

ATTACHMENT THEORY

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HAKOMI FACULTY MEETINGS

Burbank, California

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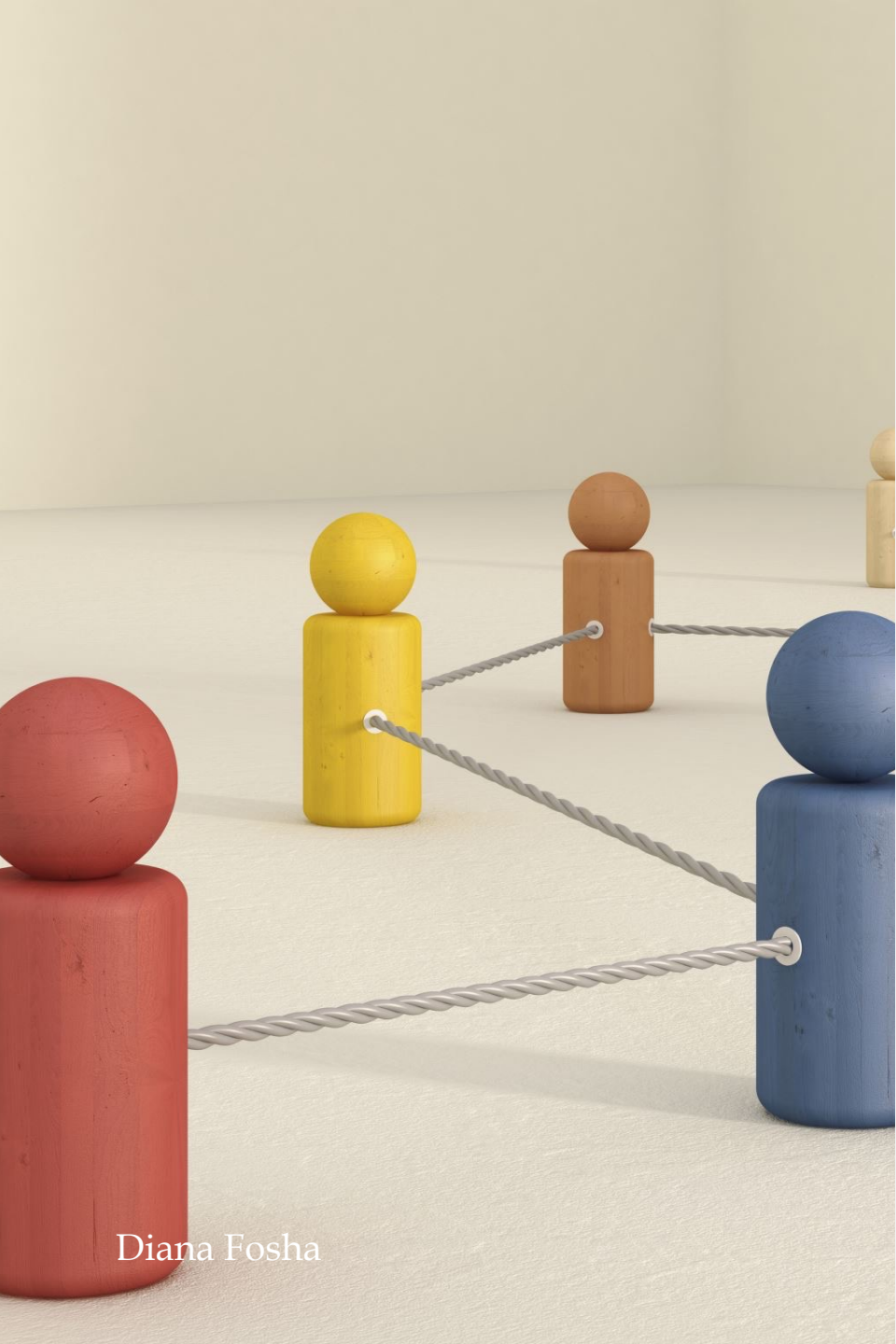


**ATTACHMENT I: RELATIONSHIPS
IN RESEARCH (ISS: INFANT
STRANGE SITUATION) STUDIES**

Relationship Styles/Parenting Behavior

- **B-Secure.....
Responsive, Consistent**
- **A-Avoidant.....
Rejecting, Distant**
- **C-Ambivalent.....
Inconsistent/Intrusive**
- **D-Disorganized.....
Frightening, Confusing,
Fearful**

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ATTACHMENT SYSTEM FUNCTIONS:

- REACHING FOR CONNECTION WHEN WE'RE AFRAID
- SEEKING COMFORT
- REGULATING OUR EMOTIONAL STATES
- ESTABLISHING A SECURE BASE
- ACTIVATING THE EXPLORATORY SYSTEM – CURIOSITY, EXPLORATION, AND LEARNING & JOY

