

WELCOME



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POLL

Are you a mental health professional?

THE IMPORTANCE OF MAKING SENSE OF YOUR LIFE

- ▶ Introduction to Attachment Theory
- ▶ Identifying Your Attachment Style
- Writing a Coherent Narrative
- ▶ Trauma & Triggers
- Developing More Secure Attachments



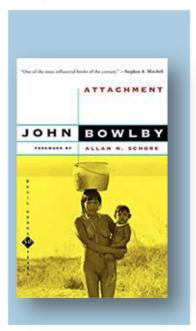


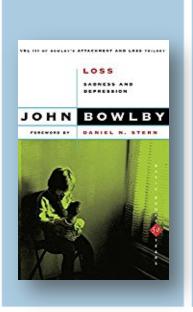


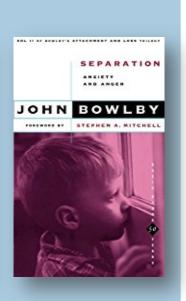
ATTACHMENT THEORY

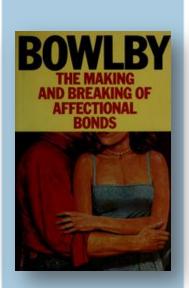


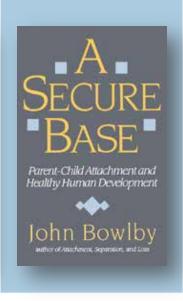
Created by John Bowlby, a British psychoanalyst, based partly on primate ethology, to explain why "maternal deprivation" leads to anxiety, anger, delinquency, and depression.











From 1969-1988, he published five books about the theory, including one on psychotherapy.

ATTACHMENT PATTERNS:

- Form in infancy (first two years of life)
- Affect us throughout our lives, particularly in how we relate in intimate relationships and with our children





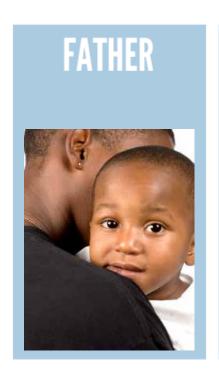
ATTACHMENT THEORY

- > Our attachment system is activated when we are distressed.
- The way our parents interact with us (particularly during times of distress) forms the basis of our attachment style.



DIFFERENT ATTACHMENTS

We have different attachments to different people.

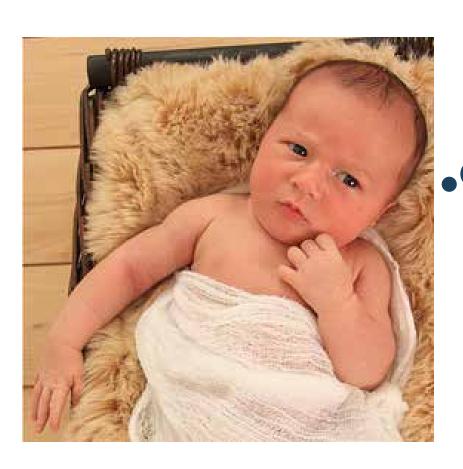








WHAT IS ATTACHMENT THEORY?



How do I set these care of me?

WHAT IS ATTACHMENT THEORY?



ATTACHMENT PATTERNS form as a result of the adaptations made in infancy to get our needs met.

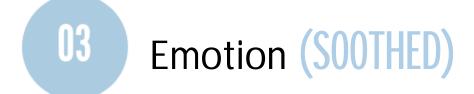
Children make best adaptations they can to their family.

