

FAMILY CENTERED PRACTICE WITH AN ATTACHMENT LENS

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IT'S OUR JOB

ADDRESSING CHILDREN'S EMOTIONAL NEEDS WITH AN ATTACHMENT LENS

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CAREGIVER-INDUCED TRAUMA

- Caregiver-induced trauma is **qualitatively** and **quantitatively** more potentially psychopathogenic than any other social or physical stressor.

(Bruce Perry)

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ATTACHMENT AS A CULTURAL NORM

- Attachment relationships matter in all cultures.
- Attachment relationships are what we use to understand our culture.
- All developing brains need positive experiences to achieve optimum potential.

(Ainsworth, Bolby, Crumbly, Perry)

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WHAT IS ATTUNEMENT?

- Reading and responding to the cues of another.
- Synchronous and interactive.
- **Can be taught** – reading the non-verbal language of another.

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WHY DOES ATTUNEMENT MATTER?

- It is what causes positive attachments to develop between parent and child.
- It is the ability of the parent to understand the child's emotions and needs.
- It gives the child a sense that someone understands how to meet their needs.

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INCLUDE THE CAREGIVER

It is always the caregiver who must do the work, not the child.

- Teach attunement, how to love the baby.
- It is concrete, hands-on work, daily and weekly, long-term and intense.

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WHAT WORKS

- Do more, say less
- Show and then tell
- Let the parent practice as you re-parent
- Use the environment you have
- Provide the structure, tell stories, help them enjoy each other

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CHALLENGES

- Keeping focused
- Managing chaos
- Having plan "B" and ...
- Knowing who the client is and is not
- Getting good directions
- Outrunning the family dog

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REMAIN HOPEFUL

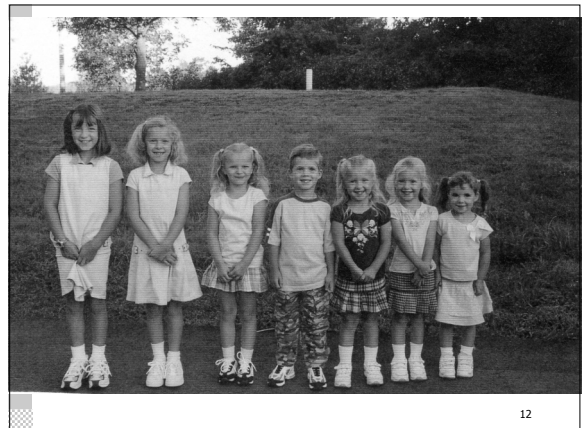
- Believe in the power of the human spirit.
- Believe in the hopefulness of childhood.
- Believe in yourself and what you bring to the process.

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CELEBRATE

- Kids are resilient.
- Parents do change.
- Hurts can heal.
- The system does work for children.
- **YOU** do make a difference.

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