murray Parkes and Joan Stevenson-Hinde, (eds.), pp. 310-13. New York: Basic Books.

Bowlby, J. (1983). Caring for the young: influences on development. In Rebecca S. Cohen, Bertram J. Cohler and Sidney H. Weissman (eds.), *Parenthood: A Psychodynamic Perspective*, (Ch. 18, pp. 269-84). The Guilford Psychiatry Series. New York: Guilford Press.

*Describes how an ethological approach to parental caregiving throws light on findings from current research into parental behaviour.*

Bowlby, J. (1984a). Violence in the family as a disorder of the attachment and caregiving systems. *American Journal of Psychoanalysis*, 44, 9-27.

*Reviews findings on (a) the behaviour and childhood experience of mothers who physically abuse their children and (b) the effects on the subsequent social behaviour of children of being abused. It shows how both can be understood within the framework of ethologically based theory.*

Bowlby, J. (1984b). Psychoanalysis as a natural science. *Psychoanalytic Psychology*, 1(1): 7-21.

*A slightly abbreviated and revised version of the 1981 paper of the same title.*

Bowlby, J. (1985). The role of childhood experience in cognitive disturbance. In , Michael J. Mahoney and Arthur Freeman (eds.), *Cognition and Psychotherapy* ( Ch. 6, pp. 181-200). New York and London: Plenum Publishing Corp.

*Considers some of the extensive clinical and other evidence still little known or ignored by clinicians, that traumatic events and pressures occurring within the family can have extremely adverse effects on a child's cognitive, emotional and behavioural development. This paper incorporates most of the 1979 paper "On knowing what you are not supposed to know and feeling what you are not supposed to feel".*

Figlio, K. and Young, R. (1986b) An Interview with John Bowlby, *Free Associations*, 6, 36-64.

Bowlby, J. (1987). Defensive processes in the light of attachment theory. In D. P. Schwartz, J. L. Sacksteder and Y. Akabane (eds.), *Attachment and the Therapeutic Process*. New York: International Universities Press.

*Describes how typical defensive processes, such as repression and its derivatives, can be understood in terms of current cognitive psychology. In certain types of stressful situation the normal process of selective exclusion of less relevant information becomes used in ways that have very adverse long-term consequences for personality functioning.*

Bowlby, J. (1987b). Attachment', 'Phobias. In R. Gregory (ed.), *The Oxford Companion to the Mind*. Oxford and New York: Oxford University Press.

Bowlby, J. (1988a). *A Secure Base: Clinical Applications of Attachment Theory*. London: Routledge.

Bowlby, J. (1988b). Changing theories of childhood since Freud. In E. Timm, and N. Segal (eds.), *Freud in Exile* (pp. 230-40). New Haven and London: Yale University Press.

Bowlby, J. (1988c). Developmental psychiatry comes of age. *American Journal of Psychiatry*, 145. 1-10.

Bowlby, J. (1989). The role of attachment in personality development and psychopathology. In S. Greenspan and G. Pollock (eds.), *The Course of Life* (vol. 1), (2nd edn.), , Ch. 6, pp. 229-70. Madison, WI: International Universities Press.

Bowlby, J. (1990). *Charles Darwin: A New Biography*. London: Hutchinson.

Bowlby, J. (1991). The role of the psychotherapist's personal resources in the therapeutic situation., *Tavistock Gazette* (Autumn).

Ainsworth, M. D. S. & Bowlby, J. (1991). An ethological approach to personality development. *American Psychologist*, 46, 333-341.

*This article was originally presented as a Distinguished Scientific Contributions award address at the 98th Annual Convention of the American Psychological Association in Boston in August 1990. Author's note. John Bowlby's death on September 2, 1990, at his summer home on the Isle of Skye in Scotland, prevented him from completing all that he intended to do in preparing this article for publication. As his coauthor I am greatly saddened by his death, but am secure in the knowledge that he would have wished me to complete the task.*