THE 3 S'S OF SECURE ATTACHMENT

Humans rely on attachment figures for:



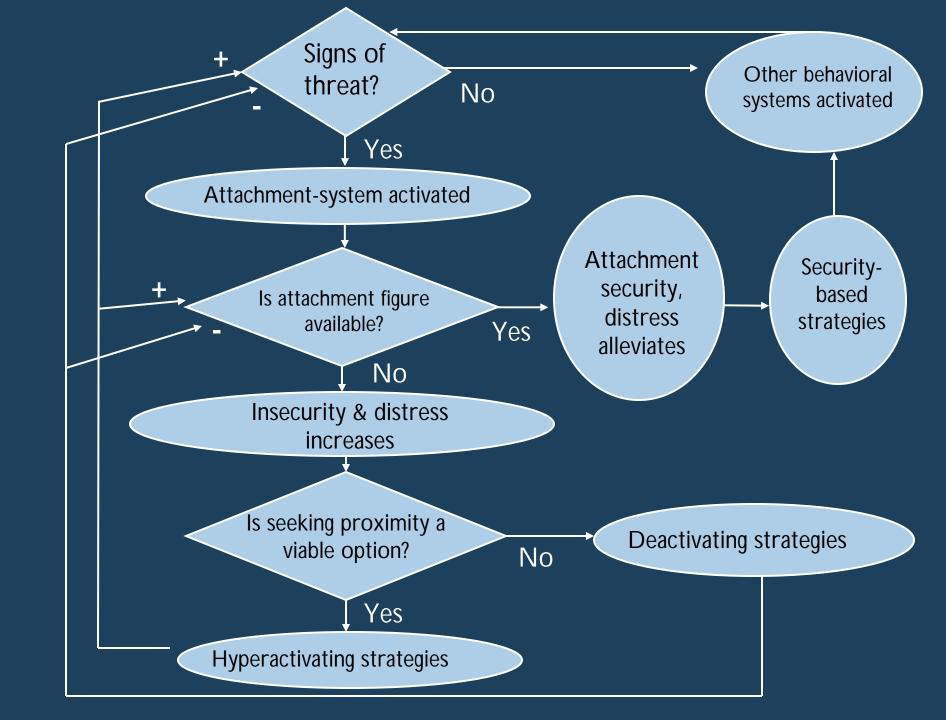












ATTACHMENT THEORY & RESEARCH

Bowlby contended that internal working models of attachment help to explain:



Emotional distress



Personality disturbance



Emotional detachment







IMPORTANCE OF MAKING SENSE OF YOUR LIFE

- EARLY EXPERIENCES profoundly shape who we are.
- BECOME A LENS through which we see the world
- WITHOUT THIS UNDERSTANDING of how our past affects the present, we often unconsciously *recreate*, *repeat*, or *react to* our early environment.



ATTACHMENT THEORY AND RESEARCH

Attachment underlies later capacity to make effectual bonds as well as a whole range of adult dysfunctions, particularly with marital bonds and trouble parenting.





PSYCHOTHERAPY RELATIONSHIP

BOTH PATIENT AND THERAPIST's attachment style influences the process of psychotherapy, the quality of the therapeutic alliance, and the ultimate outcome of treatment.



Source: "Attachment Style" http://onlinelibrary.wiley.com/doi/10.1002/jclp.20756/abstract;jsessionid=12D0C6113EB8A6D4EAB21F6477ADF8D5.f04t02?deniedAccessCustomisedMessage=&userlsAuthenticated=false

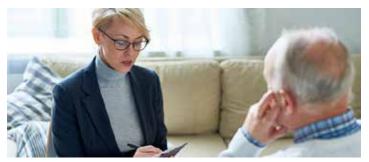
ATTACHMENT STYLE & THERAPY

The psychotherapy relationship exhibits all the essential elements of attachment bonds:

- Regard the therapist as stronger and wiser
- Seek proximity through emotional connection and regular meetings
- Rely upon the therapist as a safe haven when they feel threatened
- Derive a sense of felt security from the therapist, who serves as a secure base for psychological exploration
- Experience separation anxiety when anticipating loss of the therapist









MEASURING ATTACHMENT

The Strange Situation



Adult Attachment Interview



PATTERNS OF ATTACHMENT IN CHILDREN

Attachment Style

- Secure
- Insecure avoidant

Parental Interactive Pattern

- Emotionally available, perceptive, responsive
- Emotionally unavailable, imperceptive, unresponsive, and rejecting





PATTERNS OF ATTACHMENT IN CHILDREN

Attachment Style

- Insecure anxious/ ambivalent
- Insecure disorganized

Parental Interactive Pattern

- Inconsistently available, perceptive and responsive, and intrusive
 - Frightening, frightened, disorienting, alarming







