

**Mending Broken Bonds**  
 FOUNDATIONS IN ATTACHMENT BASED AND  
 TRAUMA INFORMED TREATMENT  
 KAYLA JONES, LPC

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**TRUST TAKES  
 YEARS TO  
 BUILD,  
 SECONDS TO  
 BREAK, AND  
 FOREVER  
 TO REPAIR.**

**"It could  
 take you  
 years to  
 actually  
 face what  
 has happened.  
 And numerous  
 more to  
 overcome  
 it."**  
 — Carol Sides

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**A little  
 about  
 me...**

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A little about me...

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Objectives

- ▶ History of Attachment
- ▶ Identify Infant v. Adult Attachment Styles
- ▶ Brief review Attachment Disorders
- ▶ How does trauma affect Attachment/Relationships?

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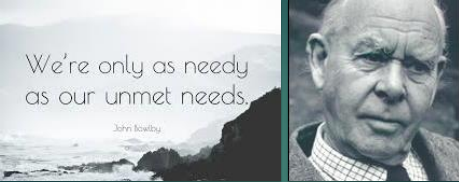
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Who and What

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My advice to mothers is not to miss an opportunity to show affection to their babies  
Mary Ainsworth

## Who and What

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Mother Stranger

## The Strange Situation

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## Strange Situation Video

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Why is attachment important?

What can be predicted from Attachment?

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Indifference and neglect often do much more damage than outright dislike.  
J. K. Rowling

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Infant Attachment Styles

Secure    Avoidant    Ambivalent    Disorganized

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## Secure Attachment

**As Infants:** show distress when separated from caregivers and are soothed when reunited.

**As Children:** High degree of competence, Ask for help when they need it, Persistent, Creative, well-developed play, Trusts adults, Value people rather than things



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## Avoidant Attachment



**As Infants:** Does not show distress when separated from caregivers and does not look for soothing upon being reunited with caregivers. May turn to objects (toys) for comfort rather than caregivers.

**As Children:** Like to be alone, Value objects rather than people, Mask vulnerable feelings, Less likely to ask for help when they need it, Seek attention through negative behaviors, Uncomfortable with intimacy, Difficulty accepting help when distressed, Blame others when things go wrong

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## Ambivalent Attachment

**As Infants:** Infant shows distress when separated from caregiver but is very difficult to soothe (they seem conflicted or uncomfortable in caregivers arms.)

**As Children:** Demanding, Clingy, needy, whiny, often Behavioral dysregulation, Difficult to satisfy, Low tolerance for frustration, Unpredictable, Disruptive, Temper tantrums/Crying, Compulsive & Fidgety, Easily upset



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## Disorganized Attachment



**As Infants:** Infant has no clear strategy when in distress. May seek comfort then pull away then seek comfort then pull away etc.

**As Children:** Chaotic, Unpredictable, Chronic state of alarm, Escalate quickly to fear/terror, Aggressive, violent meltdowns, Withdrawn, unresponsive, Highly attuned to non-verbal cues, Bizarre, strange behaviors, Confusion in approaching adults, Unusual responses to caregivers, Less likely to accept comfort from adults

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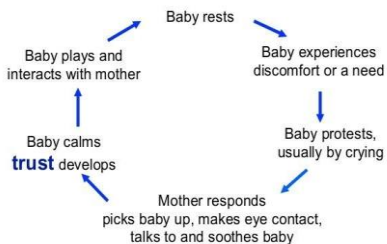
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## Securely Attached Cycle



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And then I think  
that maybe  
I was designed  
to be alone.

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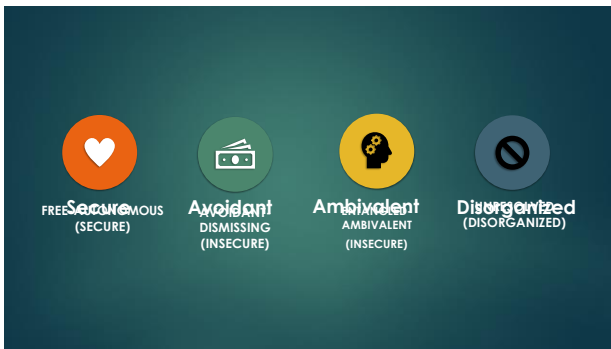
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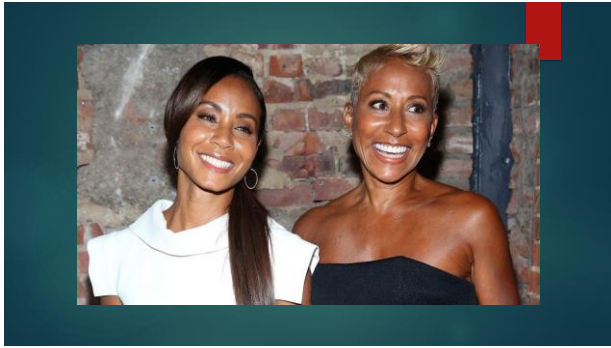
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**AVOIDANT-DISSMISSING**



