

Attachment Strategies

Strategy	Action
Establish a just-in-case plan	Make a list of all the places you should look and people you should call if your patient becomes “lost.”
Increase contact during the first several months of treatment	Schedule check-in phone calls; exchange voice or email messages.
Shorten or lengthen therapy sessions	Adjust to suit your patient’s needs.
Bring therapy to the patient	Meet at a park, a diner, or some other location away from the office.
Keep in touch	Send birthday or holiday cards; think of creative ways to stay connected.

Source: Dimeff L and Linehan M, *Addict Sci Clin Pract* 2008;4(2):39–47.

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