Secure, Insecure, and Disorganized Attachment



Attachment Figures

Low Risk Non-Clinical Populations

Secure 55-65%

Ambivalent 5-15%

Avoidant 20-30%

Disorganized 20-40%

(Given a Best Fit Alternative)

High Risk, Parentally maltreated Disorganized 80%

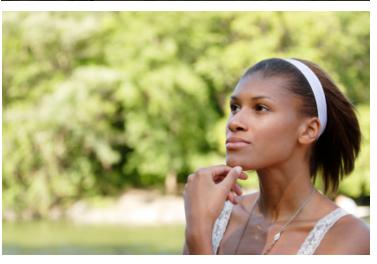
SECURE ATTACHMENT IN CHILDHOOD



SECURE ATTACHMENT PROMOTES:

- 11 Flexible self-regulation
- Prosocial behavior
- 03 Empathy
- Positive sense of emotional well-being and self-esteem
- 05 Coherent life-story





WHAT CAUSES INSECURE ATTACHMENT?

Unresolved trauma/loss in the life of the parents statistically predict attachment style far more than:

- Maternal Sensitivity
- Child Temperament
- Social Status
- Culture



IMPLICIT VERSUS EXPLICIT MEMORY

Implicit Memory



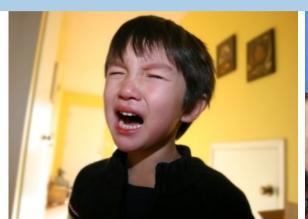
Explicit Memory



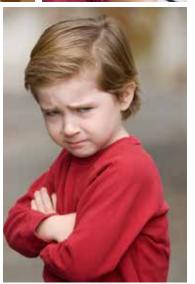
HOW DOES DISORGANIZED ATTACHMENT PASS FROM GENERATION TO GENERATION?

Implicit memory of terrifying experiences may create:

- Impulsive behaviors
- Distorted perceptions
- Rigid thoughts and impaired decision-making patterns
- Difficulty tolerating a range of emotions



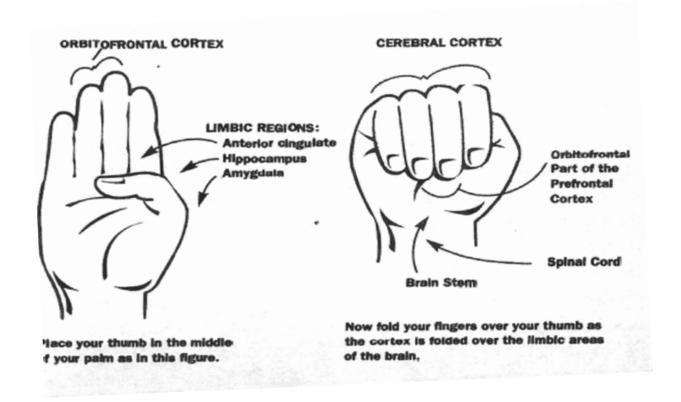




THE BRAIN IN THE PALM OF YOUR HAND

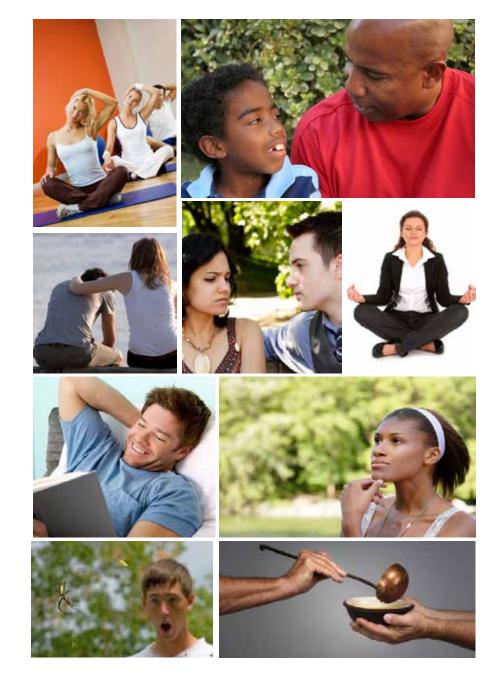


Daniel Siegel, M.D. – Interpersonal Neurobiology



9 Important Functions of the Pre-Frontal Cortex

- Body Regulation
- 2. Attunement
- 3. Emotional Balance
- 4. Response Flexibility
- 5. Empathy
- Self-Knowing Awareness (Insight)
- 7. Fear Modulation
- 8. Intuition
- Morality



