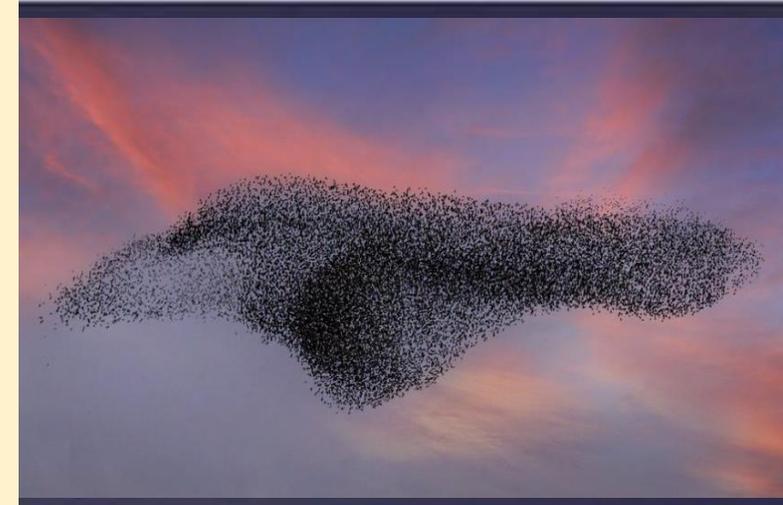




Deep Release Online

Professional Training for Counsellors

ATTACHMENT BEHAVIOUR IN THE COUNSELLING ROOM



ETHOLOGY

The Study of Animal Behaviour





Konrad Lorenz Imprinting (1935)

Harry Harlow's Monkeys (1958)

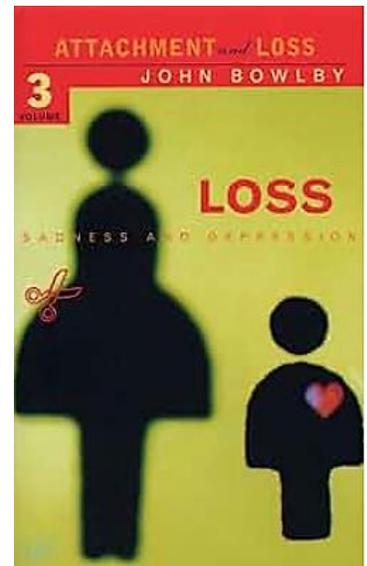
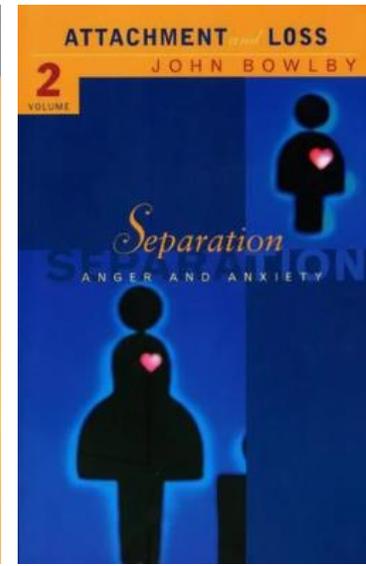
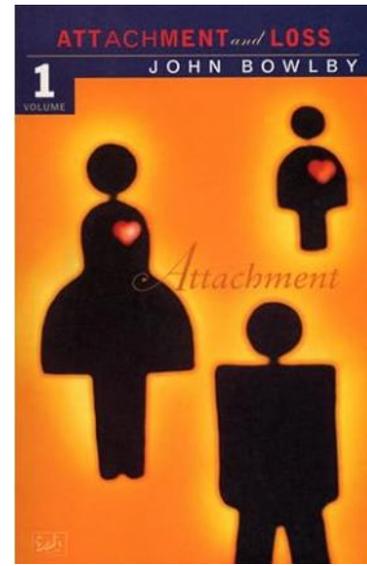
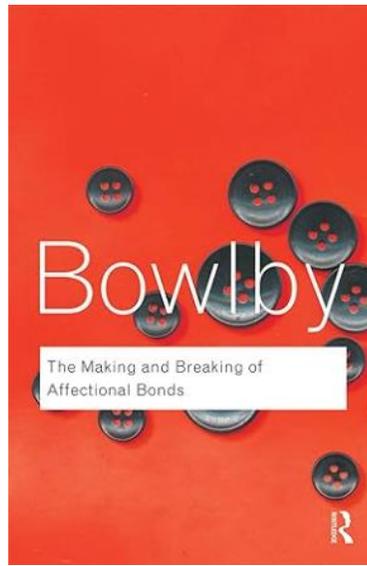
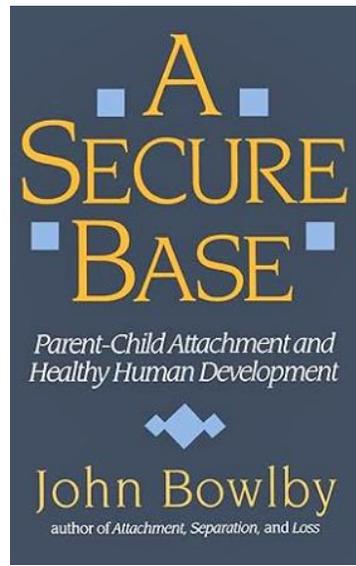
*"The need for a mother's love is not physical,
but rather, emotional..."*



