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Attachment Difficulties

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Attachment



Attachment Difficulties

- Result of negative early experiences
- Feelings of abandonment - powerlessness - isolation - uncared for - fear

What might cause such feelings?



believe
in
me

A woman with dark hair, wearing a brown top, is shown in profile, looking down at an open book she is holding. The background is dark, and the lighting highlights her face and the book.

Attachment Theory

- The essential need to develop a relationship with one caregiver
- All future relationships build on patterns developed in early relationships
- Babies need consistent, sensitive and responsive adults in social interactions with them

Splitting

All good - All bad

All or nothing

‘I’m a bad person’



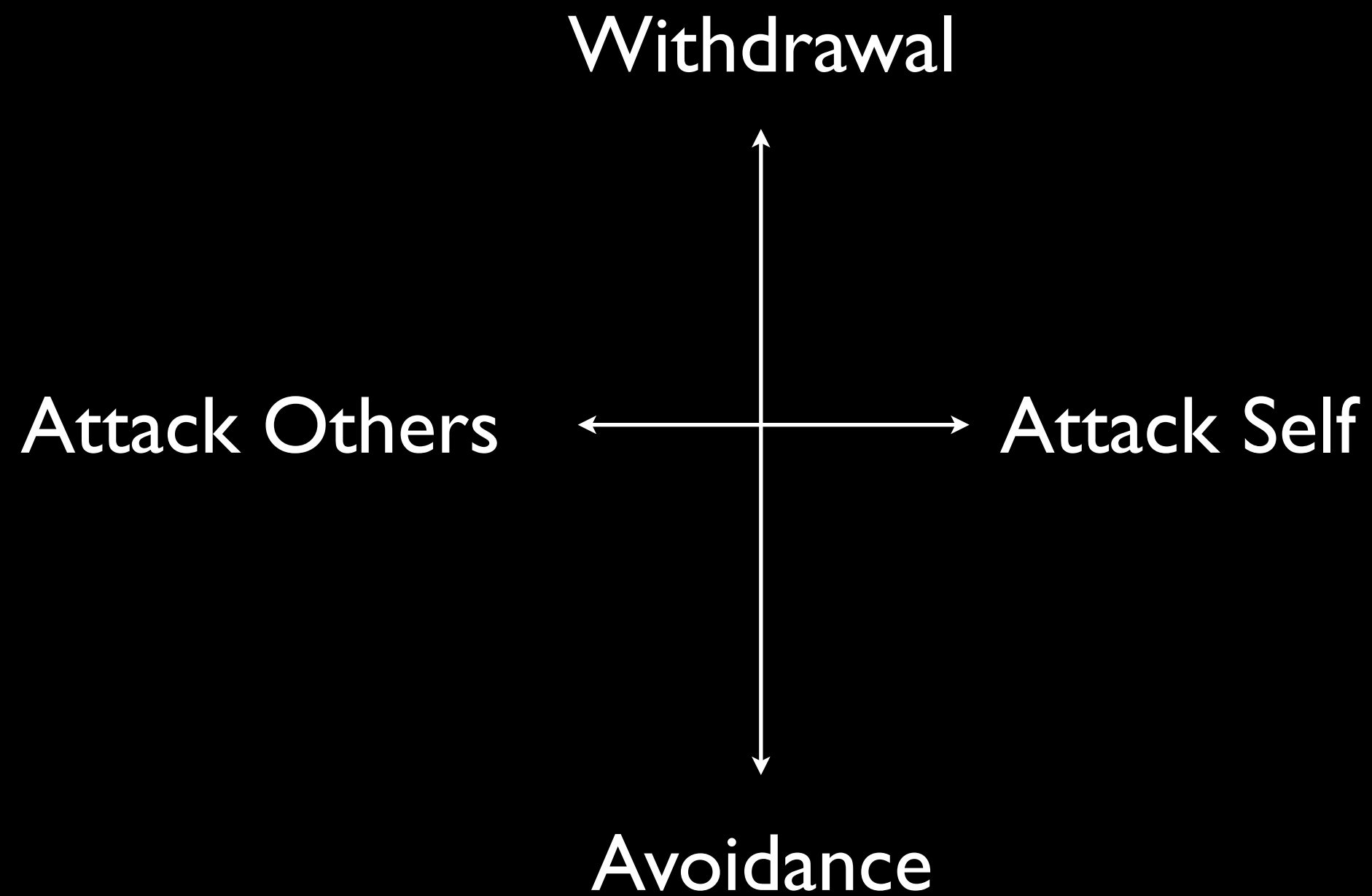
History





Attachment Theory

[illegible]



Trust

- ◆ What do people do to inspire trust in others?
- ◆ What works for you?
- ◆ How do you behave when you don't trust someone?

Permanency

Out of Sight - Out of Mind



What helps?

- Sensory Reminders - images/smells/objects
- Personal Touch - top of arm/midback
- Reassurance
- Eye Contact
- Physical Presence
- Hide and Seek



Make this real for a child you know

A close-up, high-contrast photograph of an elderly person's face, showing deep wrinkles and a focused expression. The person has light-colored hair and eyes. The image is partially visible on the left side of the frame, with the rest being a solid black background.

