

Slide 1

Integrative Parenting: Strategies for Raising Children Affected by Attachment Trauma

Class 2 (of 5)
Creating Connections



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THE ATTACHMENT AND TRAUMA CENTER OF NEBRASKA

Slide 2

This powerpoint is based on the following parent guide:

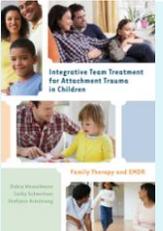
“Integrative Parenting: Strategies for Raising Children Affected by Attachment Trauma”
by Debra Wesselmann, Cathy Schweitzer, & Stefanie Armstrong
(W.W. Norton, New York, 2014)



Slide 3

Accompanying Treatment Manual for Therapists:

Integrative Team Treatment for Attachment Trauma in Children: Family Therapy and EMDR”
by Debra Wesselmann, Cathy Schweitzer, & Stefanie Armstrong (W.W. Norton, New York, 2014)



Slide 4

What Did You Discover?

What negative beliefs did you observe through your child's behaviors this week?

Slide 5

At the End of This Class You Will Be Able to...

- Identify how mindful awareness can help you calm your child's brain.
- Increase your child's emotional and physical connection to you.
- Create pleasurable experiences of pleasure with your child through play.

Slide 6

Mindfulness is...

... a form of mental activity that trains the mind to become aware of awareness itself and to pay attention to one's own intention. Reference: Dan Siegel, Mindsight (2010).



Image 1

Slide 7

Mindfulness Awareness

7

means staying in the present, paying attention to what is happening in this moment.



Image 2

Slide 8

Mindful Awareness

8

Mindful awareness means we are aware of our own feelings and thoughts as well as the feelings of others.



Image 3

Slide 9

Mindfulness Allows You To...

9



Image 4

- Become aware of your inner state.
- Increase your tolerance for upset feelings.
- Think things through.
- Let go of shame and fear.

Slide 10

Mindfulness Practice: Where Are You Right Now?

Image 5

- Take a moment right now. Watch sensation, emotions, thoughts go by like clouds floating by in the sky.
 - Notice your body.
 - Notice your emotions.
 - Notice your thoughts.
- Don't judge your thoughts or feelings. They just "are."

Slide 11

Mindfulness Increases Problem-Focused Coping

11

Problem-Focused Coping	Emotion-Focused Coping
<ol style="list-style-type: none">1. I feel it.2. I think about the feeling, and I think about the cause of the feeling.3. I solve the problem if I can, or I ride out the feelings until they pass.	<ol style="list-style-type: none">1. I feel it.2. I can't think about it.3. I'll do anything to get rid of this feeling.

Slide 12

Integrative Parenting—What is It Exactly?

12

- Use of the ingredients of attachment to strengthen the parent-child connection.
 - Physical closeness
 - Emotional attunement
 - Secure, predictable environment
 - Play
- Use of mindfulness and emotionally attuned responses day-to-day to help your child connected to his thinking brain and calm his "survival brain."

Slide 13

Mindful Connections

13

Mindful connection with your child involves awareness of your own emotions while attuning to the feelings underlying your child's behaviors.



Image 6

Slide 14

Your Child's Inner State is an Interstate

14

- Children with attachment and trauma issues are not self-aware, and they have little self-regulation.
- Therefore, even a small level of emotion can send the child into a dysregulated state.



Image 7

Slide 15

Staying Mindful and Attuned to Your Child Will Help Integrate and Calm Your Child's Brain

15



Image 8

Slide 16

Help Integrate your Child's Brain Through Emotional Attunement

(9)

- Parents' curiosity, openness, and acceptance helps children become more aware of their own thoughts and feelings.



Image 9

Slide 17

Steps to Emotional Attunement

1. Listen for the child's emotions beneath the behavior. Be a detective. They may not have a feelings' vocabulary or a connection to their feelings.