JOHN BOWLBY



1907-1990
Psychologist
Psychiatrist
Psychoanalyst



WW II – Evacuation and Reunion



THE CHANGING ROLES OF WOMEN



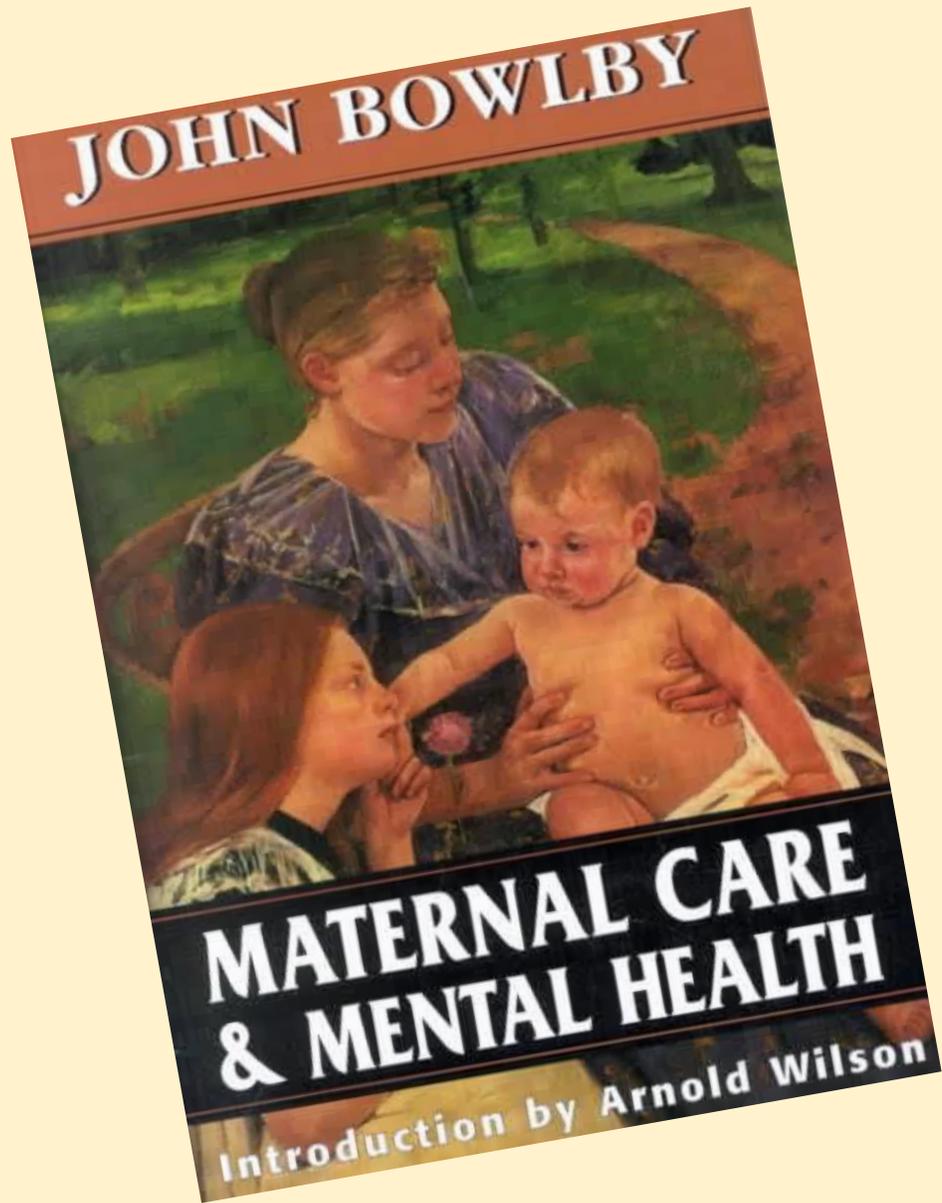
Mechanics, engineers, munitions workers, air raid wardens, nurses, bus drivers, land girls, fire engine drivers, Wrens, Waaf, ATS spies!



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ATTACHMENT THEORY

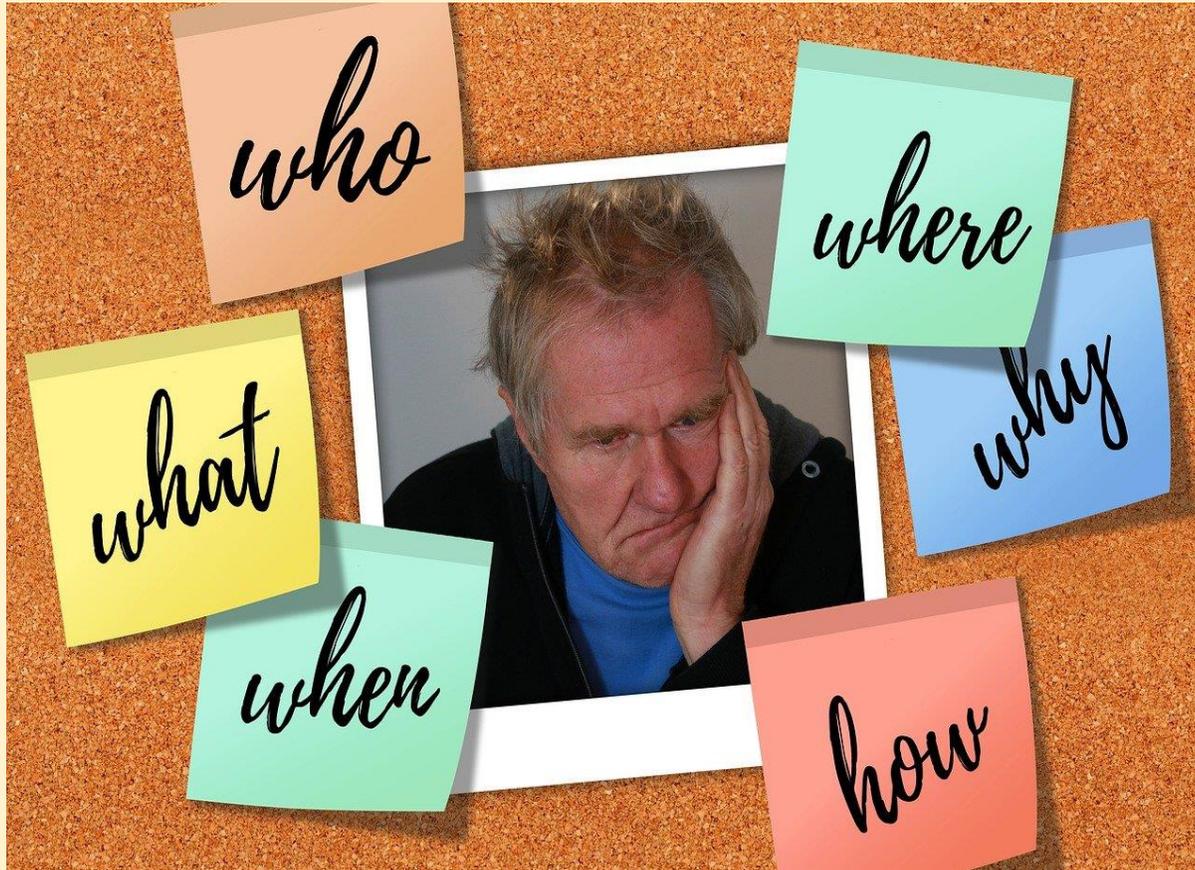


1951

Bowlby prepared a report for the World Health Organisation as part of the UN programme for the care of homeless children

Maternal care in infancy and early childhood is essential for mental health

ATTACHMENT THEORY



When you are
confused
by a client's
behaviour
THINK
ATTACHMENT!