- ▶ Like to be alone
- ▶ Value objects rather than people
- ▶ Mask vulnerable feelings
- ▶ Less likely to ask for help when they need it & difficulty accepting help
- ▶ Seeks attention through negative behaviors
- ▶ Uncomfortable with intimacy because they invest little emotion in social or romantic relationships.
- ▶ Blame others when things go wrong

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**ENTANGLED – AMBIVALENT**



- ▶ Demanding, clingy, and needy
- ▶ Difficult to satisfy
- ▶ Low tolerance for frustration
- ▶ Unpredictable
- ▶ Uncomfortable in their own skin
- ▶ Fearful & unsure in relationships
- ▶ Easily upset and sensitive

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**UNRESOLVED**



- ▶ Chaotic, unpredictable
- ▶ Escalate quickly to fear/terror
- ▶ Aggressive, violent outbursts
- ▶ Withdrawn, unresponsive
- ▶ Confusion in approaching others
- ▶ Unusual responses to others
- ▶ Less likely to accept comfort from others

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“ When I was younger, I was terrified to express anger because it would often kick-start a horrible reaction in the men in my life. So I bit my tongue.  
I was left to painstakingly deal with the aftermath of my avoidance later in life, in therapy or through the lyrics of my songs. ”  
-Alanis Morissette

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Can **OUR** past affect a child's healing?

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Children are aware of our emotions



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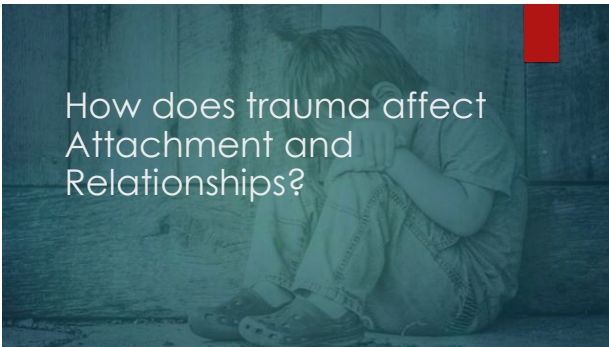
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How does trauma affect Attachment and Relationships?



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Trauma and the Brain



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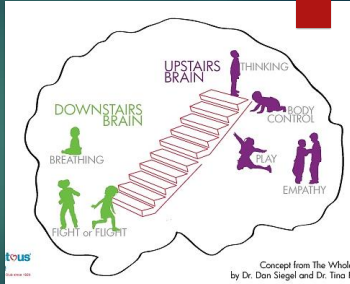
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### Karyn Purvis: Five B's of Trauma

- 1. Brain
- 2. Biology
- 3. Body
- 4. Behavior
- 5. Beliefs



Concept From The Whole by Dr. Dan Siegel and Dr. Tina Payne

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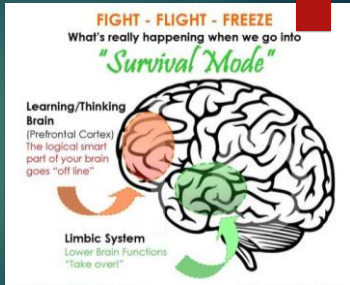
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### Trauma and the Brain

- ▶ Chronic Activation of Survival (FFF)
- ▶ Changes in Brain Chemistry
  - ▶ Serotonin "Master Regulator"
  - ▶ Overproduction of stress hormones and excitatory neurotransmitters
  - ▶ Underproduction of Calming Chemicals (including serotonin)



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### Attachment and Relational Trauma

- ▶ Complex Trauma
  - ▶ Physical, Sexual, Emotional Abuse
  - ▶ Neglect
  - ▶ Witnessing DV

Perpetration by their Caregiver = **CONFUSION**

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### Assessments for Trauma

- ▶ CATS (Caretaker and Child versions)
- ▶ YPCP (children 1-6 years old)
- ▶ Trauma Symptom Checklist for Children (TSCC for 8 – 16 years old)
  - ▶ <https://www.nctsn.org/measures/trauma-symptom-checklist-children>
  - ▶ Adult Version: <http://s1097954.instanturl.net/trauma-symptom-checklist-40-tsi-40/>
- ▶ PCL-5
  - ▶ <https://www.ptsd.va.gov/professional/assessment/adult-sr/ptsd-checklist.asp>
- ▶ UCLA (requires licensing and permission)

