Omer, H., Steinmetz, S., Carthy, T., & Schlippe, A.v. (2013). The Anchoring Function: Parental Authority and the Parent-Child Bond. *Family Process, 52(2)*, 193-206.

Link to the full article:

<https://www.dropbox.com/s/isjh2qnb6gp8ejz/2013%20The%20Anchoring%20Function%20Parental%20Authority%20and%20the.pdf?dl=0>

This is the original article in which we presented the concept of the parental anchor and its links to attachment theory. This article has a peculiar history. Arist von Schlippe had repeatedly suggested that we write a paper connecting our model to attachment theory. He felt (rightly) that this was a crucial task, because attachment theory is the most important theory in child development. He also thought that the kind of parenting promoted by NVR provides the child with secure attachment. It took us four years (!) to write this article. Three earlier versions were published in German, before we came to the full understanding that is presented in this article. In the article we argue that secure attachment cannot be achieved only by unconditional acceptance, warmth and encouragement, as is usually held by attachment theorists. We believe that secure attachment contains also a crucial element of parental strength. Bowlby, who is the undisputed father or attachment theory, argued that the frail offspring of most animal species have an inborn drive for attachment, that is, to cling to a "wise and strong" individual (usually the parent), in order to survive. In humans this drive for attachment is especially strong, since humans remain highly vulnerable for a very long period of time. However, as traditional attachment theory developed, the element of parental strength was pushed to the background, and positive attachment became synonimous with acceptance, warmth and encouragement. In this paper we tried to show why parental authority is crucial for secure attachment. Parental authority would provide the child with an anchor to protect him from dangers (both from his own impulses and from damaging influences and temptations), thus stabilizing the child and the parent-child bond. The bases of the parental anchoring function are: presence, self-control, structure and support. These are also the constitutive elements of the new authority. We also argue that the anchoring function does not exhaust its function in the first two years of the child's life, but continues to play a vital role throughout middle-childhood and adolescence. Moreover, in distinction from classical attachment theory, the anchoring function is not provided exclusively by the mother, but also by the father and other supportive figures in the family's surroundings. This article is very important for every person interested in NVR, because the language of attachment theory is the language of most professionals, and even of many parents who never even heard the word "attachment theory". Through the concept of the anchoring functioning, NVR became able to speak the language of attachment.