Secure Attachment



THE ATTACHMENT BEHAVIOUR SYSTEM

The relationship with the key Caregiver is designed to help the young child feel **SAFE AND SECURE**

The Attachment Behaviour System is **ACTIVATED** in times of danger, stress and novelty

The aim is to get close to and stay close to the key attachment figure



Image by Lawrence Crayton, Pixabay

SECURE ATTACHMENT

What the child does....



cries



calls



clings

What the mother does...

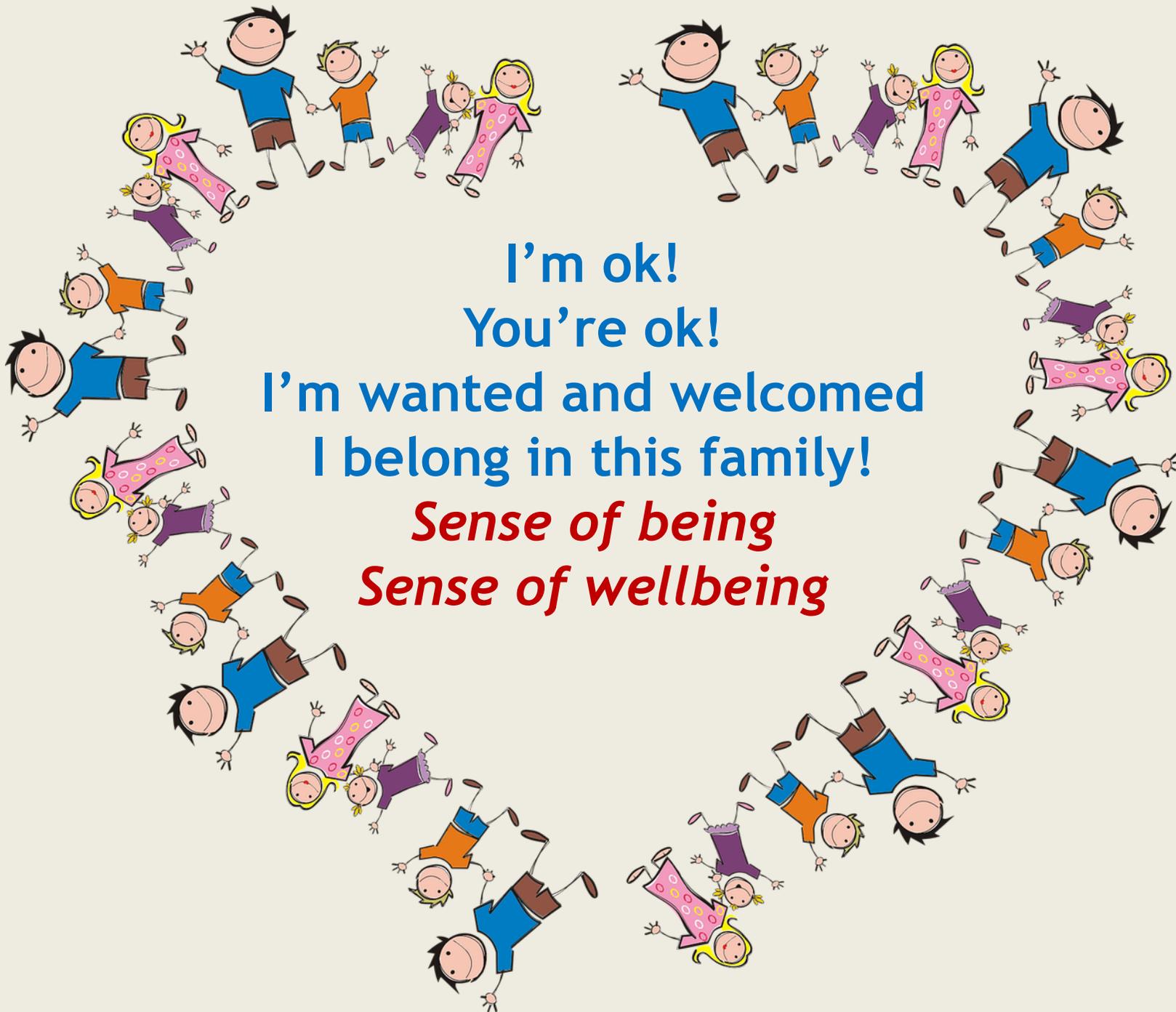
responds



protects

holds

available...intuitive...loving



I'm ok!
You're ok!
I'm wanted and welcomed
I belong in this family!

Sense of being
Sense of wellbeing

The Secure child

- Cries if mum leaves - it's worth it! It gets results!
- Demands/receives care on her return
- Plays happily
- **Agency**

The baby expects his cry to be heard and that he will be comforted.

Donald Winnicott:
“His majesty the baby”



