



# 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..."*

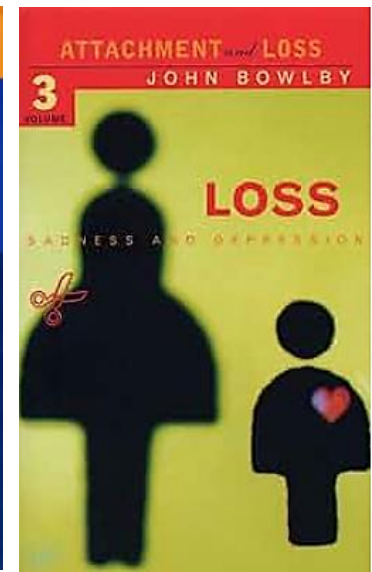
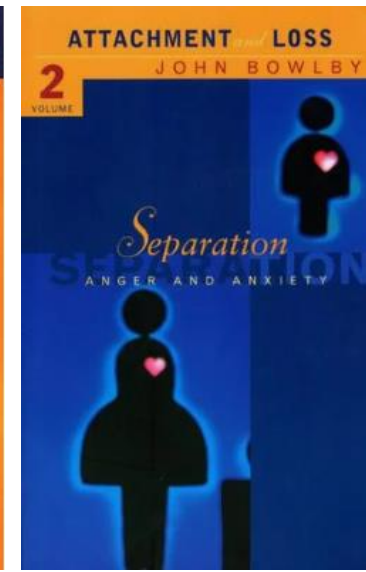
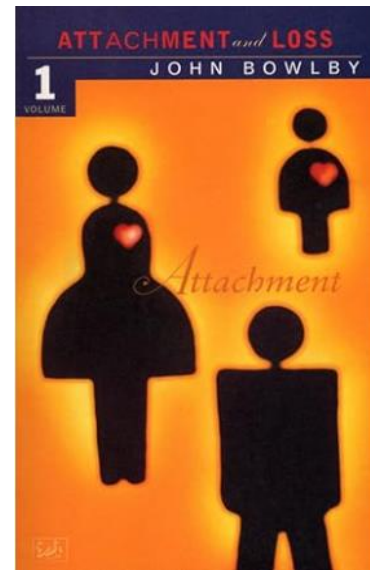
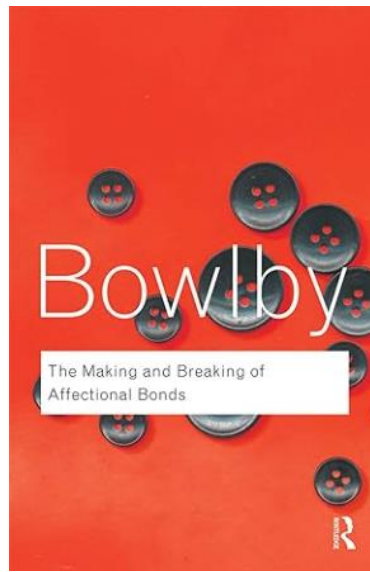
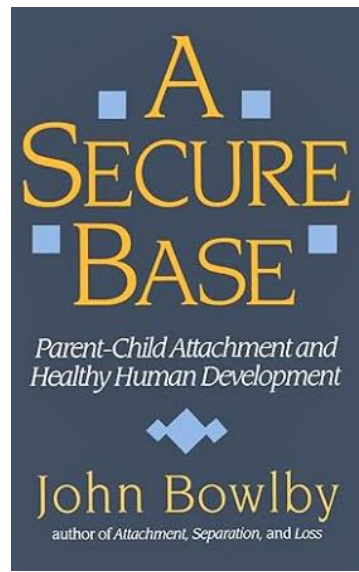




# JOHN BOWLBY



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!

