

Trauma's Impact on Attachment: Implications for Treatment and Parenting Approaches

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**WHEN YOU HEAR YOUR KIDS
WAKE UP IN THE MORNING...**



SO IT BEGINS

USA vs Rest of the World: Most common descriptors for children

- Sweden: Happy, easy, agreeable, well-balanced, even tempered, secure
- Australia: Easy, happy, intelligent, asks questions, calm
- Netherlands: Happy, agreeable, enjoys life, calm
- Italy: Easy, asks questions, well-balanced, even tempered
- United States: Intelligent, cognitively advanced, asks questions, independent, rebellious.

Parenting values in the US

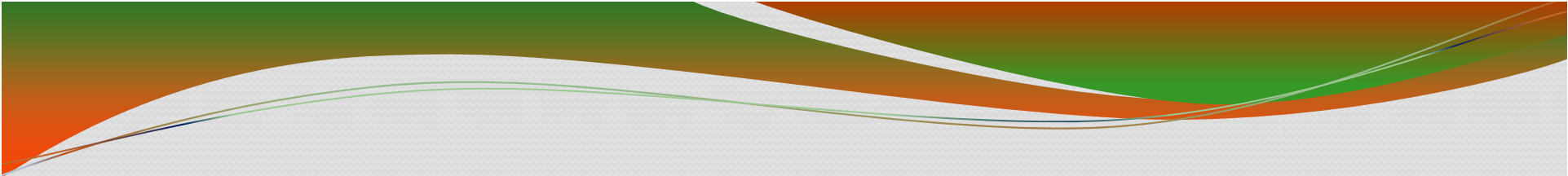
- *All Joy and No Fun: The Paradox of Modern Parenthood*
by Jennifer Senior
- ‘In other words, that which is most American about us — our belief that the future is unwritten — is what is driving us mad as parents.’
- “We believe we get to invent our future, our opportunities and who our children are going to be. Which is wonderful, but also very troubling.”