**When we are Securely Attached, we learn that when in need,
we turn to PEOPLE**



THE STRANGE SITUATION

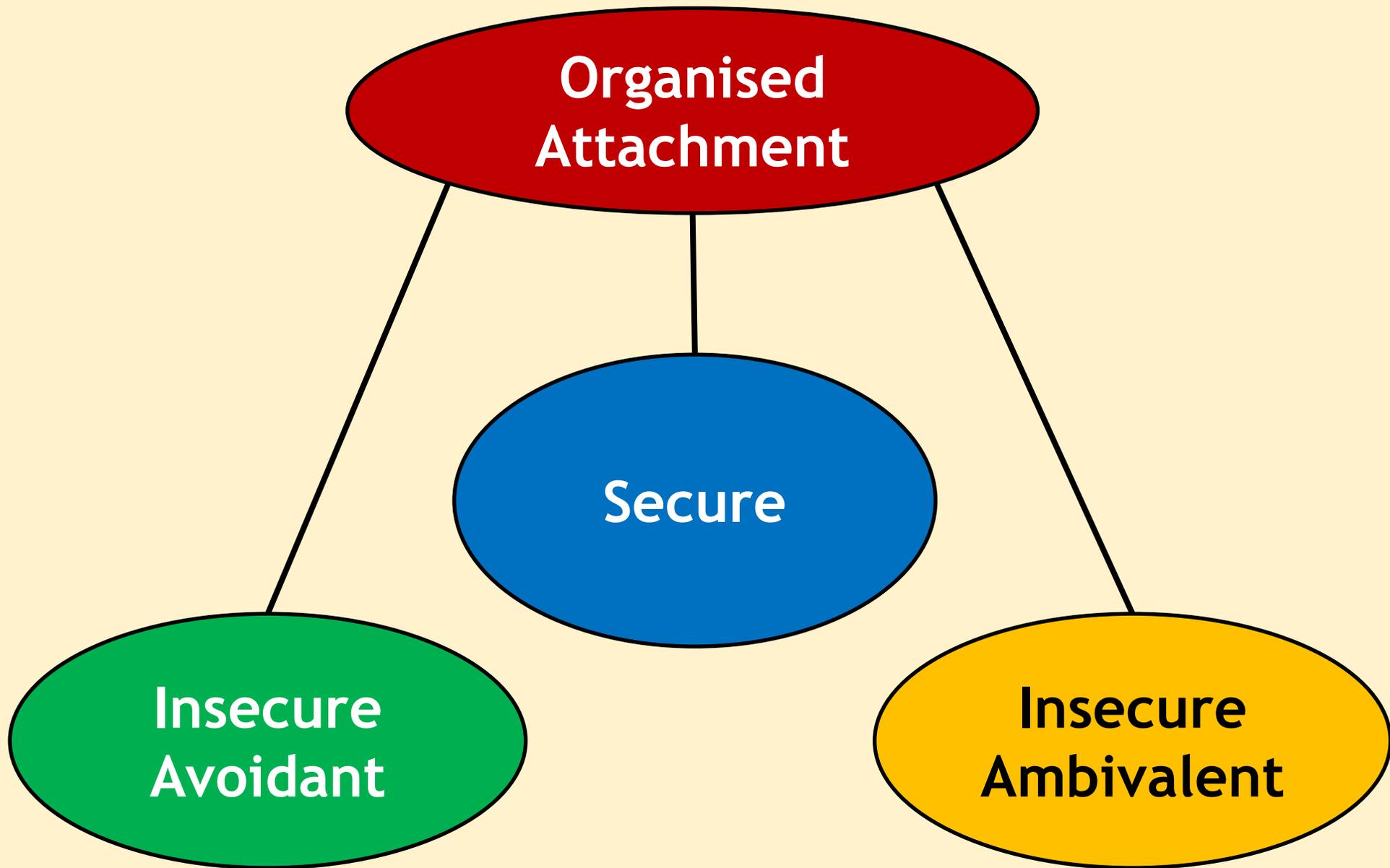


Mary Ainsworth, 1913-1999



1970s Research into 1-2 year-old children Stress activates child's Attachment System

YouTube: [Mary Ainsworth Strange Situation](#)



Attachment Behaviour in Childhood

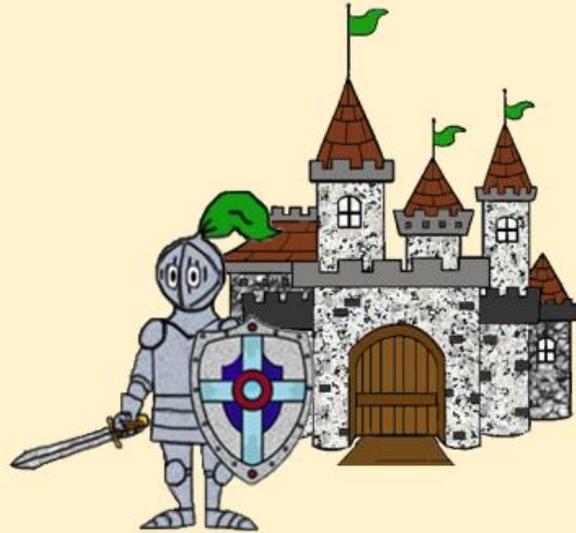
Secure

Carers are loving, present, consistent affirming, intuitive, warm, protective



Insecure-Avoidant

Carers are practical, functional, not touchy-feely, non-intuitive, distant



Insecure-Ambivalent

Carers are unpredictable, unsafe, sometimes loving, sometimes not



Love is available, love is given, I am worthy to receive that love

- I love because I am loved
- I internalise a nurturing parent
- I internalise a structuring parent
- I am empathic
- I am free to be me

Life is D.I.Y.

- Keep a lid on your emotions
- Get a grip
- You're on your own – deal with it
- Don't get close to people
- Don't let people in
- Hide your feelings

Go away – Don't leave me

- People are unpredictable – sometimes they are there for you, sometimes not
- You must be hypervigilant
- Keep scanning – are we ok?
- You are angry with them
- You are afraid they will leave you
- Can become FEARFUL

Ideas to share in Buddy Groups

1. Think about your own childhood and your sense of security. Would you say you experienced Secure Attachment?

1. How much do you work with Attachment in your own client sessions?

15 minutes



Take a Break



See you in 5 minutes!



Mary Main (1943- January 2023)

- an American psychologist professor and a colleague of Mary Ainsworth
- came up with the additional category of **'disorganised'** attachment for infants whose mothers are *frightening* or *frightened*, leaving the child no route to find safety

DISORGANISED ATTACHMENT

Trauma



Abuse



Neglect



The only hand to offer rescue is the abuser's
Easier to believe I am unlovable/bad (Trauma Bond)
No one to trust... Nowhere feels safe...

