ATTACHMENT TRAUMA AND HUMAN DEVELOPMENT
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THE STORY OF RICK

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SECURE ATTACHMENT

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AVOIDANT ATTACHMENT

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AMBIVALENT ATTACHMENT

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DISORGANIZED ATTACHMENT

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Lack of capacity for emotional self-regulation is one of the most significant consequences of attachment trauma.

Toth & Cicchetti, 1998

ADVERSE CHILDHOOD EXPERIENCES AND DEVELOPMENTAL TRAUMA DISORDER
**ACEs AND STRESS**

ACEs cause increased sensitivity to the effects of stress throughout the lifespan resulting in vulnerability to stress-related psychiatric disorders

Graham, 1999

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**DTD INVOLVES:**

Chronic Exposure to Interpersonal Trauma

Subjective Experience of Rage, Betrayal, Fear, Defeat, Resignation, Shame

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RESULTING IN THE DYSREGULATION OF:

- Affect
- Physiology
- Behaviour
- Self-attribution

THEREBY COMPROMISING:

- Legal
- Peer Relations
- Education
- Family
- Vocation

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THE SELF

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THE SELF’S CORE

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SHOULD LOOK LIKE THIS . . .

WITH ATTACHMENT TRAUMA IT LOOKS LIKE THIS.
Infants show parasympathetic deceleration in response to caregivers’ smiles.

Caregiver sensitivity acts as an external organizer of the infant’s biobehavioural regulation.

Basch 1976; Spangler et al., 1994
RIGHT HEMISPHERE

- Stress systems get wired early at a time of RH dominance
- Infants under 2 years show greater RH volume
- Attachment experiences of the first 2 years directly influence the experience-dependent maturation of RH
- Developing RH is interconnected with the autonomic, limbic, and arousal systems
- RH primarily responsible for emotional expression and affect regulation
- Perinatal distress leads to a blunting of the stress regulating response of the Right PFC in adulthood

Brake et al., 2000; Chiron et al., 1997; De vinsky, 2000; Matsumoto et al., 2001; Schore, 2000; Schore 2001

ESSENTIAL VARIABLES

Age
Pynoos, 1993

Type
Davidson & Foa, 1993
IN SUMMARY

• Secure Attachment
  • supports optimal development of the limbic system and ANS
  • creates resilience in the face of stress
  • primary defense against trauma-induced psychopathology throughout the lifespan

• Insecure Attachment
  • destabilizes child’s psychobiological state during critical periods of right brain development

Schore, 2001, 2002

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THE END

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