SOCIAL- EMOTIONAL PROCESSING

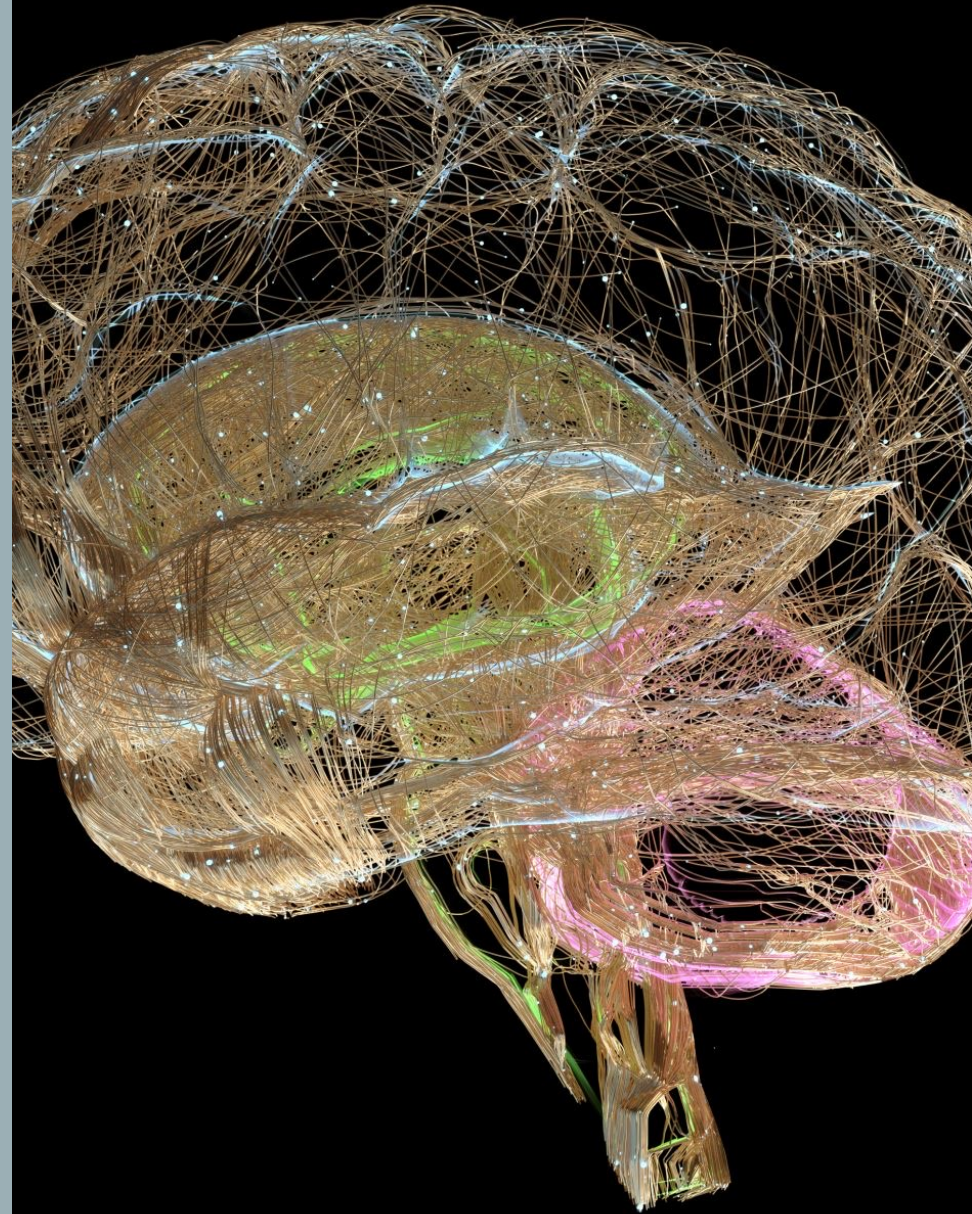
The right hemisphere regulates the sub-cortical limbic system and is dominant for social-emotional processing.

Our attachment patterns are stored in this mode.

The resonance circuitry, and especially the right insula, enables us to feel into and be felt by another human being. That exchange helps us correctly or incorrectly see ourselves.

MODERN
NEUROSCIENCE
TELLS US:
(LINDA GRESHAM)

Our earliest relationships
build the basic brain
structures we use for
relating lifelong.