THE ADULT ATTACHMENT INTERVIEW



Mary Main



Carol George



Nancy Kaplan

In 1984, along with Carol George and Nancy Kaplan, Mary Main was also instrumental in developing the **Adult Attachment Interview**

Full details:

http://www.psychology.sunysb.edu/attachment/measures/content/aai_interview.pdf

Attachment Behaviour in Adulthood

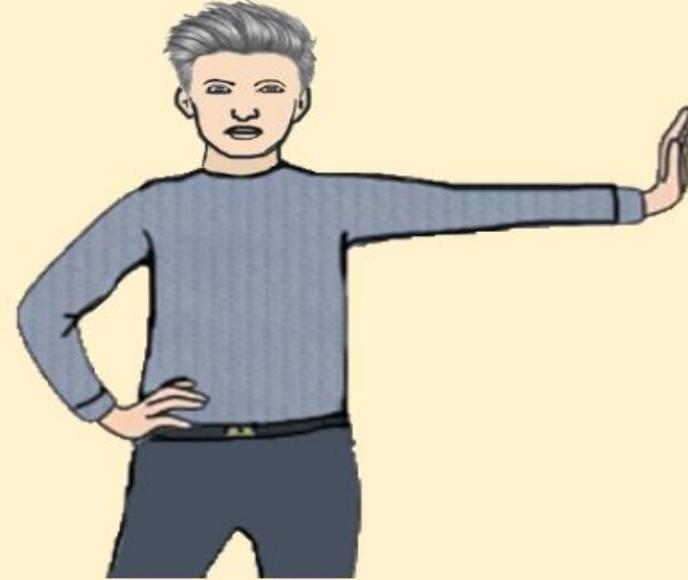
Autonomous



- I can give and receive love
- I can need and be needed
- I can be on my own and I can be intimate with others
- I can be real with my feelings

Dismissive

Attachment System is De-activated



- I keep people at a distance
- Life is simpler on my own
- I dismiss my own needs
- I dismiss others' needs
- I am lonely

Preoccupied

Attachment System is Hyper-activated



- I am anxious
- I am desperate to be unconditionally loved
- I still want my needs met by my parents
- I find it difficult to keep relationships

Insecure Avoidant Attachment



CORE NEEDS IN FAMILIES



“Life is D.I.Y.”

Mothers are

- Practical
- Functional
- Busy
- Not touchy-feely



Child becomes

- Self-sufficient
- Self-reliant
- Not touchy-feely

INSECURE AVOIDANT



INTERNAL WORKING MODEL

INSECURE AVOIDANT ATTACHMENT INTERNAL WORKING MODEL

- You're on your own
- **If you are stressed or upset, get a grip**
- Don't look to people to meet your needs
- **Don't get too close to people**
- Don't show your emotions

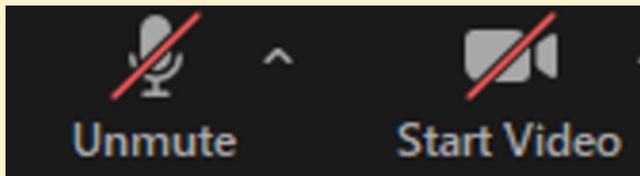
Attachment System de-Activated



Jane

Childhood: Avoidant
Adulthood: Dismissive

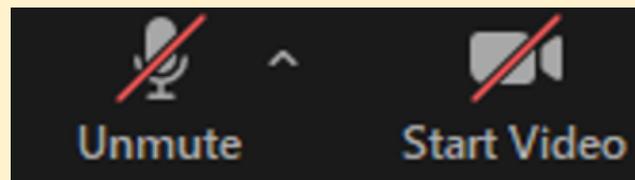
Please Stop your Video for
better sound and sync -
thank you





Pauline & Hazel debrief

Please Stop your Video for
better sound and sync -
thank you



Ideas to share in Buddy Groups

1. How did you react to the counselling session with Jane?
2. What might you have done differently?
3. How easy to you find it to work with Avoidant clients?

15 minutes



Take a Break



See you in 5 minutes!

ANY QUESTIONS?

WHEN? WHAT? WHERE? WHO? HOW? WHEN? WHAT? WHERE? WHERE? When? What? Where? When? WHAT? WHERE? HOW? WHEN? What? What? When? What? When? HOW? WHEN? What? When? Why? WHEN? Where? WHAT? When? What? WHERE? When? Why? HOW? When? Why? HOW? When? Why?

ADULT ATTACHMENT

The young child finds a way to reach their Attachment Figure, but it's a roundabout, painful way.

Don't be a nuisance, don't make a fuss, be grateful, there's nothing wrong with you, don't upset me...

Attachment is organised and stable, but not happy.

(Adah Sachs)

Deficits in the relationship with the key Attachment Figure in childhood lead to difficulties in forming future intimate relationships (eg with partner/children)



Insecure Ambivalent Attachment

© 2024 Deep Release Ltd



It's all about me!



Please love me...

ans Benn, [Pixabay](#)

CORE NEEDS IN FAMILIES



UNPREDICTABLE

- Hypervigilant
- Scanning
- Anxious



- High maintenance
- Fearful

AMBIVALENT/RESISTANT

INTERNAL WORKING MODEL

I have to work out if I'm safe, if I'm ok...



Attachment System Hyper-Activated

ROLES PLAYED IN GROUPS

TRY
TOO HARD



I have to be nice to everyone all the time or they won't like me

THE
INNER CRITIC



Messages from the past make me doubt myself

THE
OVER-THINKER



I make mountains out of molehills

THE
SELF-DISQUALIFIER



I was just lucky, they were just being kind...

THE
MIND-READER



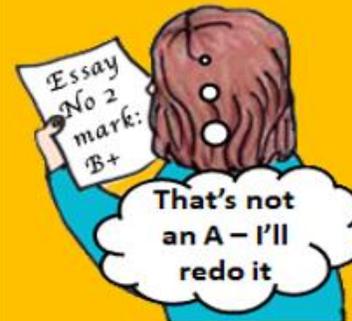
I write stories in my head that are often untrue

OVER-
RESPONSIBLE



I worry that somehow things are my fault

THE
PERFECTIONIST



I have to get it completely right

THE
CONSTANT
CHECKER



I need to know everyone is ok – I hate conflict

PREOCCUPIED ATTACHMENT STYLE



If she'd only hug me...

Should I suggest she gets therapy?

I want to hear her say she loves me...