ADVERTISED



REALITY



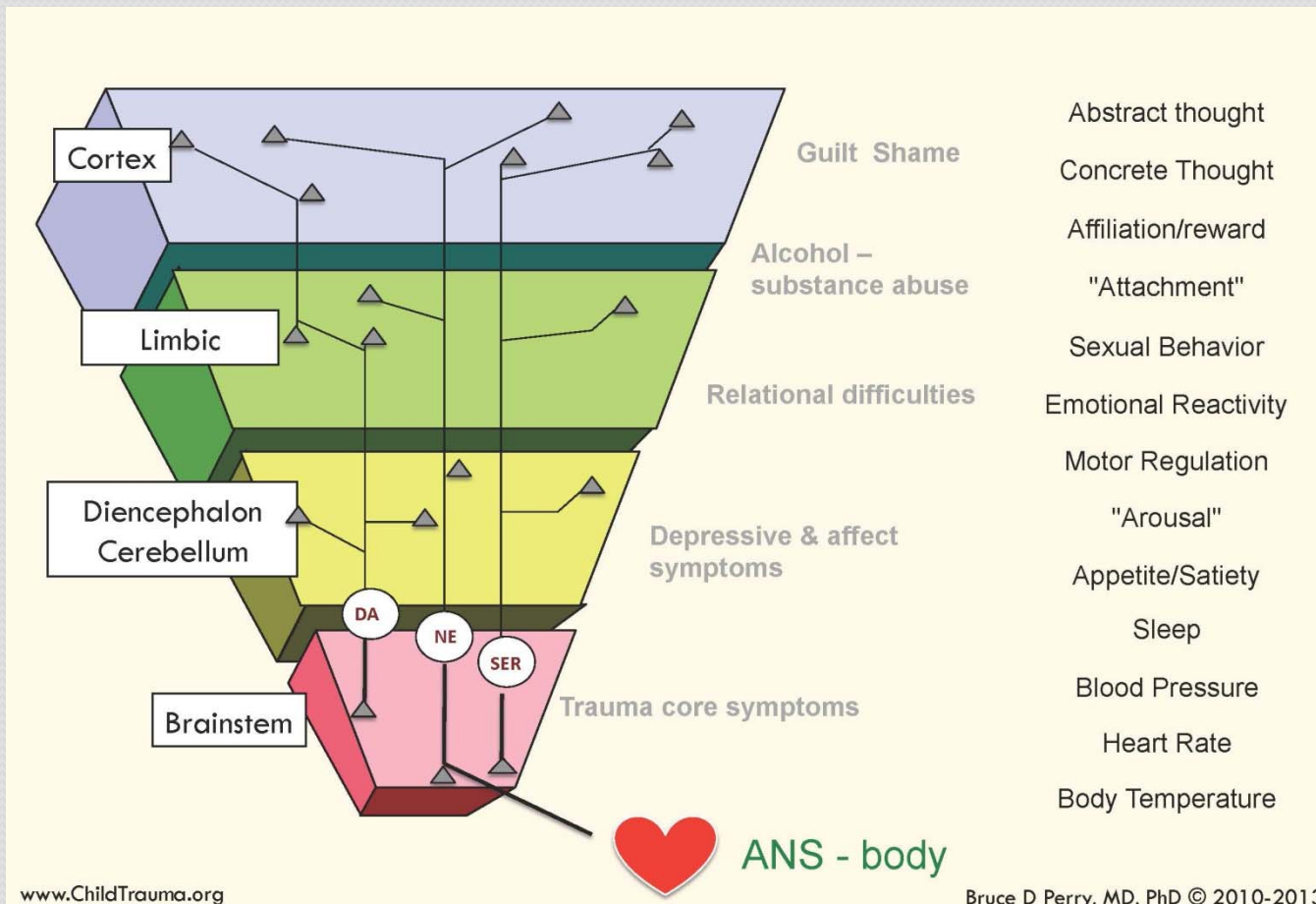


Attachment is a deep and enduring emotional bond that connects one person to another across time and space (Ainsworth, 1973; Bowlby, 1969).

Still Face Experiment: Dr. Tronick

- <https://www.youtube.com/watch?v=apzXGEbZhto>

The Brain



Example NMT Metric: Child Trauma Academy

Client (7 years, 3 months)

Report Date: 11/29/2012

4	7	3	3	7	2
9	9	6	3	3	8
4	5	5	3	6	9
	6	7	2	2	
	9	10	6	8	
		9	3		
		4	9		
		10	9		

Age Typical - 6 to 7

7	7	7	7	7	7
9	10	9	7	7	8
8	9	10	10	8	10
	10	9	9	10	
	9	11	10	8	
		12	10		
		12	12		
		11	12		



The more healthy relationships a child has, the more likely he will be to recover from trauma and thrive. Relationships are the agents of change and the most powerful therapy is human love.