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### Attachment D/O

Defined by the DSM-5

- ▶ Reactive Attachment Disorder (RAD)
- ▶ Disinhibited Social Engagement Disorder



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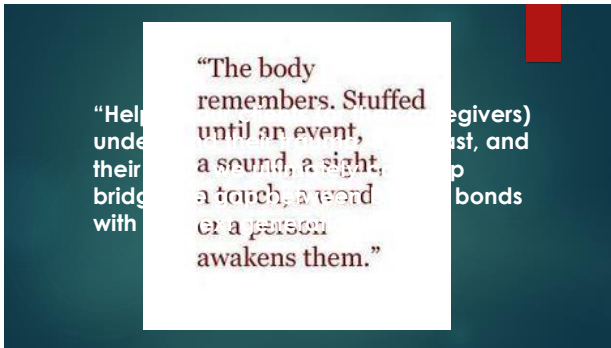
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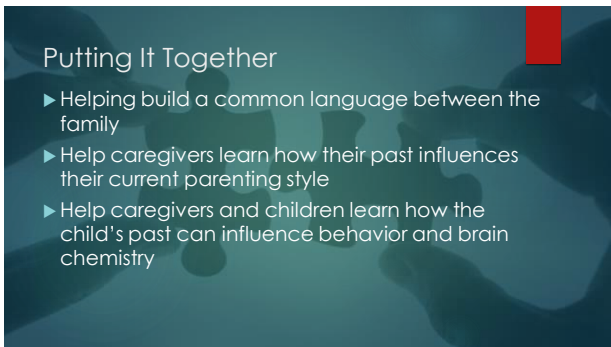
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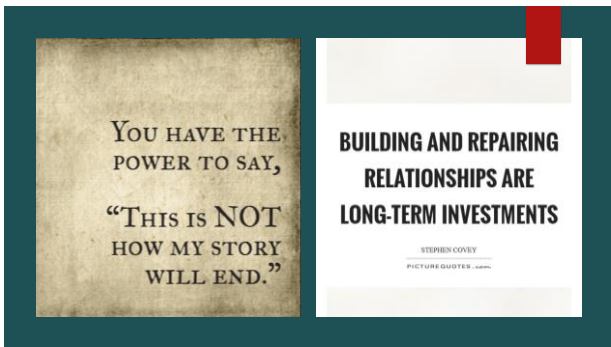
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### Assess your own History

#### HOW COMFORTABLE AM I....

- ▶ giving care?
- ▶ receiving care?
- ▶ Negotiating my needs?
- ▶ with my autonomous self?




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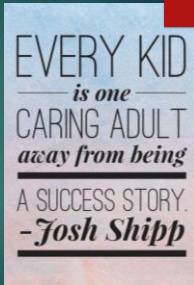
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### Meaningful Connections require the following skills:

1. The ability to give help to others
2. The ability to accept help from others
3. The ability to negotiate needs
4. The ability to feel comfortable with an autonomous self/in my own skin




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“The truth of who we are is innate goodness, and the whole journey is really about removing any obstacle or false belief that keeps us from knowing that.” ”

Alanis Morissette

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### Recommended Reading



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### UPCOMING TRAININGS:

- ▶ JUNE 22 "Forging the Phoenix: Helping Teens and Adults Overcome past trauma and Build Self-Worth"
  - ▶ MARCH 30 "Walking the Walk: Self-Care and Burnout Management"
  - ▶ MAY 18 "Shame Resilience for Therapists (From Brenè Brown's Perspective)"
  - ▶ MULTIPLE "Navigating the Ethical Minefield: Risk Management Strategies for the Professional Counselor"
- More at [counselinginstitute.org](http://counselinginstitute.org)**

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### References

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- ▶ Hoffman, K., Cooper, G., Powell, B., & Barton, C. M. (2017). Raising a secure child: How circle of security parenting can help you nurture your child's attachment, emotional resilience, and freedom to explore. New York, NY: The Guilford Press.
- ▶ Karen, R. (1998). *Becoming attached: First relationships and how they shape our capacity to love*. New York: Oxford University Press.
- ▶ Purvis, K. B., Cross, D. R., & Sunshine, W. L. (2007). *The connected child: Bring hope and healing to your adoptive family*. New York: McGraw-Hill.
- ▶ <https://www.circleofsecurityinternational.com/>
- ▶ <http://www.albertafamilywellness.org/resources/video/how-brains-are-built-core-story-of-brain-development>
- ▶ <https://child.tcu.edu/#sthash.ON6YHvA.dpbs>
- ▶ <https://child.tcu.edu/resources/videos/#sthash.YA59fnd.dpbs>
- ▶ <https://www.attachmenttraumane트워크.org/understanding-attachment/attachment-disorders/>

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