Avoidant Attachment in Childhood





Avoidant Attachment



AMBIVALENT/ANXIOUS ATTACHMENT IN CHILDHOOD





Ambivalent/ Anxious Attachment



DISORGANIZED ATTACHMENT IN CHILDHOOD

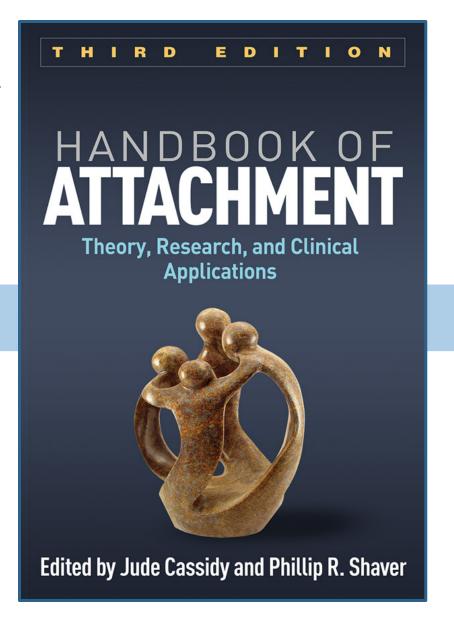




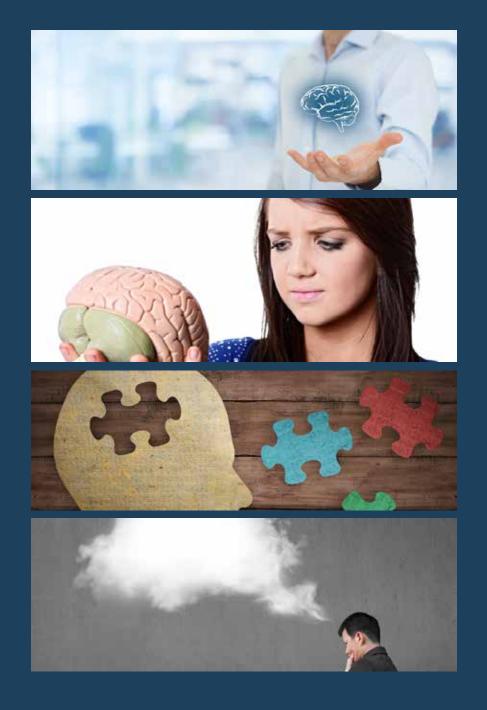
Disorganized Attachment



A 1000-page summary of basic and applied attachment theory and research



Approach

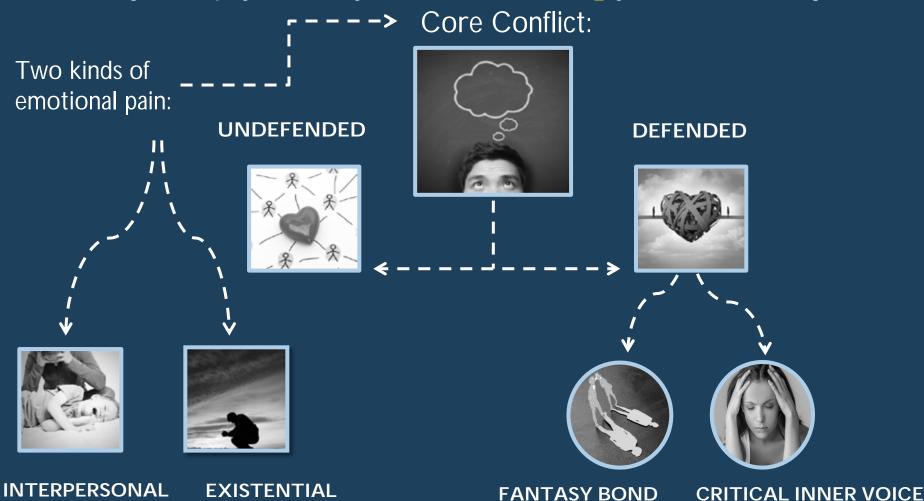




Separation Theory

Robert W. Firestone, Ph.D.