Image 10

Slide 18

Steps (Continued)

2. Reassure. I love you, I'm here if you need me, you can have these feelings and be okay. You can talk to me about your feelings when you are ready.
3. Paraphrase, reflect, and empathize. "I remember feeling angry in a similar situation. Everyone feels that way sometimes. How can I help?"

Slide 19

Mindfulness in the Moment

- “You look sad. Can you notice? Are you having some sad feelings or thoughts?”
- “Can you look inside and see what you are feeling? Can you tell me? Or can you write or draw about this?”
- “Let’s take a big breath together, and breathe out really slowly.”
- “You know, all your feelings are normal and okay. I’m here to help you with any feelings you may have.”

Slide 20

Techniques For Calming Your Child’s Brain

- Speak in a soft tone of voice. Use a gentle voice tone. Dim the lights.
- Time In: “Do you want me to sit with you or near you?”
- Or: “Do you need to take space?”
- Give the child time.
- Attune, empathize.
- Offer to draw and tell a story on your child’s back, or to give your child a massage.

Slide 21

Practice Calming Your Child

- When your child is calm, let him know you want to help.
- Problem-solve some steps to getting calm.
- Walk through the steps to becoming calm.
- For example:
 - “Will you want me to stay by you?”
 - “Would you rather have alone time in your room?”
 - “Let’s practice how we will walk to your room.”
 - “Let’s practice what you will do.”

Slide 22

Intentionally Connect With Your Child Every Day
(10-20-10 Method by Bryan Post)

22

- 10 minutes of quiet contact first thing in the morning.
- 20 minutes of relaxed talking together after school.
- 10 minutes of quiet togetherness at bedtime



Image 11

Slide 23

Mirroring Neurons

- When mirroring neurons in the child's brain repeatedly replicate the neurons in the parent's calm, organized brain, the child's brain becomes more organized and calm.
- Positive attachment experiences create new positive connections in the brain.



Image 12

Slide 24

Practicing Mindfulness Will Help Expand Your Child's Window of Tolerance
(References: Siegel, 2010; Ogden & Mindon, 2000)

↑

Sympathetic Nervous System Arousal (Hyperarousal)

When your child stays within the "Window of Tolerance" for his emotions, he can stay connected, process, and learn.

↓

Parasympathetic Arousal (Hypoarousal)

Slide 25

The “Serious” Issue of Play

25

**PLAY WITH YOUR CHILD
HEALS THE ATTACHMENT
RELATIONSHIP AND
INCREASES BRAIN
INTEGRATION**

Slide 26

Children Are Playing Less...

- Families have a hurried lifestyle.
- Parents over-structure children due to societal pressures for achievement.



Image 13

Slide 27

The Foundation of Play

- Begins at birth.
- Touch, pleasure, fun!
- Baby and parent mirror one another.



Image 14

Attachment is an innate capacity or ability to form emotional bonds and interactions with another person. We are all born with the ability to form healthy attachments to those around us.

*(Bowlby, Siegel, Fonagy and others can be found on reference page)

– Our brains are wired to promote positive interactions with others. The use of this innate ability begins in infancy and is developed through out life.

Mirroring is also referred to as emotional resonance; the identification and copying of emotions.

Slide 28

Play with Your Child to Enhance Your Relationship

- Shared pleasure, play, and fun is an important ingredient for secure attachment.
- The child feels fully connected to the parent who is truly present during play.



Image 15

Slide 29

Positive Interactions, Pleasure, and the Brain

29

"Our brain is designed to promote relationships. Specific parts of the human brain respond to emotional cues (facial expression, touch, scent) and allows for us to get pleasure from positive interactions."



Image 16

Bruce Perry

Slide 30

Positive Interactions, Pleasure, and the Brain

30

- Laughter activates care and thinking centers in the brain.
- It reduces levels of stress hormones.
- It is a physical and emotional release.
- It leads to closer connections.



Image 17

Slide 31

Play and Child Development

- Play is important to children's cognitive and emotional development.
- It teaches cooperation.
- It helps coordination.



Image 18

True play involves back and forth. It is reciprocal interaction.