Rose

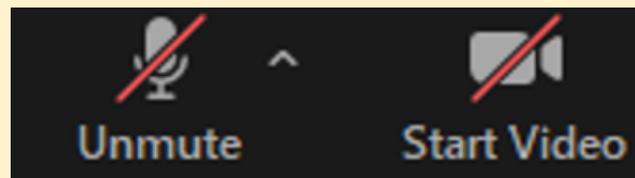
Childhood: Ambivalent
Adulthood: Preoccupied
Fearful





Pauline and Libby Debrief

Please Stop your Video for
better sound and sync -
thank you



Ideas to Share in Buddy Groups

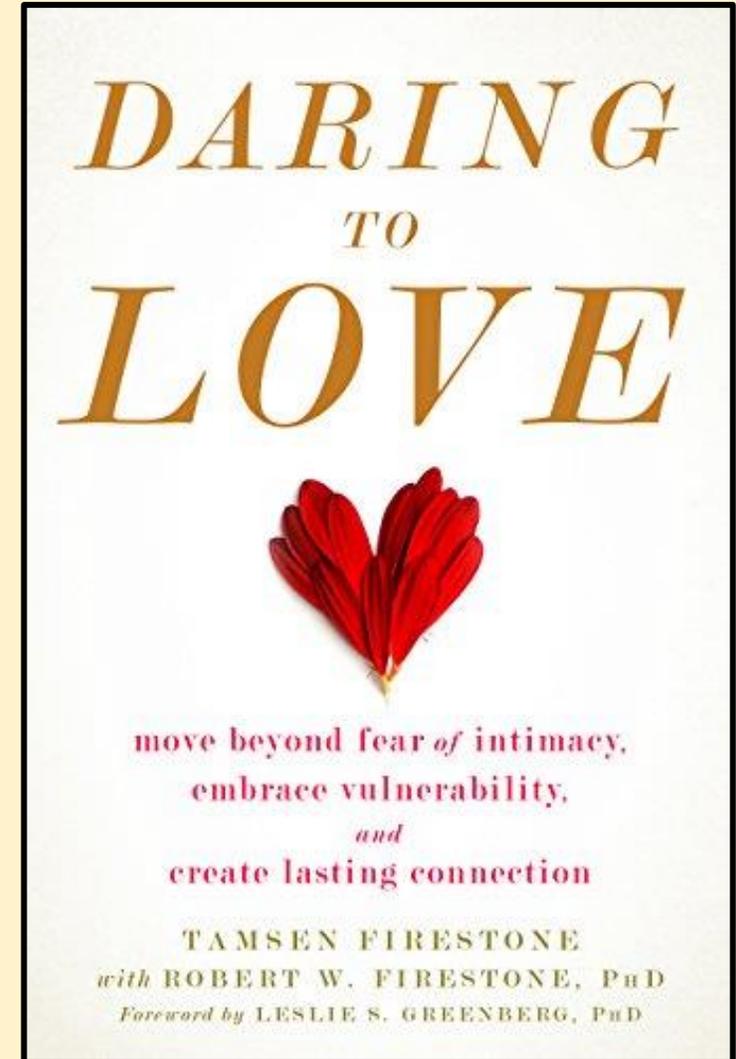
1. How did you react to the way Rose was in the counselling situation?
2. Do you relate to the Ambivalent Attachment style? Share your feelings as honestly as you can.

15 minutes



RESTRUCTURING THE ATTACHMENT SYSTEM

- Conflict when someone tells us they love us/see us positively
- Suspicion!
 - *You think I'm someone I'm not*
 - *You don't really know me*
 - *What do you want from me?*
- We want to hang on to our negative self-image because it's connected to our past
- It's how we've always known ourselves



Tamsen Firestone

RISKED ATTACHMENT

It shakes us up to learn that something we thought was fundamentally true might not be.

We have to dare to challenge ourselves and our defences - what's getting in my way?

**Trusting is scary
and risky!**



DON'T GET PULLED OUT OF SHAPE!

- Know our own Attachment style
- Keep working on our own issues
- Stay with core conditions and key skills
- Keep boundaries clear
- Show your workings
- Have good Supervision

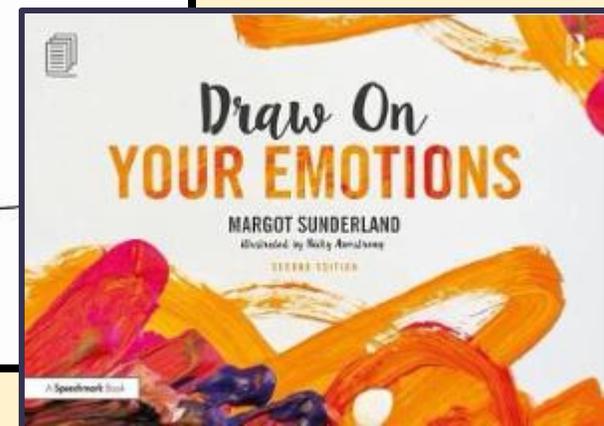
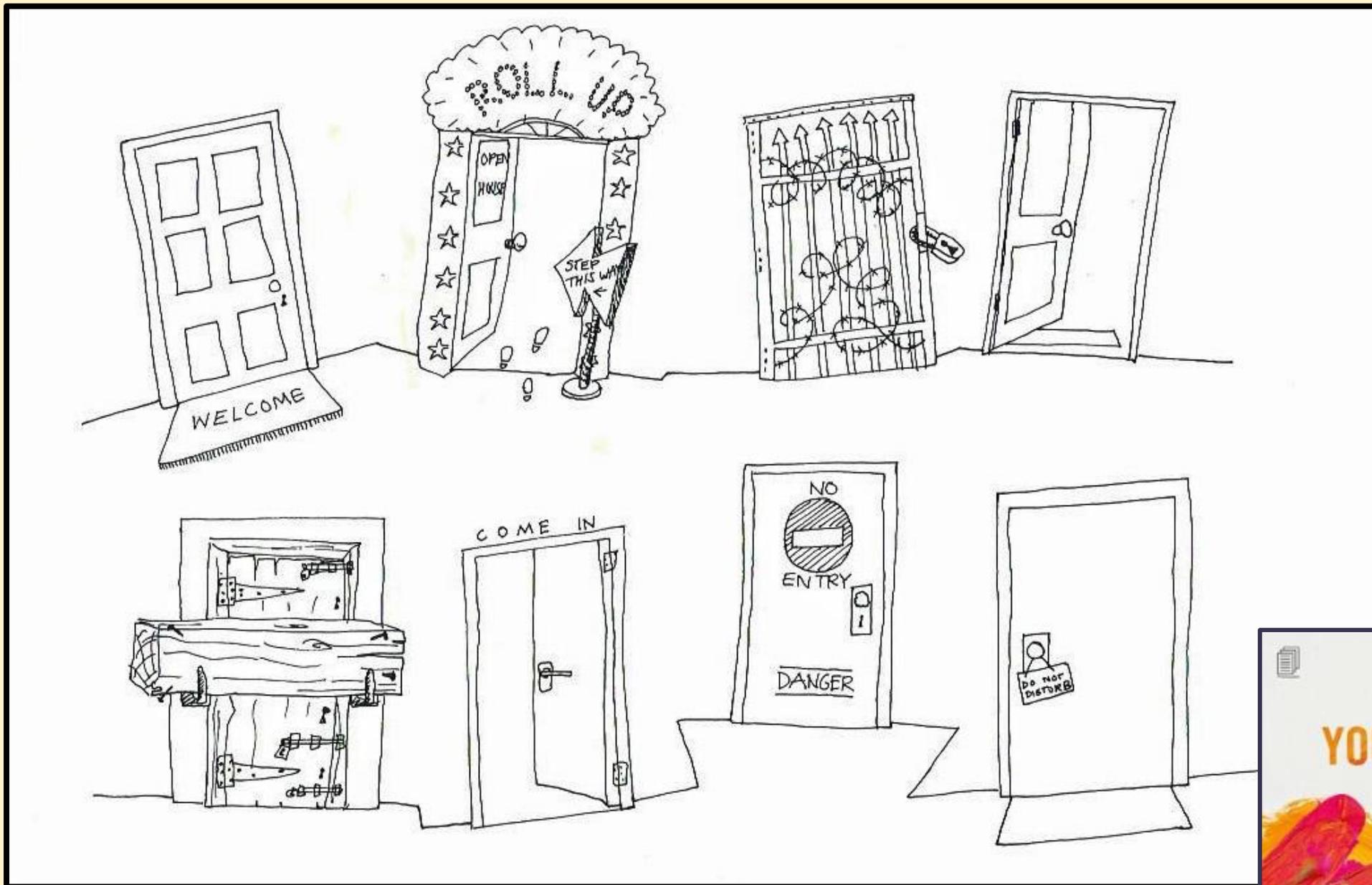




