



CONNECTING

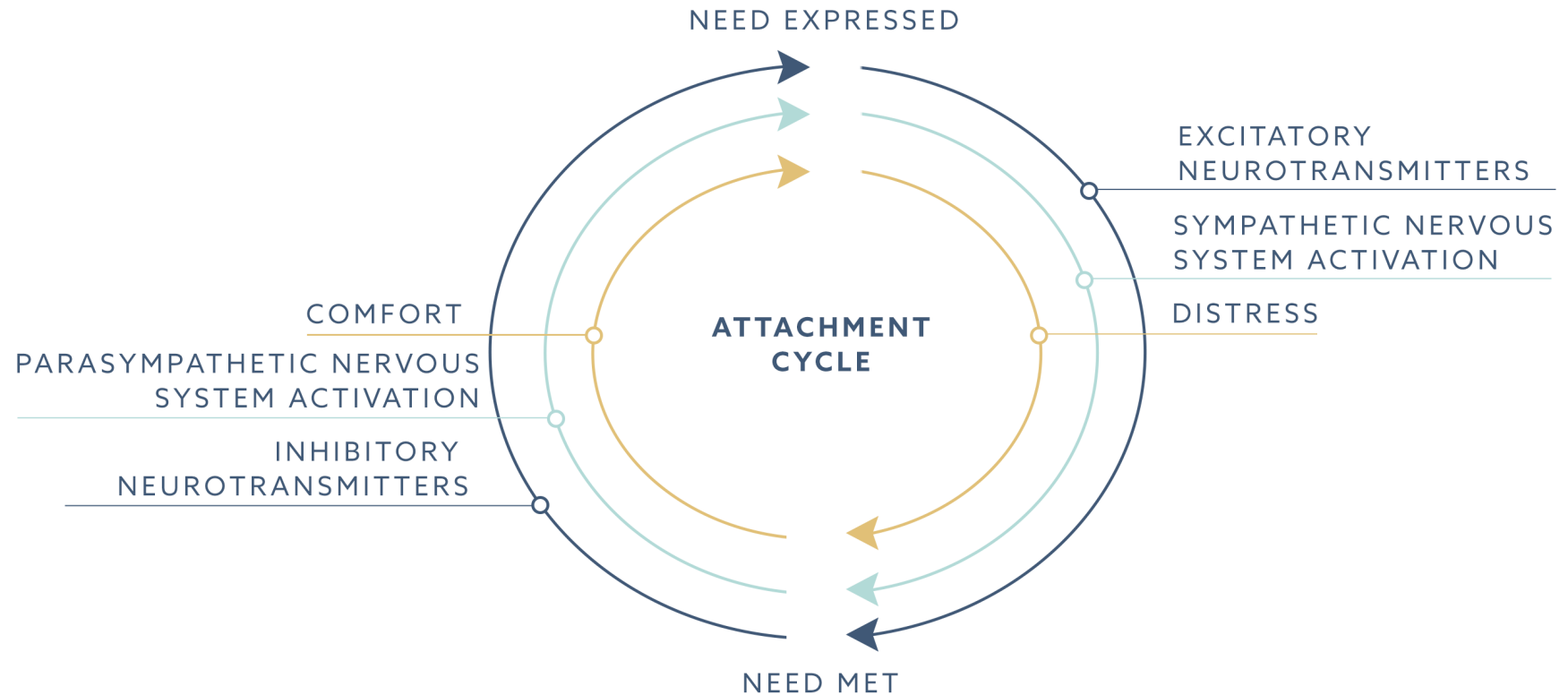
Amanda Purvis



ATTACHMENT CYCLE

Foundation for:

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



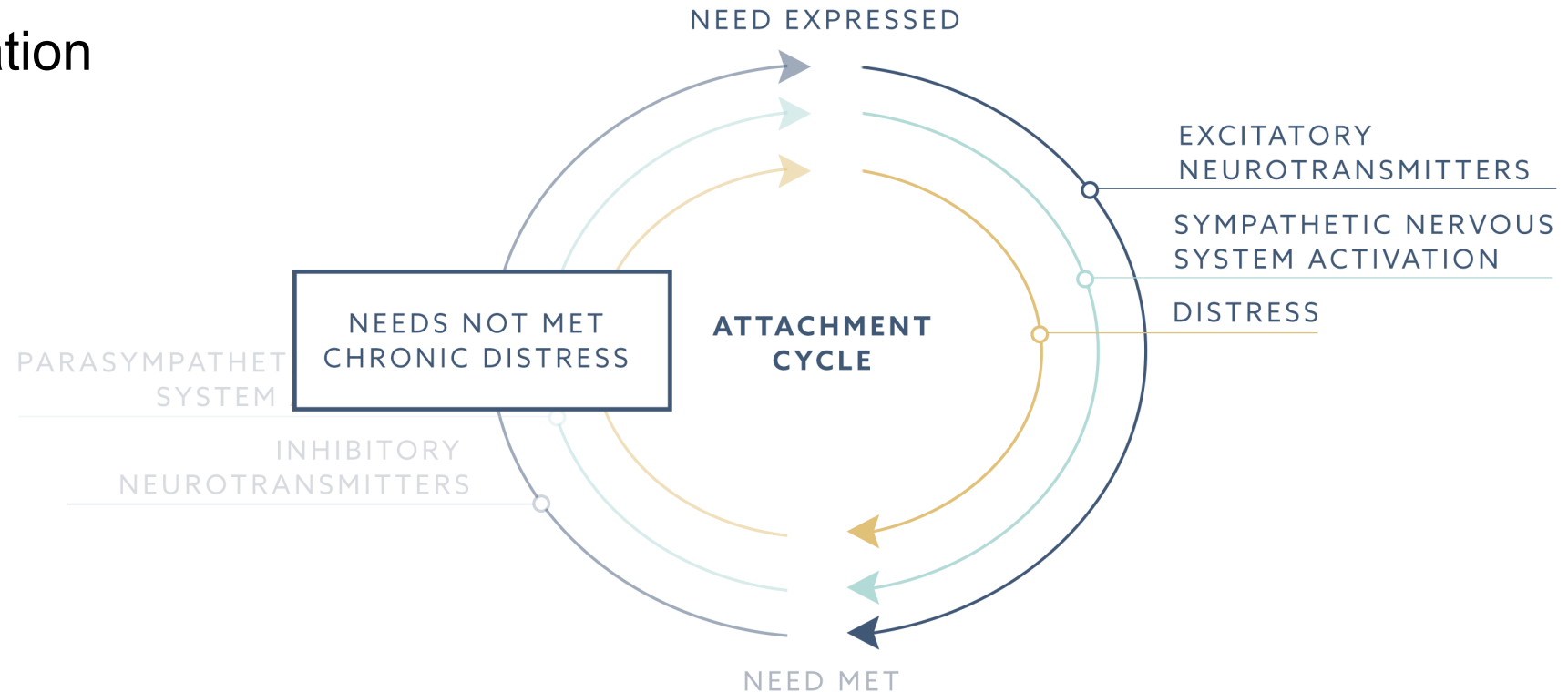


SHOW  HOPE

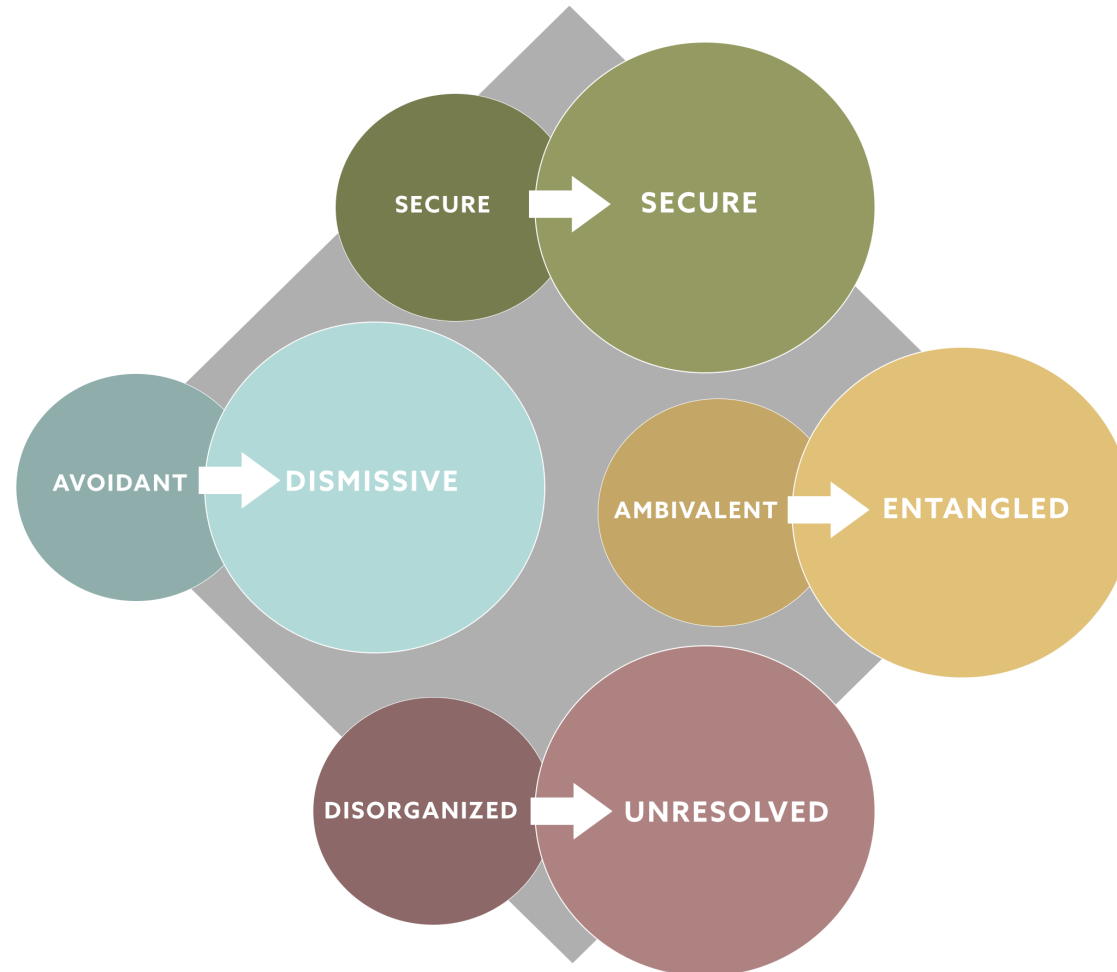
EMPOWERED
TO CONNECT

TRAJECTORY OF MENTAL ILLNESS

- **2-3 YEARS**
Behavioral dysregulation
- **4-5 YEARS**
ADD/HD symptoms
- **8-10 YEARS**
Anxiety/depression
(agitated dep./agg.)
- **12+ YEARS**
Bipolar disorder
(beh./emot. disintegration)



INFANT → ADULT ATTACHMENT CLASSIFICATIONS



ATTACHMENT STYLE	HISTORY WITH CAREGIVER	INFANT'S STRATEGY WHEN UPSET
Secure	Caregiver consistently, warmly responds when infant is upset	Cries; infant knows that caregiver will soothe
Anxious-Avoidant	Caregiver does not respond in emotionally warm way when infant is upset	Infant has learned not to cry to get needs met
Anxious-Ambivalent	Caregiver inconsistently responds when infant is upset	Infant cries (and is difficult to soothe) in an effort to stay in caregiver's attention
Disorganized	Caregiver is frightening/ response is traumatic	Infant has no clear strategy when upset

THE SECURE INFANT/THE SECURE ADULT

- Ability to give care
- Ability to receive care
- Ability to negotiate own needs
- Ability to be autonomous

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THE AVOIDANT INFANT/THE DISMISSIVE ADULT

- Emotionally closed-off
 - May not remember childhood/relationships
 - May idealize childhood/relationships
- Not inclined to physical affection
- “Things” more reliable than people

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THE AMBIVALENT INFANT/ THE ENTANGLED ADULT

- May have anger/resentment toward parents AND/OR
- Identity is closely tied to parents
- May be intrusive
 - With caregiving
 - In relationships

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DISORGANIZATION/ UNRESOLVED LOSS OR TRAUMA

- Mental “checking out”/dissociation
- Unable to be present in the moment
- Not limited to childhood trauma

EARNED SECURE

- You can change your attachment style
- There is no list or quick fix
- ACE Questionnaire/Resilience Questionnaire
- Be honest about your past
- Let go with compassion
- THERAPY!



MINDFULNESS

- What am I bringing to the table?
 - My own personal history? My current state?
- What is the story in your head?
- Identify personal triggers
- How do you stay calm?



ENGAGEMENT STRATEGIES

- Healthy touch
- Eye contact
- Voice quality
- Behavior matching
- Playful interactions