

ATTACHMENT DISORDER 202

PRESENTATION TITLE: Attachment Disruptions and Connections: and Therapeutic Strategies (Part I and II)

MAIN POINTS:

Effective parenting principals are the absolute fundamental structure of treating the child with an attachment disorder. Both parents and professionals must familiarize themselves with the specialized techniques and skills that are necessary to parenting this population. This workshop will provide participants with specific hands-on principles and techniques that are necessary to help a child with trauma-attachment disorders develop a healthier and more secure attachment to parents/caregivers.

Attachment disorders are different from other types of mental health issues. They also require specialized treatment that is quite different from contemporary talk-therapy. It is important to understand the differences, and why these differences are imperative to the client who is suffering from trauma-induced attachment difficulties.

LEARNING OJECTIVES;

Outcomes for participants will be to 1) gain an improved understanding of how to connect with difficult-to-connect-with children 2) learn specific skills in facilitating attachment-focused parenting strategies with children who fit the diagnostic category of Reactive Attachment Disorder 3) increase self-confidence in carrying out those strategies necessary to improve the connection between parent/caregiver and the child with an Attachment Disorder 4) understand the differences between traditional talk therapy and therapy for the child who experiences an attachment disorder and why these are so important 5) be able to identify specific interventions that are appropriate to this population 6) practice the use of a variety of specific interventions.

PRESENTATION FORMAT:

PowerPoint presentation, lecture, short videos, small group work, and interactive experiential exercises.

RELEVANCE TO ATTENDEES:

The Alaska Early Childhood Comprehensive Systems Report (2006) states that “There is increasing anecdotal evidence that . . . clinicians lack the training necessary to meet the needs of children with mental health and social/emotional issues.... specific skills are needed to identify mental health problems and to serve children with these issues in their

natural environments. Skills are also required to support their families and make appropriate referrals”

Therapy for the child with an attachment disorder therapy is sometimes intense, but should always be respectful of the child and family. The therapy is family focused, with an emphasis on the parent or caregiver, *not the therapist*, attaching to the child. Parents must understand the inner workings of their particular child, learn the child’s history, understand their own attachment history, and learn specific intervention skills. It is the therapist’s job to help facilitate all of these as well as intense, therapeutic, diagnosis-specific emotional work with the affected child. The therapist who undertakes this work must be self-reliant, but with the ability to work well within a team; posses the ability to connect, but remain within therapeutic boundaries; care deeply for the child and family, but maintain a therapeutic distance. In order to do this, the professional must understand his/herself, the presentation and appropriate interventions for children with attachment disorders, and possess the ability to provide a holding environment for the entire family.

TARGET AUDIENCE;

The primary target audience for this presentation is foster/adopt parents and other caregivers of children who experience attachment disorder; therapists, case managers, and other counselors or professionals who work with children and youth who experience attachment difficulties.

LENGTH OF TIME;

8 contact hours

EQUIPMENT NEEDED:

Flip chart and screen, lap top and projector (if available)