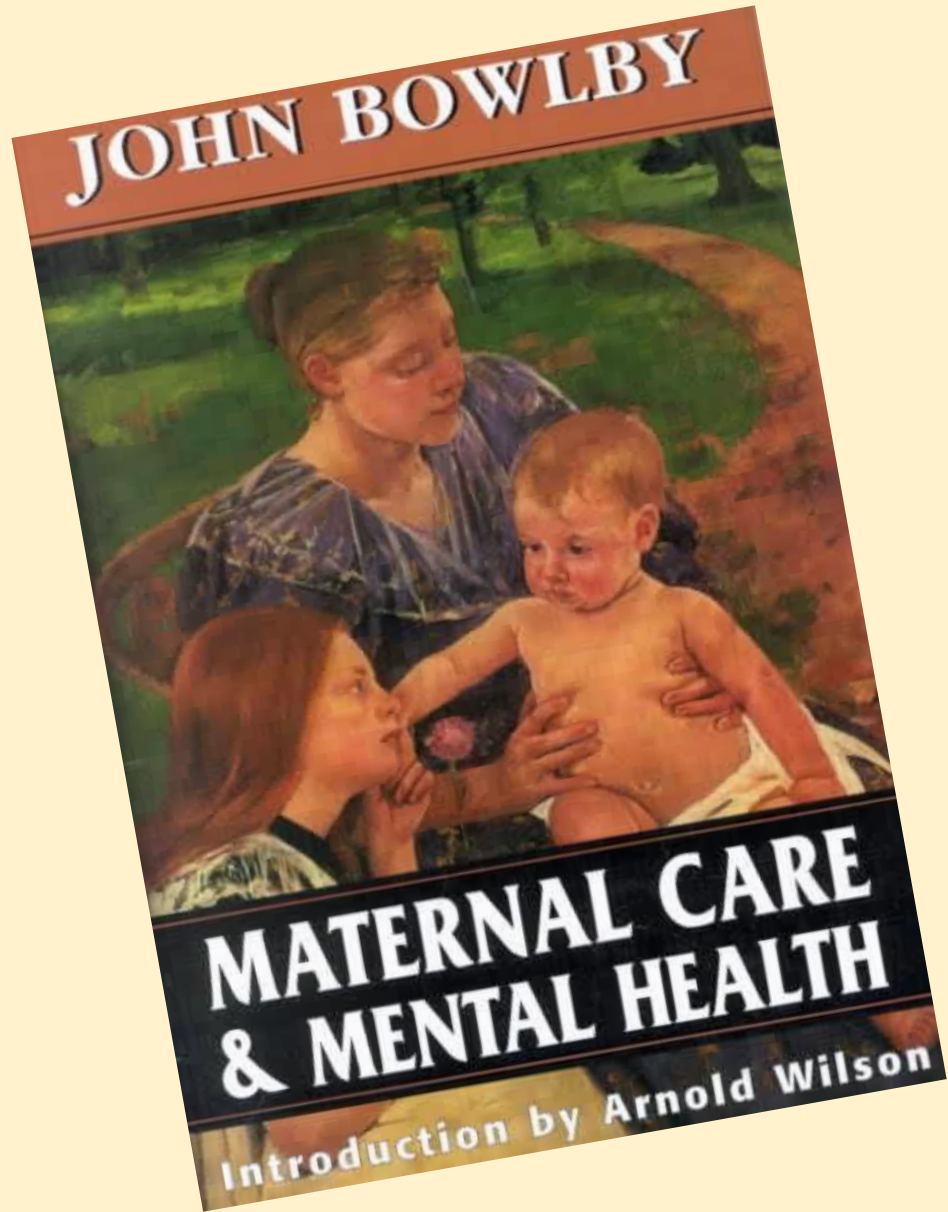


*Longing won't bring him back sooner...*  
**GET A WAR JOB!**  
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WAR MANPOWER COMMISSION