Slide 32

Play and Child Development



Image 19

- Children express their emotions, conquer their fears, and work out their problems through play.

Slide 33

Play and Child Development

- Play teaches children how to enjoy life, have fun, and experience pleasure in a healthy way!
- During play, children practice communication skills.



Image 20

Slide 34

Play and Child Development

- It develops imagination and creativity.
- It increases confidence to meet challenges.
- Children learn about their world through play.



Image 21

Slide 35

Two Types of Toys

True Toys Encourage Healthy Development and Strengthen Relationships	Passive Toys/Entertainment
Blocks	Passive video games
Dolls/Action figures	Computer games
Art supplies	DVDs
Dress-up clothes	TV
Toy cars	
Board games	
Sport activities	
Interactive video games	

Slide 36

When Play is Disrupted Through Trauma

- Children may not have had the opportunity to play so their play is stunted. This affects their brain development.
- They may not know how to play either independently or with others and some lose the ability to participate in imaginative play.



Image 22

Slide 37

Play With Traumatized Children

Their play may look like the play of a much younger child. It is important to look at the developmental “play” level of the child and provide and allow toys at that level.



Image 23

Slide 38

Play With Traumatized Children

Their play may look scary.



Image 24

Slide 39

Play With a Traumatized Child

The child may be extremely bossy and controlling in play.



Image 25

This slide features a light blue background with an orange border. At the top, the title "Play With a Traumatized Child" is written in orange. Below the title, a small orange circle is centered. The text "The child may be extremely bossy and controlling in play." is in black. In the center, there is a photograph of three children sitting on a grey floor, engaged in play. The child on the left is wearing a dark shirt and blue pants, the middle child is in a blue shirt and blue pants, and the child on the right is in a red shirt and dark pants. The photo is labeled "Image 25" in the bottom left corner.

Slide 40

How to Play With Your Child

- Meet the child at his emotional and developmental level.
- Choose something you and your child both enjoy.
- Stay positive and relaxed.



Image 26

This slide has a light blue background and an orange border. The title "How to Play With Your Child" is at the top in orange, with a small orange circle below it. A bulleted list of three items is on the left. In the center, there is a photograph of a child sitting inside a purple and yellow tent. The photo is labeled "Image 26" in the bottom left corner.

Slide 41

How to Play With Your Child

- Demonstrate interest in what your child is doing.
- Follow his lead. Join in but don't "take over" or "take control."
- Avoid teaching during play. It is child directed.



Image 27

This slide has a light blue background and an orange border. The title "How to Play With Your Child" is at the top in orange, with a small orange circle below it. A bulleted list of three items is on the left. In the center, there is a photograph of a child in a pink shirt playing with a red frisbee on a grassy field, with an adult in a green shirt standing nearby. The photo is labeled "Image 27" in the bottom left corner.

Slide 42



Slide 43

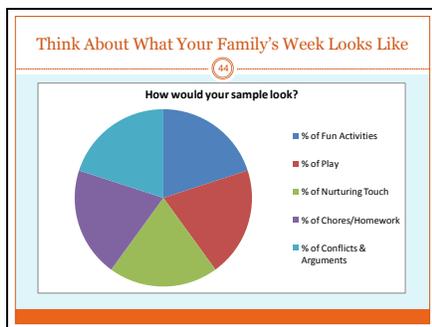
It's Your Turn...

43

- Make a commitment to practice staying mindful and increase your tolerance through meditation, prayer, Yoga, walking, or some other form of self-calming.
- Make a list of times when your child is most reactive. Plan to purposefully connect with your child during those times.

A slide with a light blue background and an orange footer. The title is "It's Your Turn..." in orange text. Below the title is a small orange circle containing the number "43". Underneath is a bulleted list with two items. The first item is "Make a commitment to practice staying mindful and increase your tolerance through meditation, prayer, Yoga, walking, or some other form of self-calming." The second item is "Make a list of times when your child is most reactive. Plan to purposefully connect with your child during those times."

Slide 44



Slide 45

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