Integrates psychoanalytic and existential systems of thought



DIVISION OF THE MIND

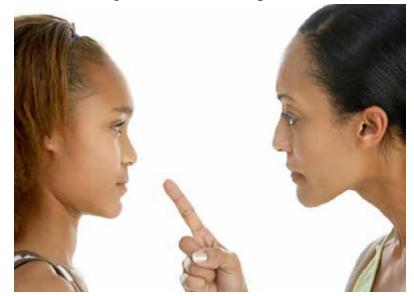
Parental Ambivalence

Parents both love and hate themselves and extend both reactions to their productions, i.e., their children.

Parental Nurturance



Parental Rejection, Neglect Hostility



SELF-SYSTEM: PARENTAL NURTURANCE



- UNIQUE MAKE UP of the individual (genetic predisposition and temperament)
- HARMONIOUS IDENTIFICATION and incorporation of parent's positive attitudes and traits and parents positive behaviors
 - Attunement
 - Affection
 - Control
 - Nurturance
 - education on the maturing self-system resulting in a sense of self and a greater degree of differentiation from parents and early caretakers

Personal Attitudes/Goals/Conscience

REALISTIC, POSITIVE ATTITUDES TOWARDS SELF

Realistic evaluation of talents, abilities, etc... with generally positive/ compassionate attitude towards self and others.

GOALS

Needs, wants, search for meaning in life

MORAL PRINCIPLES





BEHAVIOR

Ethical behavior towards self and others

GOAL-DIRECTED BEHAVIOR

ACTING WITH INTEGRITY



Anti-Self System

- UNIQUE VULNERABILITY: genetic predisposition and temperament
- DESTRUCTIVE PARENTAL BEHAVIOR: misattunement, lack of affection, rejection, neglect, hostility, over permissiveness
- OTHER FACTORS: accidents, illnesses, traumatic separation, death anxiety



The Fantasy Bond (core defense) is a self-parenting process made up of two elements: the helpless, needy child, and the self-punishing, self-nurturing parent. Either aspect may be extended to relationships. The degree of defense is proportional to the amount of damage sustained while growing up.

INTERPERSONAL RECONSTRUCTION THERAPY

LORNA SMITH BENJAMIN:

- Investigated the mechanisms responsible for the repetition of defensive behavior patterns from childhood in a new adult relationship
- Problem patterns are linked to learning with important early loved ones via one or more of three copy processes:
 - 1. Be like him or her
 - 2. Act as if he or she is still there and in control
 - 3. Treat yourself as he or she treated you. (vii)

ANTI-SELF SYSTEM

Self-Punishing Voice Process

Voice Process

1. Critical thoughts toward self



2. Micro-suicidal injunctions



3. Suicidal injunctions – suicidal ideation

Behaviors

Verbal self-attacks – a generally negative attitude toward self and others predisposing alienation

Addictive patterns. Self-punitive thoughts after indulging

Actions that jeopardize, such as carelessness with one's body, physical attacks on the self, and actual suicide

Source

Critical parental attitudes, projections, and unreasonable expectations.

Identification with parents' defenses

Parents' covert and overt aggression (identification with the aggressor)

ANTI-SELF SYSTEM

Self-Soothing Voice Process

Voice Process



1a) Aggrandizing thoughts toward self



1b) Suspicious paranoid thoughts towards others



2) Micro-suicidal injunctions



Overtly Violent thoughts

Behaviors

Verbal build up toward self

Alienation from others, destructive behavior towards others

Addictive patterns. Thoughts luring the person into indulging

Aggressive actions, actual violence

Source

Parental build up

Parental attitudes, child abuse, experienced victimization.