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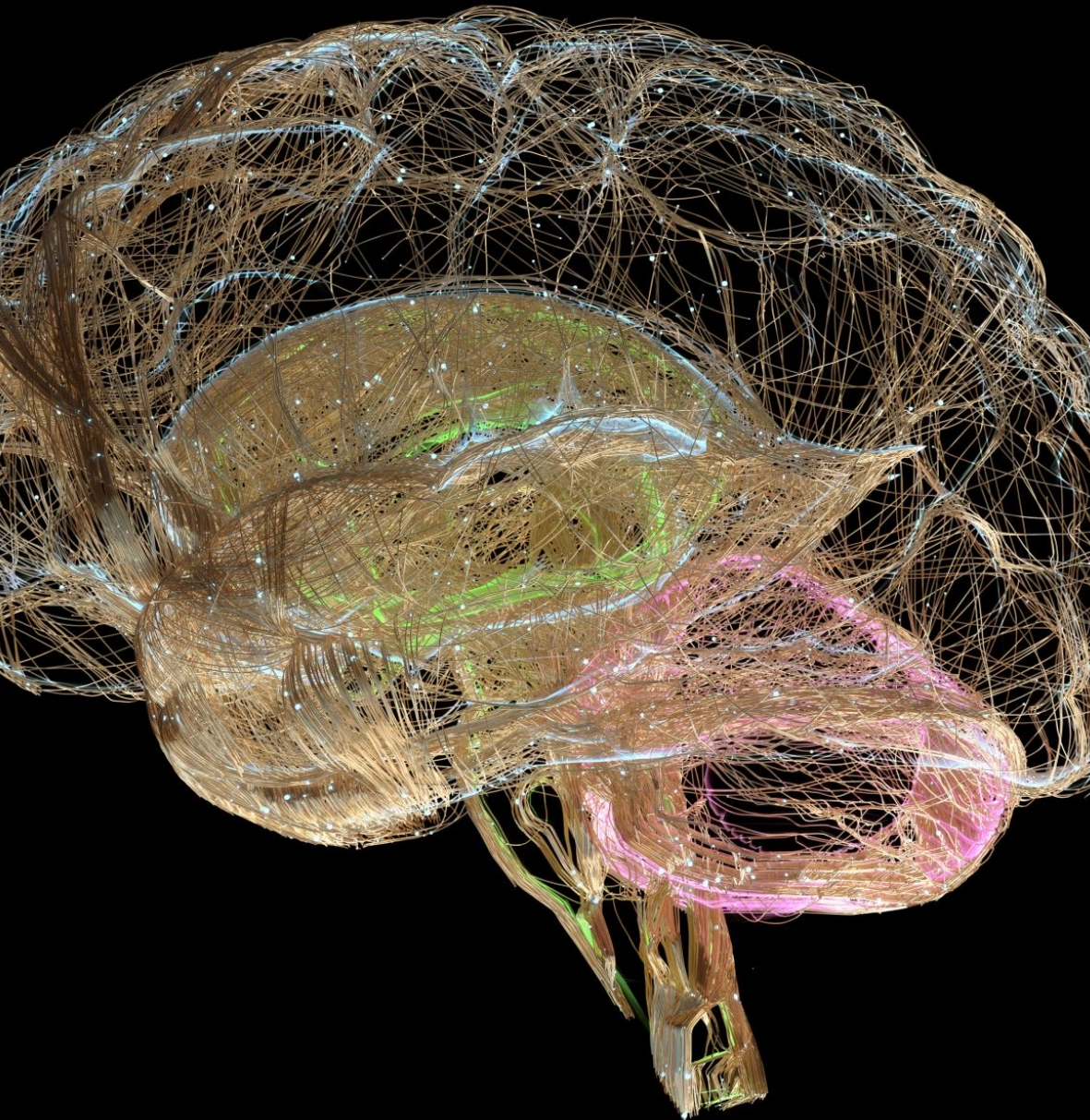
Experiences in those early relationships encode in the neural circuitry of our brains by 12-18 months of age, entirely in implicit memory outside of awareness; these patterns of attachment become the “rules”, templates, schemas, for relating that operate lifelong, the “known but not remembered” givens of our relational lives.



MODERN NEUROSCIENCE
TELLS US:
(LINDA GRESHAM)

When those early experiences have been less than optimal, those unconscious patterns of attachment can continue to shape the perceptions and responses of the brain to new relational experiences in old ways that get stuck, that can't take in new experiences as new information, can't learn or adapt or grow from those experiences.





Linda Gresham:

The brain is a social brain. And experiences in relationship are the most powerful interventions we have to harness that neural plasticity to help clients fire and re-wire neurons in new ways.

WYLIE/TURNER:

Reparative enactments of early attachment experiences, co-constructed by therapist and client, are fundamental to healing.



PROMOTING ATTACHMENT REPAIR:

- ✓ Rb-Rb communication (attention to nonverbal indicators)
- ✓ Developing the personhood of the therapist
- ✓ Integrating experience and meaning
- ✓ Promoting self-regulation by cultivating an internal observer (vis-a-vis mindfulness)
- ✓ Accessing and rewiring neural patterns by integrating a corrective experience.