**CREATIVE
WAYS OF
WORKING
WITH
ATTACHMENT**



WHAT KIND OF DOOR AM I TODAY?



USING ANIMALS AS SYMBOLS

Choose animals to represent family or group members:

- How close are they to each other?
- Which ones relate to each other?
- How similar are they?
- Experiment with moving them around
- Explore the feelings, eg if an animal is removed from the scene



How to work on group dynamics using animals in counselling - with Katy



FAMILIES AND 'DOWN THROUGH THE LAYERS' WITH NESTING DOLLS



CREATIVE WAYS OF WORKING WITH ATTACHMENT

The client's core fairy tale can give clues as to their Attachment style!



WHO MET MY NEEDS?

NEED FOR	MY MOTHER			MY FATHER			SOMEONE ELSE (OR A PET)			GOD/ SPIRITUAL LIFE			How am I doing now?
	As a child	As a teen	As an adult	As a child	As a teen	As an adult	As a child	As a teen	As an adult	As a child	As a teen	As an adult	
Give marks out of ten or percentages													
Acceptance: I am ok! <i>I'm able to be my true self</i>													
Praise: I did well! <i>I have self-belief and confidence</i>													
Appreciation: I am valued! <i>I have self-worth</i>													
Encouragement: I can do it! <i>I have self-belief / I can take risks</i>													
Emotional Security: My feelings are understood and validated													
Financial Security: I have financial support and back up													
Physical Security: I am protected from harm; my boundaries are respected													
Comfort - emotional: My feelings are empathically respected and understood													
Comfort - physical: I am safely held and soothed													
Other													

