



CONNECTING PART 1

Dr. Casey Call



EMPOWERED
TO CONNECT
CONFERENCE



STAY CALM

NO MATTER WHAT



SEE THE NEED

BEHIND THE BEHAVIOR



MEET THE NEED

FIND A WAY



DON'T QUIT

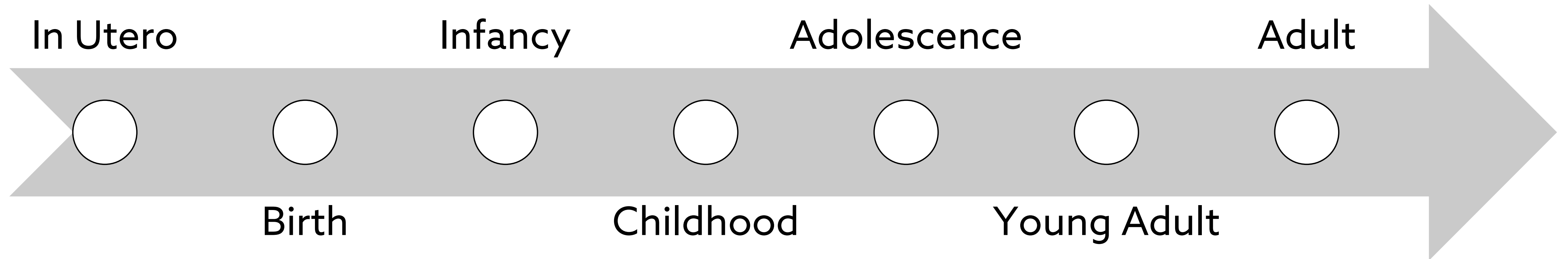
IF NOT YOU, THEN WHO?

“The propensity to make strong emotional bonds to particular individuals [is] a basic component of human nature.”