# ATTACHMENT THEORY



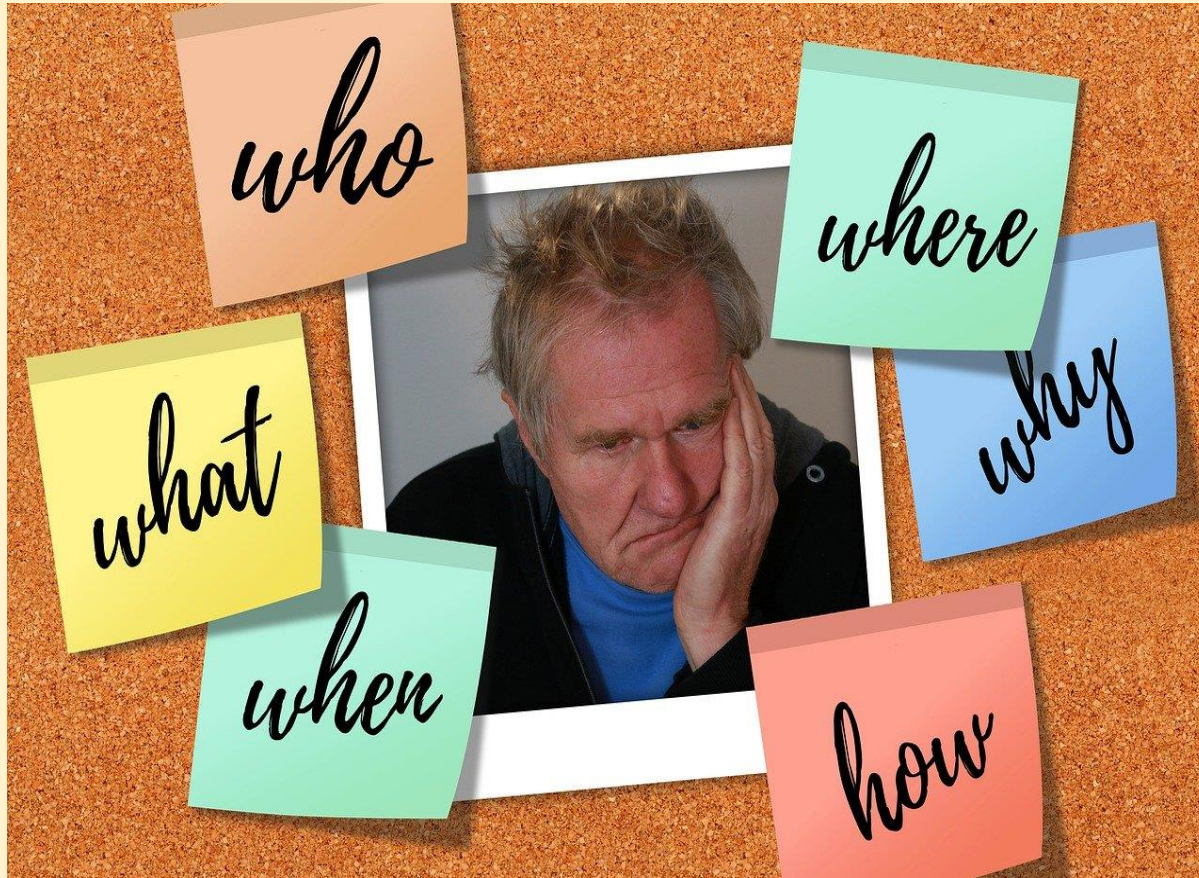
1951

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

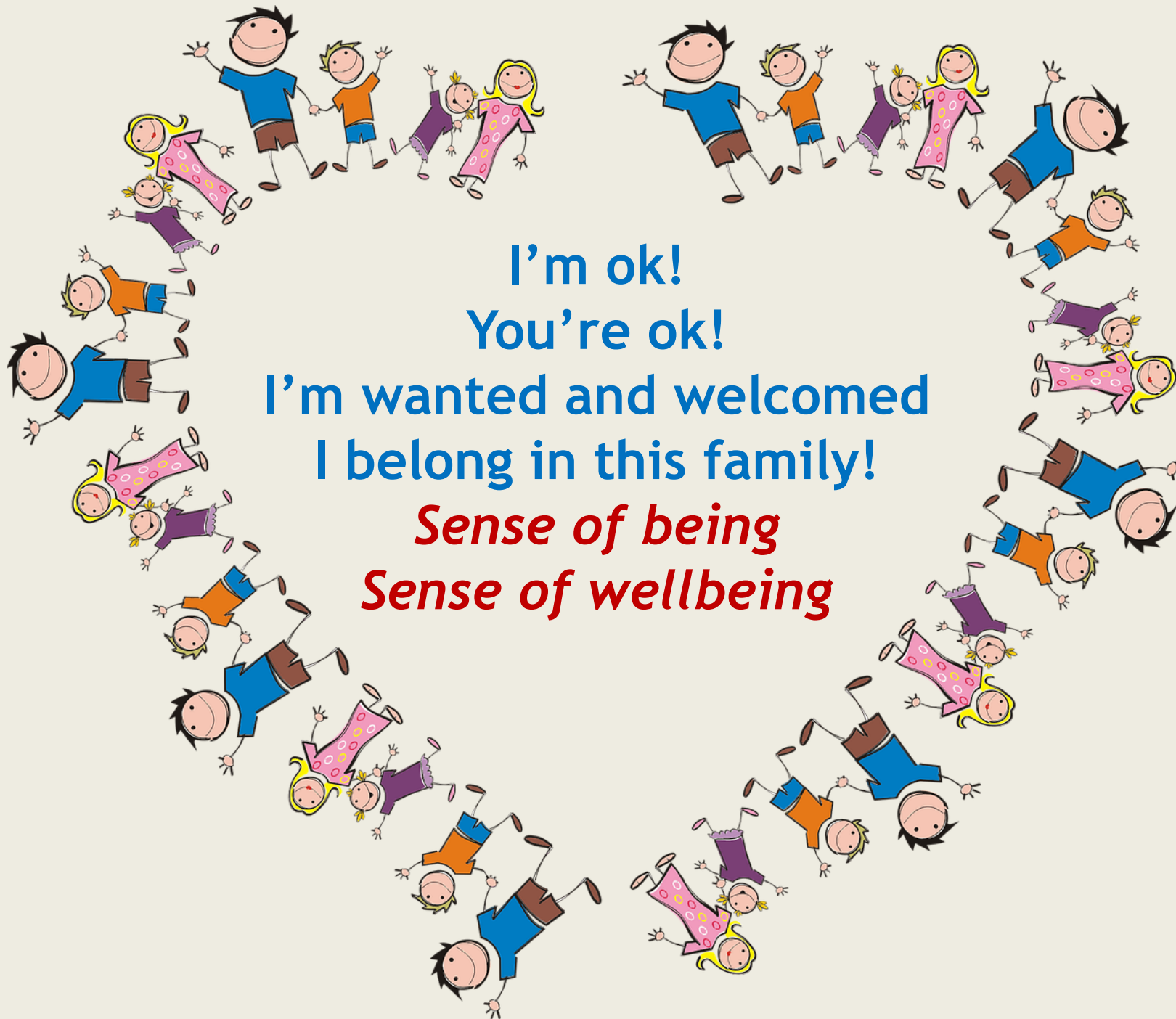


protects

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



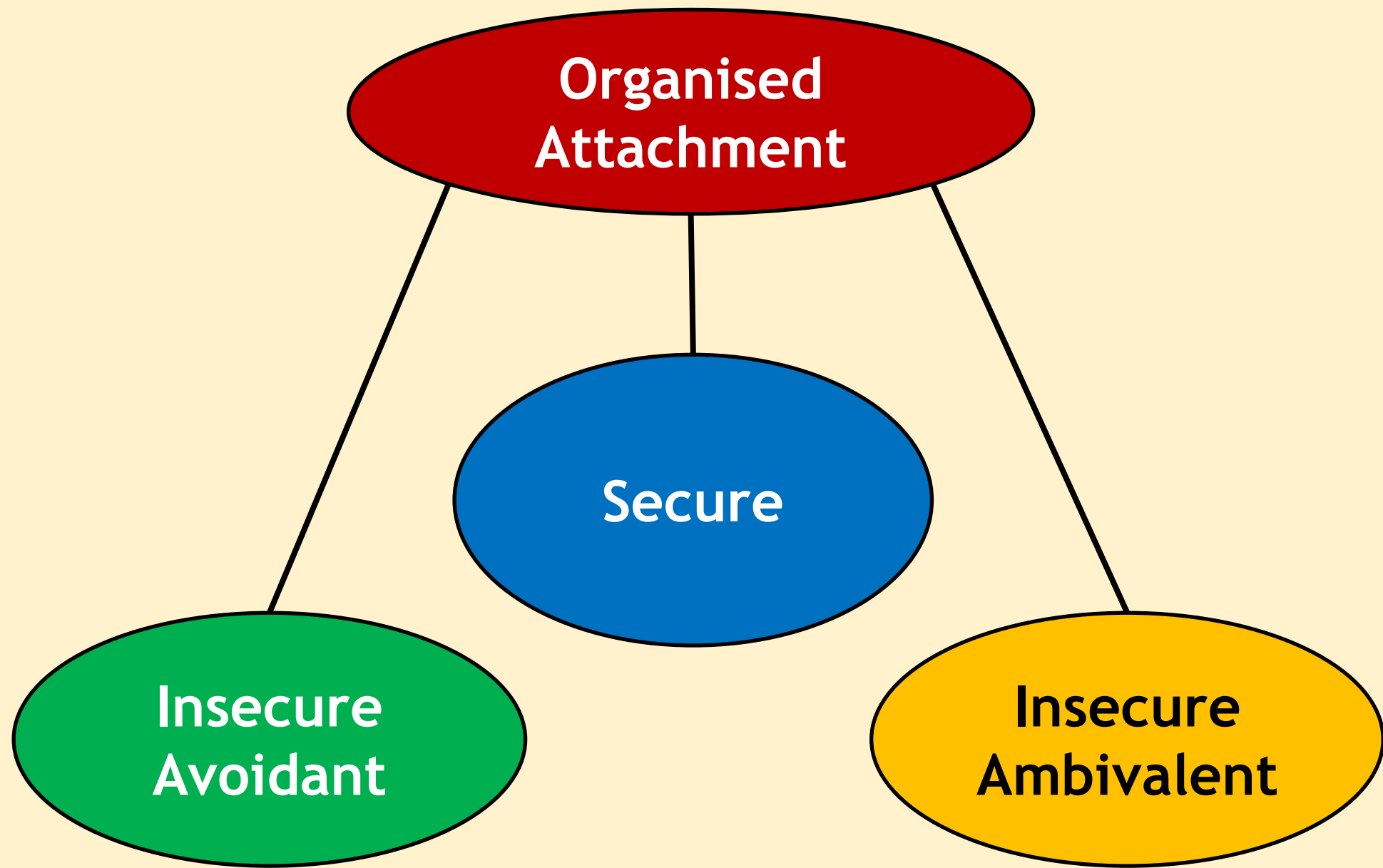