Share in Buddy Groups

Say goodbye

Exchange details if
you wish

5 minutes





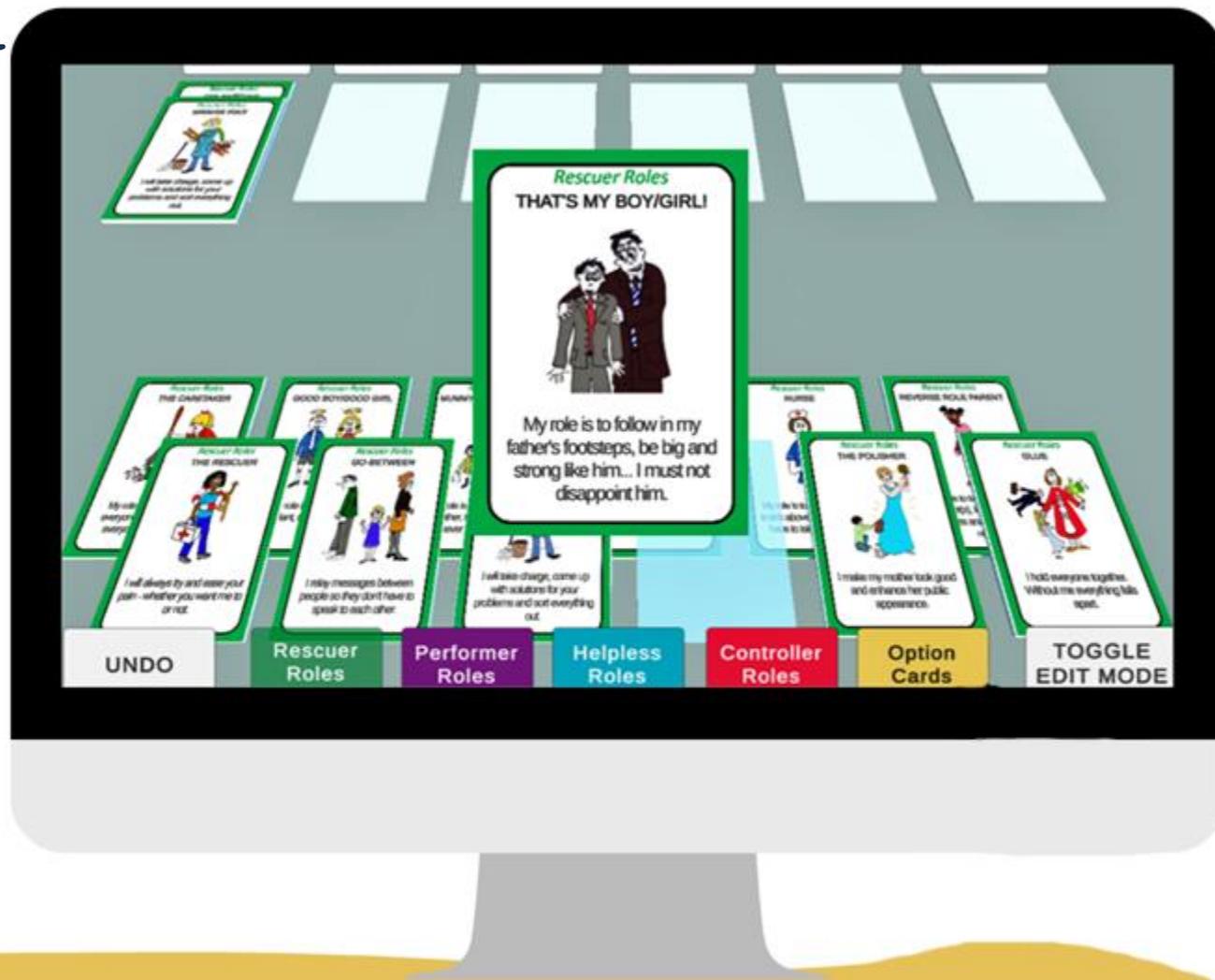
Resources

[PACT-RESOURCES.CO.UK](https://pact-resources.co.uk)

ORIGINAL & CREATIVE
COUNSELLING RESOURCES

Now Available!

Use the Roles Played in Families & other cards online!



pact-resources-online.co.uk

The Wheel of Life
Web App will soon
be available for you
to use!



pact-resources-online.co.uk

Coming soon! Erikson's Life Stages Web App!



pact-resources-online.co.uk

Cards

e-Resources



Erikson's Life Stages



Wheel of Life



Working with Animal Figures Online Pack



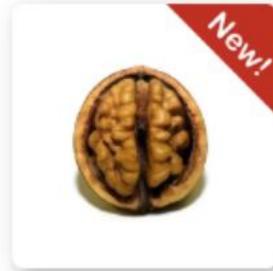
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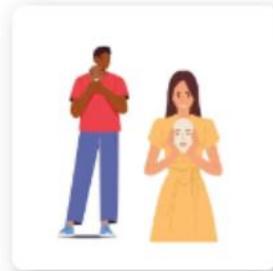
Using Erikson's Life Stages
in Counselling
£30.00



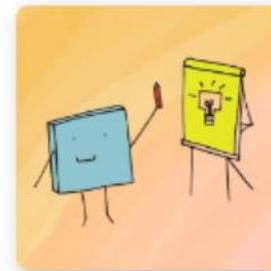
6 Ways of Working with
the Inner Child - Training
Video
£30.00



Building Boundaries
Breaking Barriers -
Training Video
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Psycho-integration for
Counsellors - Training
Video
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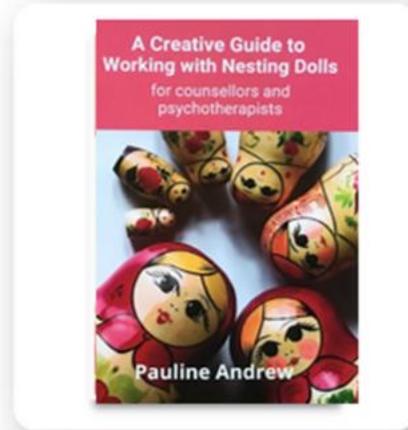
Attachment and Shame -
Training Video
£30.00

pact-resources.co.uk

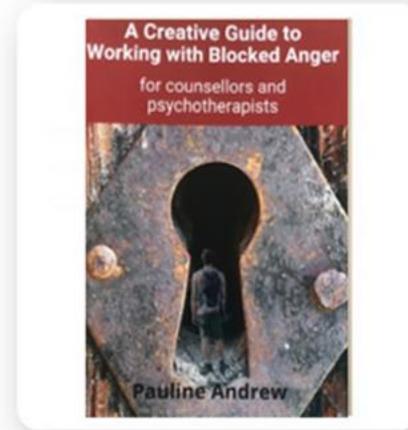
Books



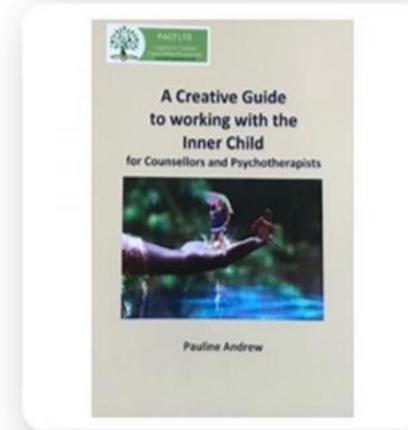
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£2.50 when you buy
all 3 books
£32.00



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Working with Nesting
Dolls
£11.50



A Creative Guide to
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Blocked Anger
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A Creative Guide to
Working with the
Inner Child
£11.50

Also available on Kindle

pact-resources.co.uk

What's up next?



06
MAR

Online Event

**Disordered Eating and Attachment -
Wed Mar 6**

Price Starts from: £10.00

March 6, 2024
9:30 am - 1:00 pm



15
MAR

Online Event

**Psychoeducation - Face to Face and
Online - with Dr Chris
Fri Mar 15**

Price Starts from: £10.00

March 15, 2024
9:30 am - 1:00 pm



23
MAR

Online Event

**When Mothers Wound -
Sat Mar 23**

Price Starts from: £10.00

March 23, 2024
9:30 am - 1:00 pm



10
APR

Online Event

**Unlocking Group Dynamics -
Wed Apr 10**

Price Starts from: £10.00

April 10, 2024
9:30 am - 1:00 pm



17
APR

Online Event

**Working with Loss and Grief -
Wed Apr 17**

Price Starts from: £10.00

April 17, 2024
9:30 am - 1:00 pm



26
APR

Working Creatively with the Inner Child
in Counselling Weekend
Fri Apr 26 - Sun Apr 28, 2024

Price Starts from: £140.00

Location:
Moor Hall Hotel & Conference Centre

April 26, 2024
6:30 pm - April 28, 2024 3:30 pm



Deep Release
training counselling

Booking now open!

**Moor Hall,
Berkshire**

**27-29
sept**



**2024
COUNSELLORS
CONFERENCE**

26

APR



**Working Creatively with the Inner Child
in Counselling Weekend**

Fri Apr 26 - Sun Apr 28, 2024

Moor Hall Conference Centre, Cookham

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- Please answer the joining questions!



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- Lots of videos on working creatively
- Please subscribe!



Search 'Brain, Body & Beyond'

- Videos on Life, the Brain and Relationships
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