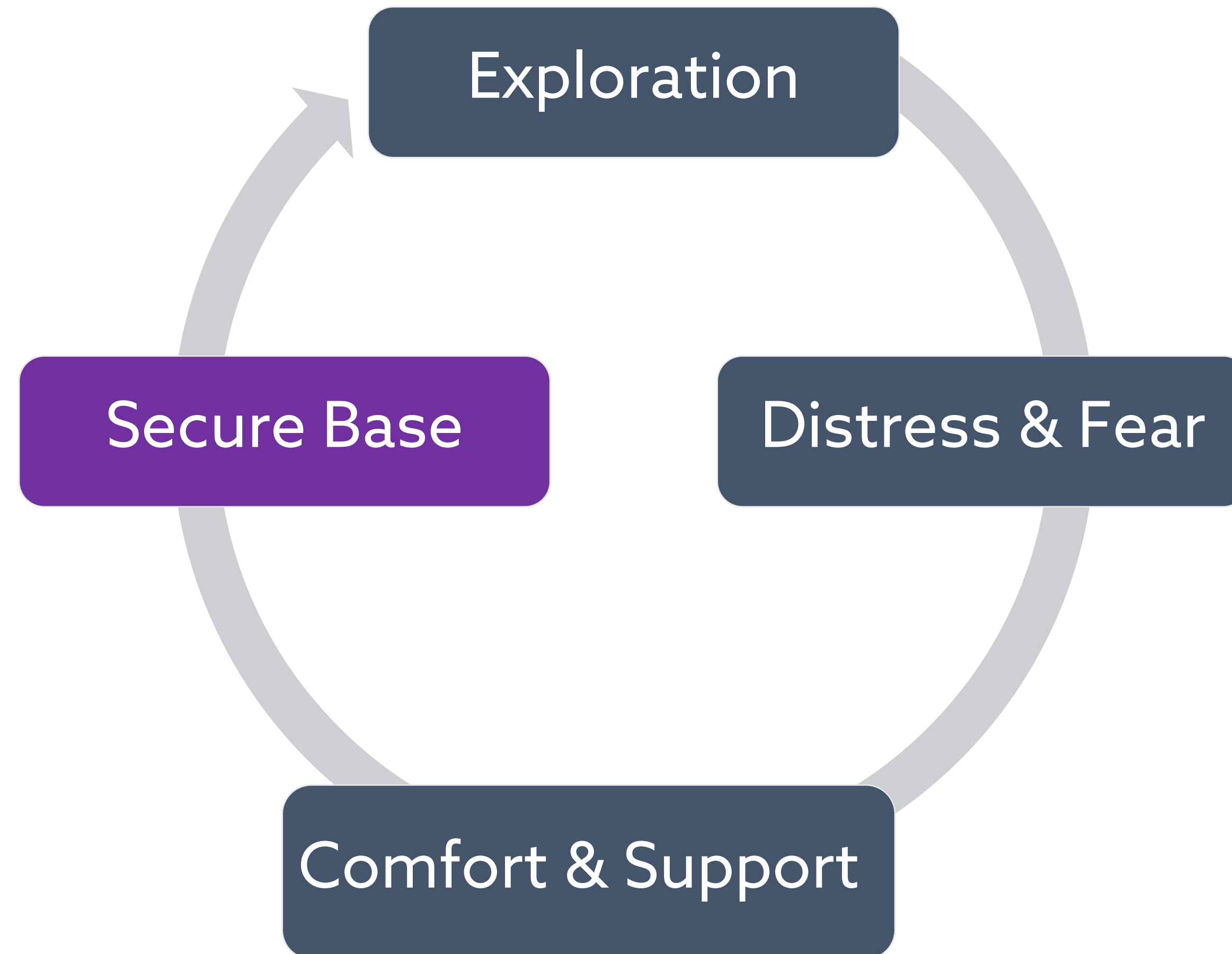
-JOHN BOWLBY



ATTACHMENT DEVELOPMENT



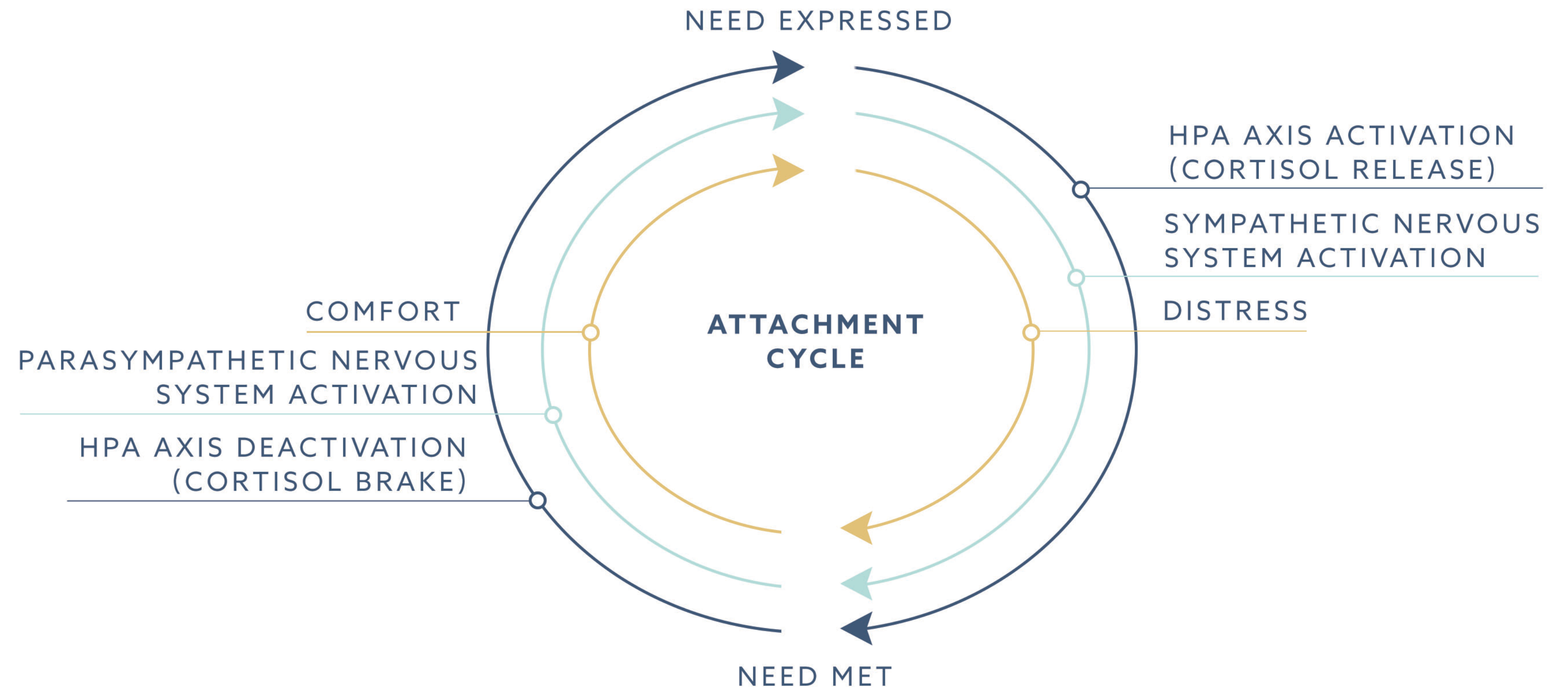
ATTACHMENT



ATTACHMENT CYCLE

Foundation for:

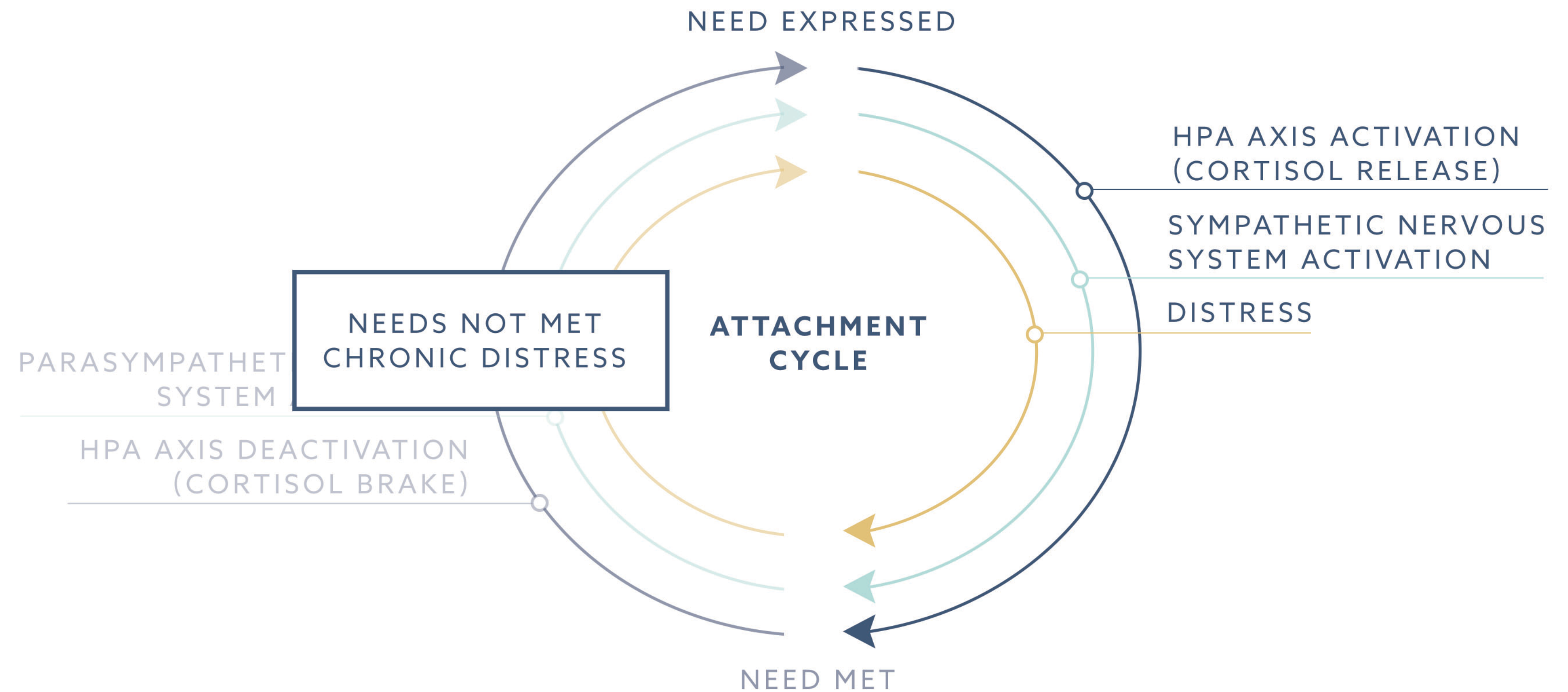
- Trust
- Self-worth
- Self-efficacy (voice)
- Self-regulation
- Mental Health