Imitation of parents' defenses.

Parental neglect, parents' overt aggression (identification with the aggressor).

ADULT ATTACHMENT







Maternal caregiving at 18 months predicts self-reported anxiety and avoidance at age 22

(Zayas, Mischel, Shoda, & Aber, SPPS, 2010)

Attachment anxiety at age 22 correlated -.75 with maternal sensitivity measured 20 years earlier, and .70 with maternal controlling. Avoidance at age 22 correlated -.73 with maternal sensitivity and .52 with maternal controlling.

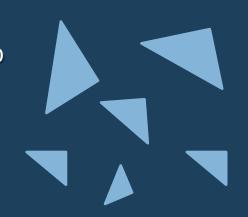
These correlations were much higher than similar correlations with self-

reported attachment to mother at age 22.



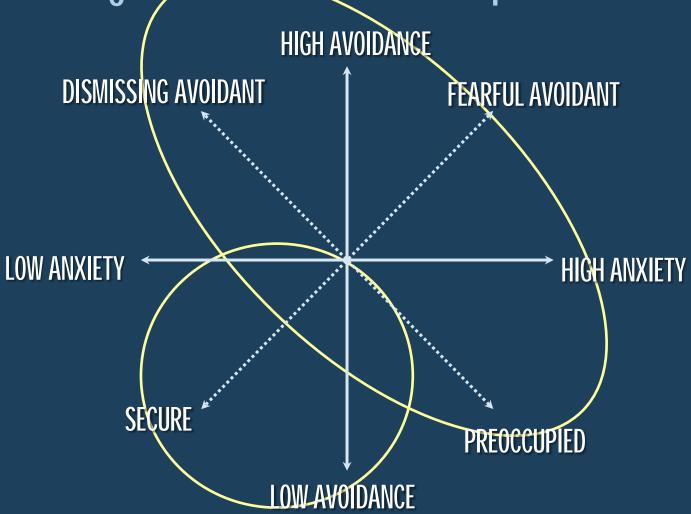
ATTACHMENT & WELL-BEING IN ADULTHOOD

- Parental warmth during childhood predicts coping and wellbeing in adulthood.
- Early maternal sensitivity is negatively associated with cardiometabolic risk at midlife.
- Attachment anxiety and avoidance were inversely related to self-acceptance, personal growth, interpersonal relationship quality, purpose in life, and environmental mastery.



Adult Attachment Styles:

Regions in a 2-Dimensional Space



Self-Report Attachment Measure

(Brennan, Clark, & Shaver, 1998)

AVOIDANCE (18 ITEMS, a > .90)

- 1. I prefer not to show a partner how I feel deep down.
- 2. I try to avoid getting too close to my partner.
- 3. I feel comfortable depending on relationship partners. (reverse-scored)
- 4. I turn to a relationship partner for many things, including comfort and reassurance. (reverse-scored)

ANXIETY (18 ITEMS, a > .90)

- I don't often worry about being rejected or abandoned. (reverse-scored)
- 2. I need a lot of reassurance that I am loved by a partner.
- 3. I get frustrated if a relationship partner is not available when needed.
- 4. I resent it when a partner spends time away from me.





SECURE ATTACHMENT:

Tend to be more satisfied in their relationships

ANXIOUS-PREOCCUPIED ATTACHMENT:

Tend to be desperate to form a fantasy bond. Instead of feeling real love or trust toward, they often feel emotional hunger.



Attachment Styles





DISMISSIVE-AVOIDANT ATTACHMENT:

Have the tendency to emotionally distance themselves from their partner. They're often the other half of a Fantasy Bond.

FEARFUL-AVOIDANT ATTACHMENT:

Live in an ambivalent state, in which they are afraid of being both too close to or too distant from others

THE IMPORTANCE OF MAKING SENSE OF YOUR LIFE

► Introduction to Attachment Theory

Next Week ar Attachment Style

- Writing a Coherent Narrative
- ▶ Trauma & Triggers
- **Developing More Secure Attachments**