Linda Gresham:

“When clients experience something old or afflictive about themselves while in relationship with us, and that old memory, however negative or traumatic, is paired with the positive experience of being seen, accepted, cared about, made sense of, the pairing of acceptance with old trauma, repeated often enough, modifies the old circuits and they are returned to explicit or even implicit memory modified, over time transformed.”

ALAN SCHORE:

“In the end, what is essential, is not so much what the therapist says or *does* for the patient, but how to *be* with the patient, especially at times when the patient’s sense of being is very dysregulated. What’s essential is how to co-create that inter-subjectivity, that attachment communication bond between the two.”

“Long-term Hakomi psychotherapy is a particularly effective modality for clients wishing to develop the characteristics of secure attachment. This is because of the emphasis on loving presence, contact and attunement, accessing the unconscious through mindfulness and working with the core beliefs and child parts that carry the attachment imprints.

There is an understanding of attachment patterns through the character map, and provision of missing experiences when the client has the relevant attachment ‘circuitry’ open and available for corrective change.”

- Marilyn Morgan

HOW HAKOMI PROMOTES ATTACHMENT REPAIR (1)

MACI DAYE

- **Attunement** (contingent communication)
tracking & contact
- **RB-RB communication**
tracking indicators, m-b holism, mf
- **Empathy, care & compassion**
*loving presence, unity, mf,
contactful state*
- **Establish safe haven**, secure base to
stimulate AS in therapy to foster alliance
and willingness to explore internal world
*attention to safety, tracking, mf,
non-violence*
- **Reparative relationship**
*personhood, attention to
relationship, housekeeping, JOOTS,
self-disclosure, curiosity, all-
partisan attitude*



HOW HAKOMI PROMOTES ATTACHMENT REPAIR (2) MACI DAYE

- **Access unconscious mental models/attachment schemas**
accessing core material , work with child state
- **Provide corrective experiences here-and-now**
processing, integration
- **Integrate new relational experiences**
integration
- **Construct a coherent narrative, new story**
meaning/experience interface, bilateral integration
- **Emotion-focused:** up-regulate joy & down-regulate negative affects
pacing, tracking, contact





HOW HAKOMI PROMOTES ATTACHMENT REPAIR (3) MACI DAYE

- **Construct a coherent narrative, new story**
meaning/experience interface, bilateral integration
- **Emotion-focused:** up-regulate joy & down-regulate negative affects
pacing, tracking, contact
- **Soften defenses that prevent integration of care, connection and support, deal with attachment ambivalence**
non-violence, gaining cooperation of the unconscious, work with barriers, bite-size



HOW HAKOMI PROMOTES ATTACHMENT REPAIR (4) MACI DAYE

- **Give the client a sense that they are not alone** in their experience (especially fear and strong emotions)
contact, tracking, use of self
- **Create new internal working models of attachment**
provide corrective experience, transformation (“if it is happening now, it can happen again”)

MINDFULNESS

Strengthens & engages our resonance circuitry to better attune to our clients. (Siegel)

Increases our ability to detect micro-expressions of emotion and read facial cues, which is associated with empathy. (Siegel, Ricard, Davidson)

Enhances RB-RB communication – to facilitate co-regulation and attachment repair for our clients. (Schore, Stroufe, Tronic, Siegel)

Helps us recognize and decipher our own emotional and bodily states (interoception) to better understand the client's emotions and intentions. (Siegel)

Strengthens our mid-prefrontal cortex to enhance our ability to listen in a calm, non-reactive way so we can down-regulate clients that are over-activated.

QUESTIONS FOR HAKOMI THERAPISTS:

TO WHAT EXTENT DO WE NEED TO
PENDULATE BETWEEN REGULATING
EMOTION AND DEEPENING TO CORE
MATERIAL AS A MATTER OF COURSE AND
NOT JUST IN INSTANCES OF TRAUMA?

QUESTIONS

Do we give enough attention to differentiation, self-validation and self-soothing?

Do we foster dependency in our clients by positioning ourselves as the only secure base?

Does our focus on vulnerability and wounds impede people from experiencing their competency?

Have we swung so far in the direction of safety that we end up maintaining the system rather than supporting the emergence of new capacities?



LOUIS BREGER
("INSTINCT TO
IDENTITY"):

To what extent do we make the mistake of assuming that there's no difference between the adult patient and the baby?

ADDITIONAL QUESTIONS



Maci Daye, 2011

- What do we already do to promote “earned” secure attachment?
- Do we need to have a separate unit on AT or simply integrate the language of attachment into our regular curriculum?
- To what extent do the character strategies overlap with the four styles of attachment?
- How can we create a learning environment that is a secure base for our students, since safety kicks in the mechanisms for learning?
- How can we “cue” the state of mind of attachment in our trainees and our clients?
- How do we position ourselves within the attachment community?