

Module Title: Psychology in Health and Social Care
Module Number: LCHS 4010 LON
Assignment Number: 1
Student Name: Bibiche Muamba
Student Number: 2442754
Lecturer's Name: Pascal Navell

I have not used AI, including sources

□ Introduction

- This presentation outlines a comprehensive support plan for Jenny , a 16 years old young carer who has supported her mother as the primary caregiver for the past 5 years after the death of her father, and Jenny was only 11 years when took over all the responsibilities for the bonds between her and her mother.
- John Bowlby's attachment theory
 - According to McLeod (2025) stated that Bowlby's theory clarify the importance of early emotion children form with the primary caregiver, moreover the union has impact in children development.
 - Bowlby think that this union is biologically is set to produce attachment in which children feel secured.

□ Key Concepts of Bowlby's Theory

- **Secure Base:** Caregiver act as a safe haven, permit the child to explore the world and return for consolation, which support the development of emotion security.
- **Loss and Deprivation:** According to Bowlby, the lost of primary attachment bond- known as maternal separation can lead to severe social impairment.
- **Internal Working Model (IWM) :** The early attachment in life, influences the mental guide for the future relationships.
- Bowlby's Theory is highly applicable to Jenny's because when she lost her father, her role change and take over the responsibility of the primary caregiver and experiences her attachments in the different way. (McGarvie,2024).

□ Application to Jenny's Experiences

- **Impact of the lost of her father:** Jenny was 11 years old when her father died and her mother was already physically incapacitated then likely Jenny feels lost and unsecured because one parent died and one living but with illness.
- **The Parenting Child :** Jenny had not choice after the death of her father then to assumed the place of primary caregiver of her mum, this interrupted the natural flow of attachment while her mother supposed to take care of Jenny to build her own security. This may drive her to an anxiety and can be an obstacle to form peer relationships in adulthood.
- **Developmental :** At 16 years old Jenny is in her middle adolescence when independency increase but she was stuck by her mother's needs. The healthy detachment was preventing while it necessary for adolescence development. (Pender,2024).

Practical Strategies and interventions

- Regard to Attachment Theory, the aim of the strategy is to bring back the security sense and permit Janny to regain to her role as a developing adolescent.
- ❖ **Peer Mentorship:** Involving Jenny with a Young Carers Network supply a new social secure base wherever her experiences will be confirmed by peers, decreasing the isolation due to her unusual attachment history.
- ❖ **Professional Respite Care:** Involve support worker for the house chores and shopping so her duties of care will be shaped so the relationship between mother and daughter can bond again. (NHS,2023).
- ❖ **Therapeutic Support:** The intervention should aim on the internal Working Model to help Jenny surmount the lost of her father and the wasted years of her childhood also realise that herself care is worthwhile.

□ Biological and Environment Influences(Nature and Nurture)

- **Biological (Nature):** Jenny endured a lot to survive all the stress for the past 5 years without giving up, however her mother's memory problems may be Genetic.
- **Environmental (Nurture)** Jenny's surroundings pressure dominate this story. The loss of her father and lack of support, has conducted her psychological development down in a different way.
- **Interaction:** While Jenny may have a biological penchant toward caregiving, the pressure environment of last 5 years has forced an over developed sense of responsibility that neglects her own emotional well-being. Purpose of support plan, is to adjust her environment and emotional needs. (Brodie, 2024).

❑ Critical Evaluation of Bowlby's attachment Theory

- **Predictive Power:** The theory is advantageous for highlighting Jenny like higher risk individual by agreeing that her secure base was disturbed when she was 11 years old, practitioner may anticipate potential problems with trust, self- esteem, that is why she needs early intervention.
- **Holistic Insight:** It moves the focus beyond the mother's physical care to the daughter's psychological wellbeing, helping social workers understand that Jenny's caregiving is not just a choice but a shift in her internal working model.
- **Framework for Intervention:** It is reasonable the requirement for respite care, it not just a benefit but a clinical needs to restore attachment between Jenny and her mother.

(Team,2024).

❑ Limitation in Health and Social Care context

- **Determinism:** A key critique is that the theory may be too determining, suggesting that Jenny permanently damaged by her early loss and role while neglecting the role of endurance even more, possibility of achieving security through later positive relationships.
- **Cultural Bias: Bowlby's work attention mainly on two parents living in same household with their children.** In certain cultures caregiving by young is viewed as a normal communal responsibility rather than psychological trauma, which the theory may fail to address.
- **Over-emphasis on the Mother:** The theory traditionally concentrated on the maternal bond in this scenario while minimising the fact that, the loss of her father may have impact on Jenny's development.

References

Brodie, K. (2024). *John Bowlby's Attachment Theory and Developmental Phases*. Early Years TV.

: <https://www.earlyyears.tv/john-bowlbys-attachment-theory-and-developmental-phases/>. (accessed 17/03/2026).

McGarvie, S. (2024). *Attachment theory, Bowlby's stages & attachment styles* .Positive Psychology. Available at: <https://positivepsychology.com/attachment-theory/>. (accessed 15/03/2026).

McLeod, S. (2025). *John Bowlby's Attachment Theory*. Simply Psychology. Available at: <https://www.simplypsychology.org/bowlby.html> (accessed 10/03/2026).

NHS (2023). *Carers' breaks and respite care - Social care and support guide*. nhs.uk. Available at : <https://www.nhs.uk/social-care-and-support/support-and-benefits-for-carers/carers-breaks-and-respite-care/> (accessed 14/03/2026).

Pender, D. (2024). *The 4 attachment styles: Understanding, healing, and growth*. Counselling-directory.org.uk. <https://www.counselling-directory.org.uk/articles/the-4-attachment-styles-understanding-healing-and-growth>. (accessed 12/03/2026).

team, N. editorial (2024). *Attachment Theory Criticisms: Examining the Controversies and Limitations*. NeuroLaunch.com. Available at: <https://neurolaunch.com/criticisms-of-attachment-theory/>. (accessed 15/03/2024).