Constancy

See self and others as integrated human beings

Carers remain the same person despite being different
from time to time

Projected Feelings

Quick to attack / reject

Blame others to get some relief



'She hates me'

Handling Projected Feelings



Feelings need containing and respecting

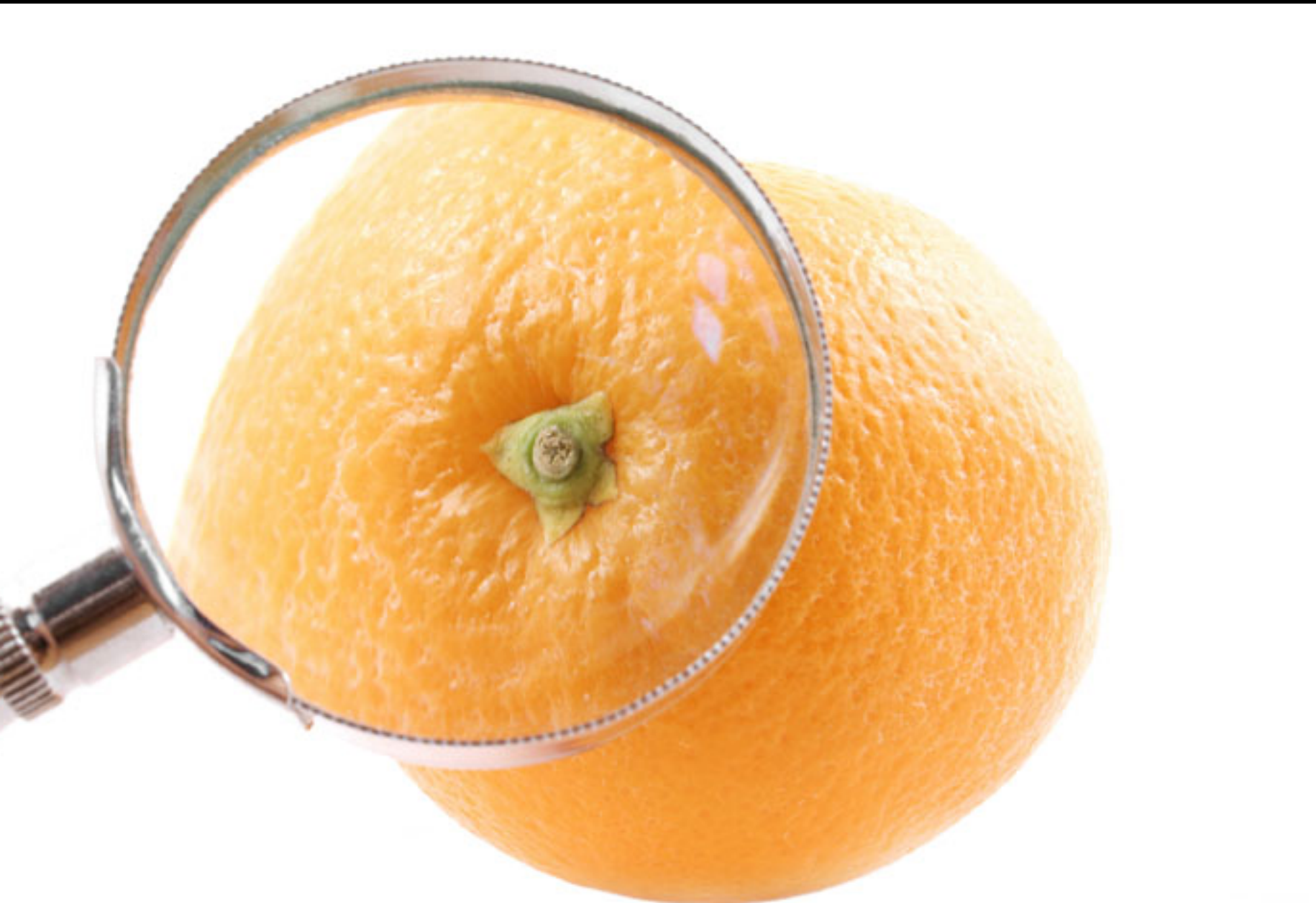
Don't take it personally - and react - think and respond

Which feelings belong to me - and which to the child?

Handle these Projected Feelings

- You hate me - I can see it in your eyes
- You're stupid - you don't know anything about children like me
- You are so ugly - you make me feel sick

Pizza 'Parts' that make us Whole



Create a Pizza of
your parts... E.g.
loving, arty,
handbag expert,
lazy, selfish, kind...



Learning to Listen...



Moving from Control to Working together

Herb Lovett



“Attend carefully to both what is said and what is meant” Herb Lovett



**Actions are
communications...**

A black and white photograph of a young child, possibly a toddler, looking off-camera with a serious expression. The child's face is in the foreground, and their hand is visible near their chin. The background is blurred, showing what appears to be a window with a patterned curtain.

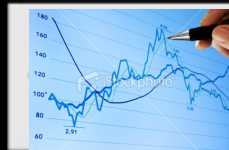
“Who loves this child?”

-Herb Lovett

Accommodating and Processing emotions

- ◆ Shame
- ◆ Anger
- ◆ Anxiety
- ◆ Depression
- ◆ Jealousy





Things WE promise to do to support _____

a

*When this is
happening...*

b

*And the person
does this...*

c

We think it means this....

d

And we should do this...

Friendly Support Plan

Radical Rethinking...



This is what he needs - This is what it takes

Natural vs Special Supports

UNCONDITIONAL ACCEPTANCE

- “You know what? I really, really like you. You can do all this stuff and it’s not going to change my mind. It seems to me that you are trying to get me to dislike you, but it’s not going to work. I’m not ever going to do that’.

Trust

- ◆ What do people do to inspire trust in others?
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WHENEVER TWO PEOPLE MEET...there are six people present

- The person I am...
- The person you are...
- The person I think you are...
- The person you think I am
- The person I think you think I am...
- The person you think I think you are...