Through the Eyes of a Child...

Essential Understandings and Misunderstandings about Attachment

Lauren Porter, Centre for Attachment, September 2009, ATCA Conference, Canberra

Attachment is Not a Style

- Bonding is essential
- Nature and quality of the bond

Dyadic Wellbeing

New Paradigm

- Nature via nurture
- Genes and experience
- Epigenetics

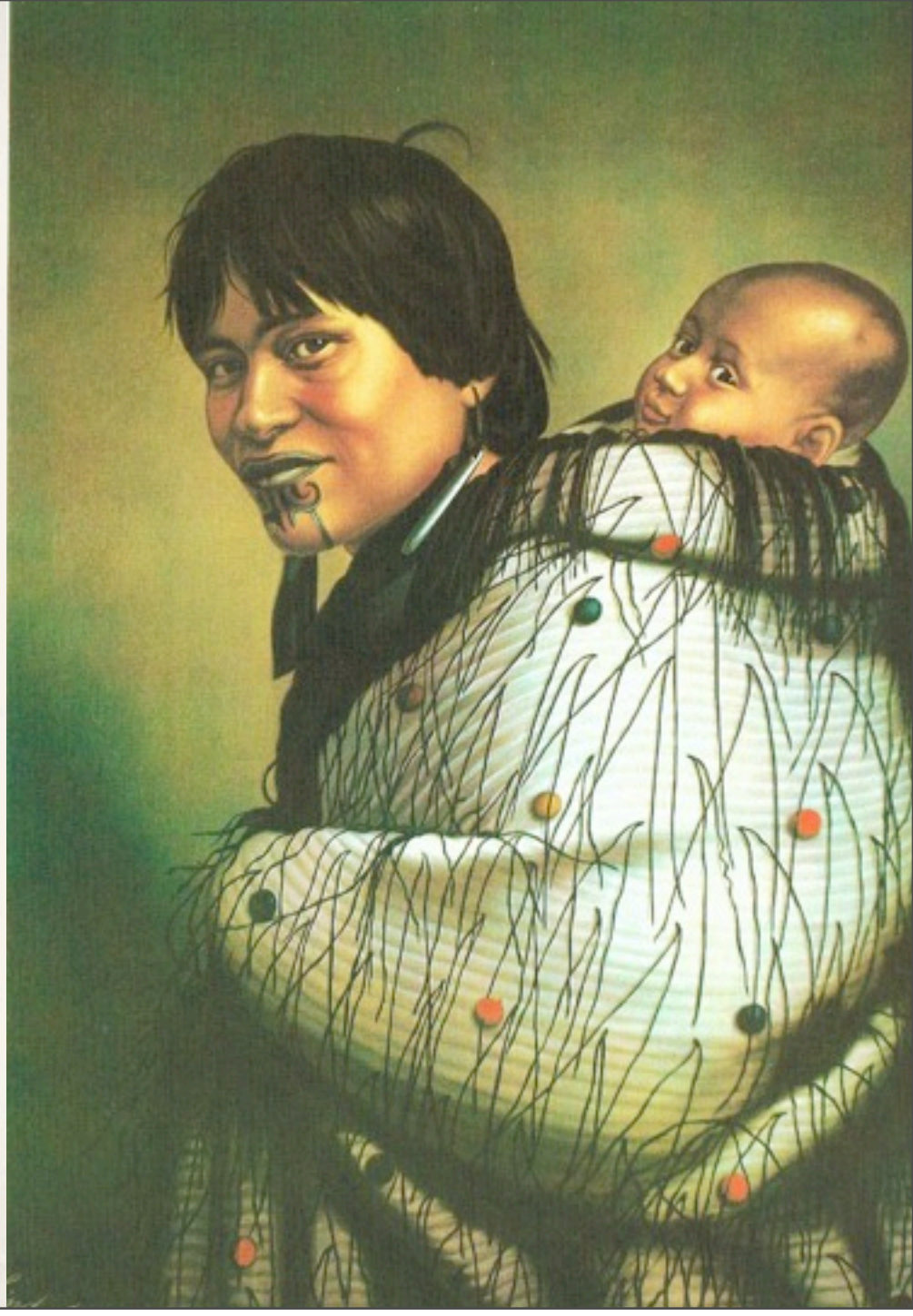
Attachment Styles

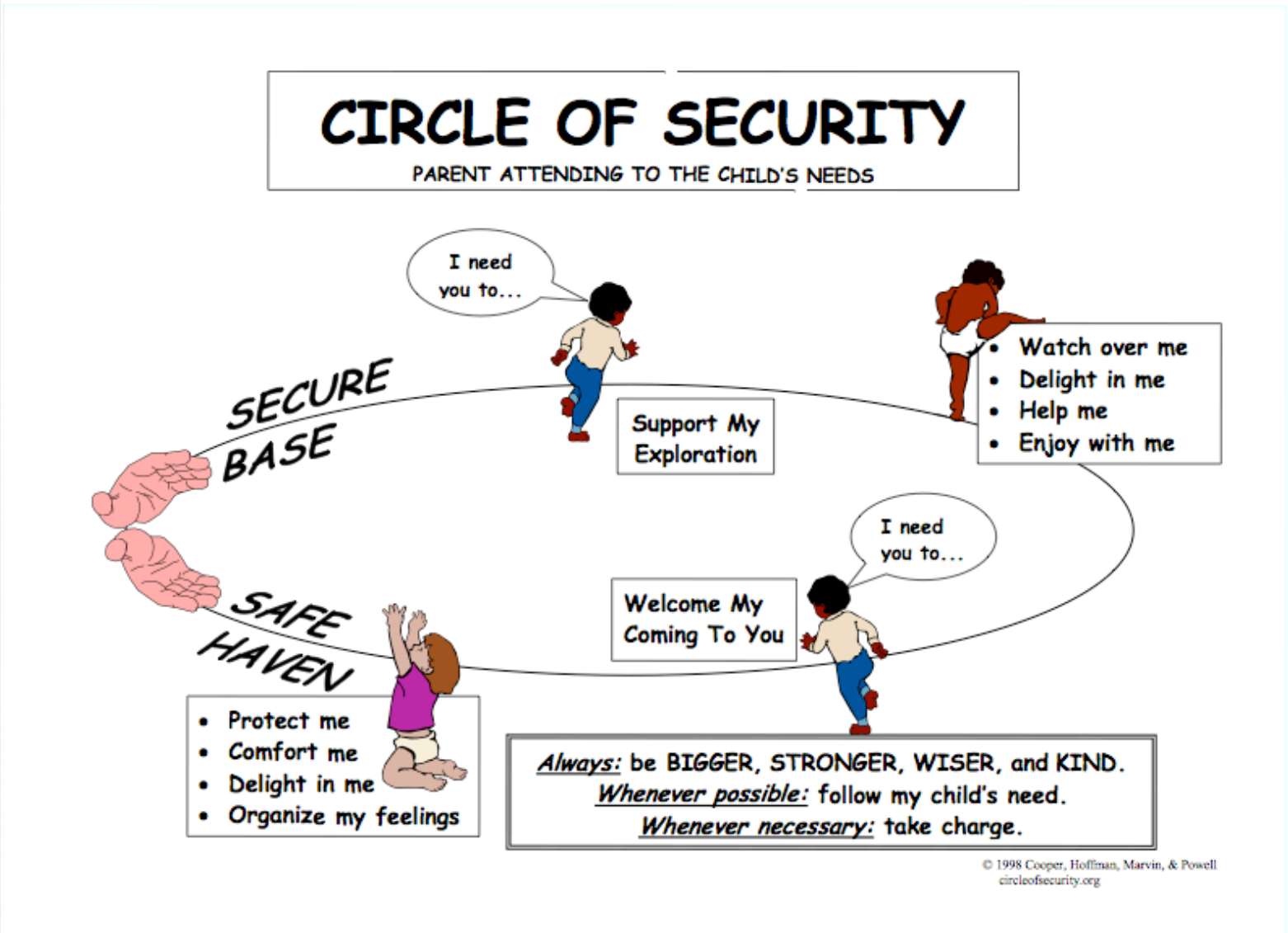
- Secure
- Insecure - Avoidant
- Insecure - Ambivalent/Resistant
- Disorganised

- Different fears
- In place by 12 months
- 'Cradle to grave'

Features

- Proximity
- Sensitivity
- Responsiveness





Children will miscue you when they don't think their needs will be met.

November

Attunement

'Every baby comes with a set of instructions. The issue is: can you read those instructions?'

~Kent Hoffman, psychotherapist, Marycliff Institute, USA

Regulation

- Hidden Regulators
- Physiological-homeostatic foundation
- Emotional
- Interactive/relationship-based
- Core of mental health

Regulation and Addiction

- Substance use as attempt at regulation
- Limited capacity to self regulate
- Limited capacity to co-regulate a child
- Still the whirlpool
- Compassion and pain

Rebuilding Attachment in TC's

- Non-clinical population - what is our attachment style? our blindspots?
- Presence
- Helping to make the implicit known
- Via regulation and healing attachment relationships
- Teachable moments come with/after emotional exchange moments

Attachment

Attachment is coming to know ourselves within the context of being known.

Thank you.

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