ATTACHMENT CYCLE

Behaviors

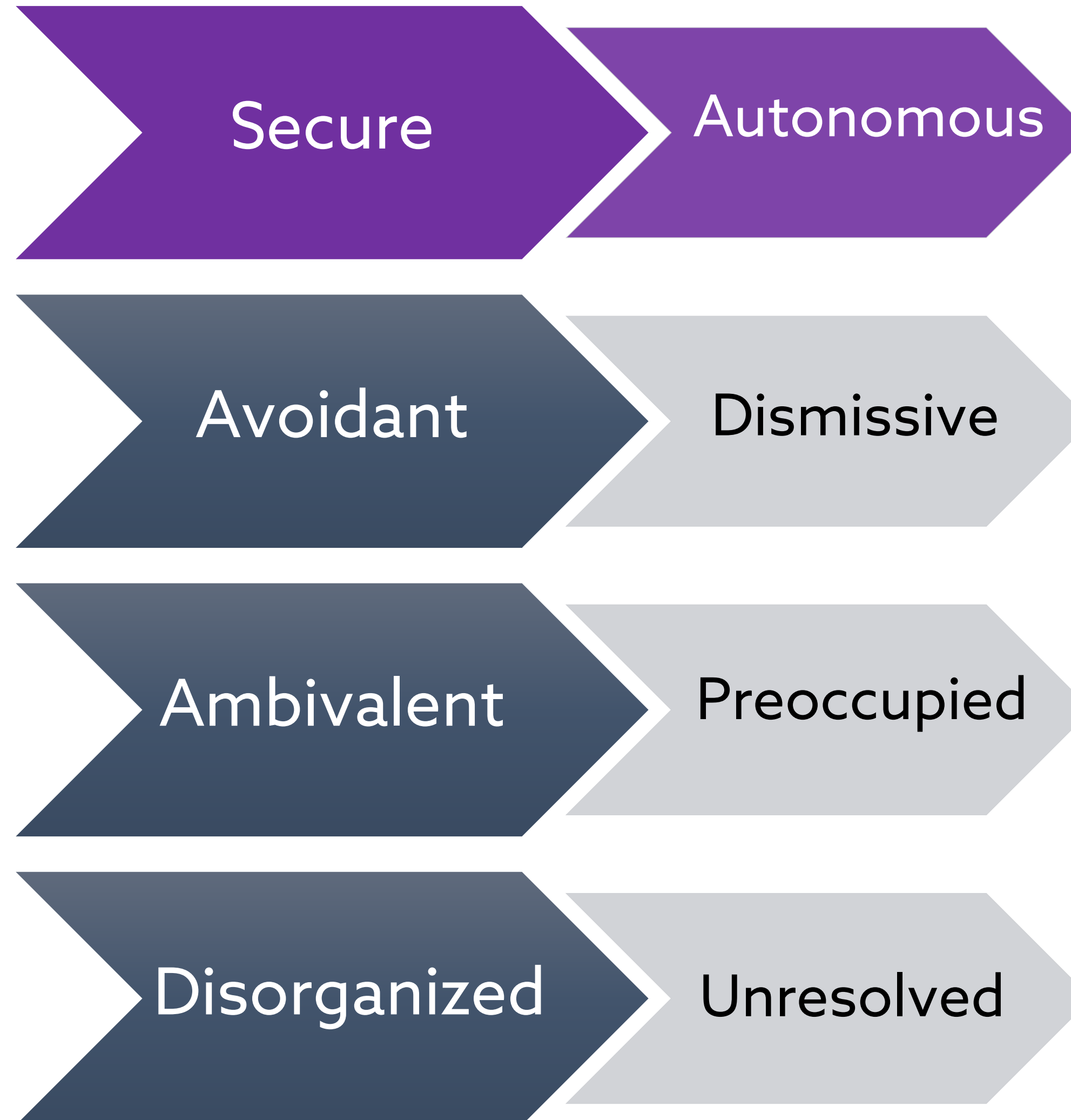
- Control
- Manipulation
- Triangulation
- Aggression
- Violence



ASSESSING ATTACHMENT

- Strange Situation Protocol
- Modified Strange Situation Protocol
- Narrative Story Stem Tasks
- Card Sorts
- Modified Adult Attachment Interview
- Adult Attachment Interview

ATTACHMENT CLASSIFICATIONS



SECURE ATTACHMENT

- High degree of competence
- Ask for help when they need it
- Well-liked
- Persistent
- Creative, well-developed play
- Trust adults
- Value people rather than things
- Socially competent
- Greater life, marital, job satisfaction

AVOIDANT ATTACHMENT

- Prefer to be alone
- Value objects rather than people
- Mask vulnerable feelings
- Less likely to ask for help when they need it
- Self-sufficient
- Seek attention through negative behaviors
- Uncomfortable with intimacy
- Difficulty accepting help when hurt/distressed

