

- 1 **The Meaning of Attachment**
What It Is, What It Isn't, and What It Means for Whanau
- 2 ***Attachment is not a Style***
 - Essential
 - Transcends parenting
 - It is the *nature* and *quality* of the bond that creates difference
- 3 ***Dyadic Wellbeing***
- 4
- 5
- 6 ***Brain Development***
 - The nature, quantity, pattern and intensity of the first bonding experiences govern the *expression of genetic potential*
- 7 ***Human Brain at Birth***
 - Adding 70% of its structure after birth, humans are the least neurologically developed of all primates
 - Most reliant on physiological regulation
 - Unavoidably interdependent as a species
 - Connection is key
- 8
- 9
- 10 ***Effects of First Relationships***
 - Shapes the brain
 - 'Internal working models'
 - Partners, children, expectations, abilities...
- 11 ***Attachment Styles***
 - Secure
 - Insecure-Avoidant
 - Insecure - Resistant/Ambivalent
 - Insecure - Disorganized (1990)
- 12 ***Secure Attachment***
- 13 ***Avoidant Attachment***
- 14 ***Ambivalent Attachment***
- 15 ***Disorganized Attachment***
- 16

17

18 **Hallmarks of Attachment**

- Proximity

- Sensitivity

- Responsiveness

19

20

21

22 **Attunement**

- Reading and responding to cues

- Synchronous and interactive

- Dyadic

- Maintains equilibrium

- *Can be taught/learned*

23

24 **Getting to Attunement**

- Requires mind-mindedness

- Calm

- Insight

- Awareness

- Low 'internal noise'

- Competent social partner

- AAI – pregnancy prediction

25

Self Regulation

- Babies are not born with the ability to self regulate

- Babies are reliant on a caregiver to interactively regulate internal states

- Physiological-homeostatic regulation forms the core of attachment

- It is the basis of early learning and forms the infrastructure of our identity, value and safety

26

27

28

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

~Kent Hoffman, psychotherapist, Marycliff Institute, USA

29 **Hidden Regulators**

- Temperature
- Blood glucose
- Cortisol levels
- Heart rate
- Growth hormones

30 **The Effects of Stress**

- *Definition:* Anything that interferes with homeostatis and attunement; creates dysregulation
- With the brain, *what doesn't kill you makes you weaker*
- Positive touch activates brain's reward chemicals

31 **It Takes a Village**

Roles, Relationships & the Role of Secondary Attachments

32 **Attachment's Foundations**

- Much of our emotional foundation is pre-language
- We learn the ways to interact in our relationships so that our caregiver will respond
- Gradually, those conclusions build a system that replicates itself throughout life
- Internal belief systems are formed
- Can be shifted via new experience

33 **The Influence**

- Attachment is coming to know ourselves within the context of being known
- To be genuinely understood, honored and cared for
- This can make all the difference in life

34 **Secondary Attachments**

35 **Who is an Attachment Figure?**

- Provision of physical and emotional care
- Continuity and consistency in a child's life
- Emotional investment in a child

36

- Mothers
- Fathers

- Grandparents
- Aunts, uncles
- Nannies
- Daycare providers
- Teachers
- Friends

37  **Heirarchy**

- Not better or worse
- Different spheres of influence
- Each has own relationship and status
- Changes over time
- Aim: complementary vs adversarial

38  **www.centreforattachment.com**