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| **ISPEC**Uluslararası Sosyal ve Beşeri Bilimler DergisiInternational Journal of Social Sciences & Humanities |
| Research/Review Article | e-ISSN: 2717-7262 | https://doi.org/ |

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| İngilizce Başlık |
| **Article Info**  | **Abstract:** XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX. |
| Received: Accepted:  |
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| **Keywords** Aaaaaa,Bbbbbb,Cccccc |

**1. Introduction**

When the literature is examined, the concept of attachment has many different definitions. In its most general definition, attachment is referred to as a "secure base," while Harlow described it as a "safe haven" (Bowlby, 2014).

In the Attachment Theory first introduced by Bowlby, object relations theory and Darwinian views were integrated (Bowlby, 1969). The concept of attachment, later developed by Ainsworth and her colleagues, was categorized into two types: "secure attachment" and "insecure attachment."

Secure attachment refers to a type of attachment where the child's needs and emotions are consistently and promptly responded to by the caregiver, whereas insecure attachment is characterized by opposite traits (Rothbard & Shaver, 1994). Insecure attachment is further divided into two subtypes: "anxious attachment" and "avoidant attachment" (Mickelson et al., 1997).

**2. Material and Methods**

H.Y stated that during her university preparation year, learning about her mother's extramarital relationship significantly affected her trust in relationships. She explained that when her father found out about the affair, she was outside, and her father rushed home. The door was locked, and after a while, her mother opened it, but the matter was never discussed.

H.Y said she asked her mother what had happened, but her mother did not answer, and since that day, the issue was never brought up again. She explained that her mother's partner was obsessed with her mother and began threatening her when she refused to see him. As a result, H.Y reluctantly chose a university in Mersin just to be able to move away and moved there with her mother, while her father remained in İzmir due to work.

**3. Results and Discussion**

Danışan ile toplamda 7 seans yapılmıştır. Yapılan her seansın süresi 50 dakikadır. Danışandan detaylı bir şekilde anemnez bilgisi alınmıştır. Danışanın anlatımları doğrultusunda öykünün teknik özetlenmesi hazırlanmıştır.

**Table 1.** Xxxxxxxxx

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**4. Conclusions**

She stated that her mother stayed with her in Mersin for about 1–2 months, and after the harassment and phone calls ceased, she returned to İzmir. H.Y remarked, “After this incident, it felt like my parents somehow grew even closer,” and emphasized that no one ever spoke about the issue again.



**Figure 1.** Xxxxxxxx

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