AMBIVALENT ATTACHMENT

- Clingy, needy
- Behavioral dysregulation
- Emotionally volatile
- Seek help even when they don't need it
- Low tolerance for frustration
- Unpredictable
- Temper tantrums/crying
- Fidgety
- Easily upset
- Difficult to soothe

DISORGANIZED ATTACHMENT

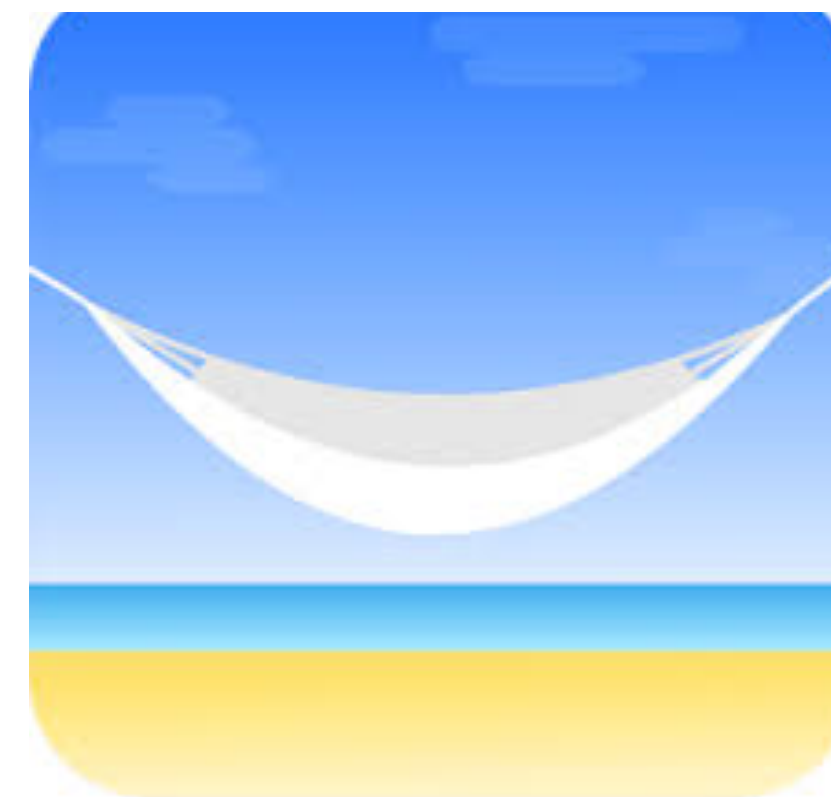
- Psychopathology in adolescence
- Chaotic or unpredictable
- Chronic state of alarm
- Escalate quickly to fear/terror
- Aggressive or violent meltdowns
- Withdrawn or unresponsive
- Highly attuned to non-verbal cues
- Bizarre, strange behaviors
- Highly reactive to sensory cues in environment
- Confusion in approaching adults
- Unusual responses to caregivers
- Less likely to accept physical affection/comfort from adults

MINDFULNESS STRATEGIES

What do I bring to my interactions with others?

- Calm presence
- Attunement & awareness
- Flexible responding
- Creative problem solving

MINDFULNESS APPS



ENGAGEMENT STRATEGIES

- Eye Contact
- Healthy Touch
- Voice Quality
- Behavioral Matching
- Playful Engagement

HEALTHY TOUCH

- Safe, healthy touch releases oxytocin, dopamine
- Reduces stress chemicals
- Examples: hug, high five, holding hands, hand on shoulder, sweeping hair out of face



EYE CONTACT

- Difficult for children from hard places—expect only a little at a time
- Be playful and loving
- “Are those eyes pink?”



VOICE QUALITY

- Total Voice Control (CPI[©])
- Tone
- Volume
- Cadence



BEHAVIOR MATCHING

- Nonverbal message conveys safety and understanding
- Examples: sitting the same way as child, mirroring body language, choosing similar colors/flavors



PLAYFUL INTERACTION

- Communicates safety and disarms fear
- Follow child/adolescent's lead
- Uses behavior matching principles to guide level/intensity of play



What do our children need to “make it”
in the real world as adults?

STRANGE SITUATION PROTOCOL

1. Caregiver, baby, experimenter
2. Caregiver and baby
3. Stranger enters
4. Mother leaves; stranger and baby alone
5. Mother returns; stranger leaves
6. Mother leaves, baby alone
7. Stranger returns
8. Mother returns; stranger leaves