Bruce D Perry

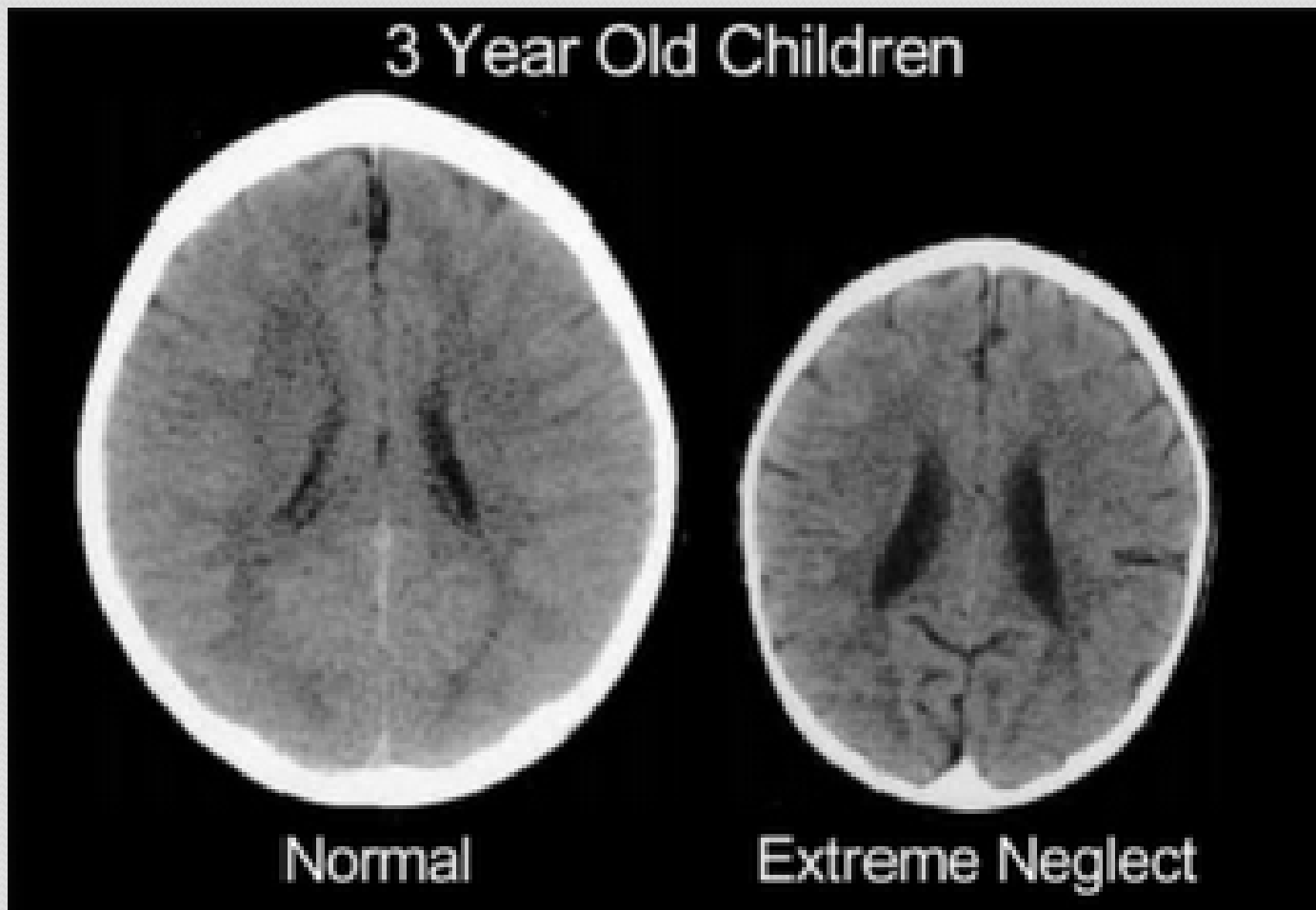
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Implications for Parenting

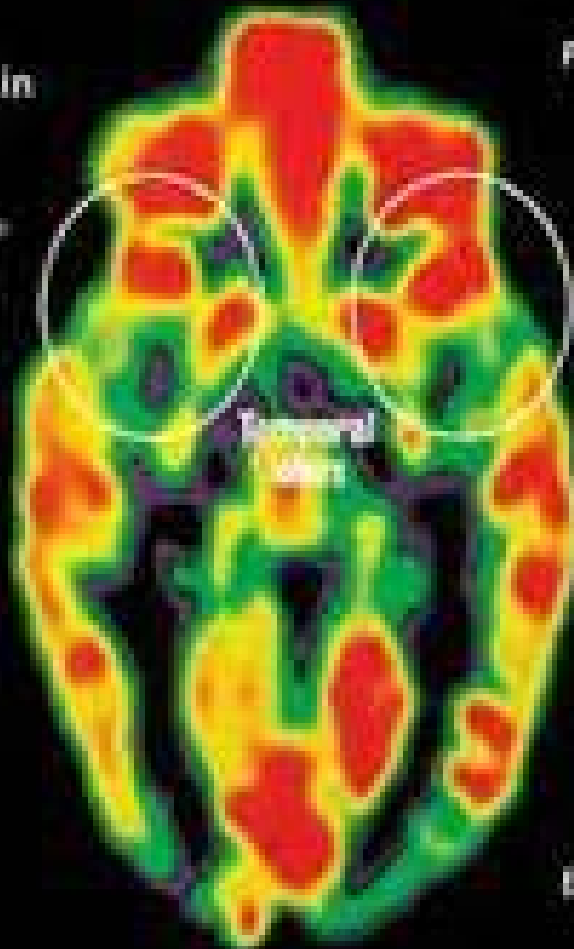
Brain Comparisons



These images illustrate the negative impact of neglect on the developing brain. The CT scan on the left is from a healthy three year old child with an average head size, 50th percentile. The image on the right is from a three year old child following severe sensory-motor deprivation neglect in early childhood. The brain is significantly smaller and abnormal development of the cortex and other

Healthy Brain

This PET scan of the brain of a normal person shows high levels of activity in the frontal and parietal lobes, and low activity in the temporal lobes. The frontal and parietal lobes are involved in higher-level thinking, such as planning, problem-solving, and decision-making. The temporal lobes are involved in hearing, memory, and emotion.

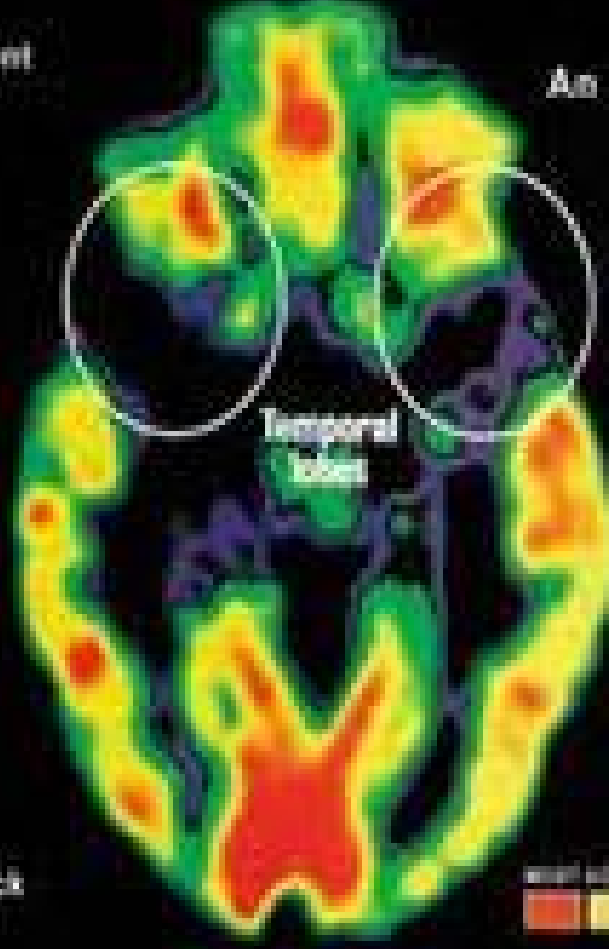


Front

Back

An Abused Brain

This PET scan of the brain of a woman who has been sexually abused shows the effect of trauma on the brain. The temporal lobes, which regulate emotions and control the body's response to stress, are highly activated. This finding is often associated with post-traumatic stress disorder and related problems.





Start with the Basics

Sensory Integration

Regulation –rhythmic, patterned,
repetitive behavior

Relational

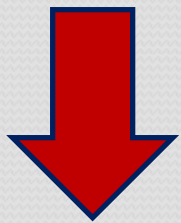
Unrealistic Expectations



Understanding Child's Capacity



Underestimating the Level of Fear



t	Vigilance	Freeze	Flight	Fight
cortex	Cortex	Limbic	Midbrain	Brainstem
tract	Concrete	Emotional	Reactive	Reflexive
m	Alert	Alarm	Fear	Terror

Reduce chaos/sensory input



Understanding Parent's Trauma History





Knowledge vs. Implementation

WELL DONE is

Better

than **WELL SAID**