**Mary Ainsworth, 1913-1999**



**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

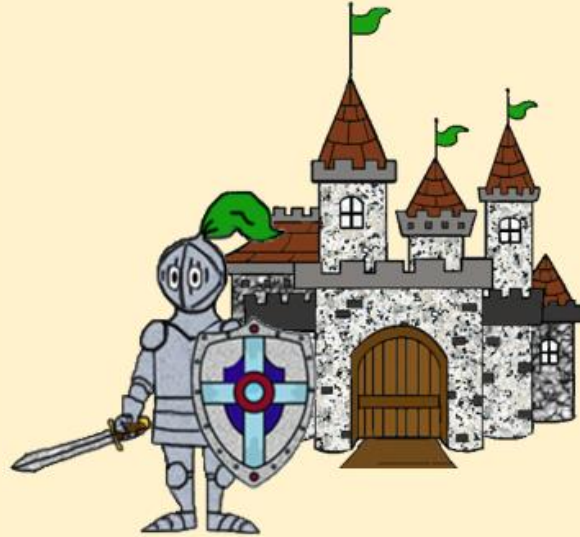


***Love is available, love is given, I am worthy to receive that love***

- 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

## Insecure-Avoidant

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



***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

## Insecure-Ambivalent

Carers are unpredictable, unsafe, sometimes loving, sometimes not



***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](http://www.psychology.sunysb.edu/attachment/measures/content/aai_interview.pdf)

# Attachment Behaviour in Adulthood

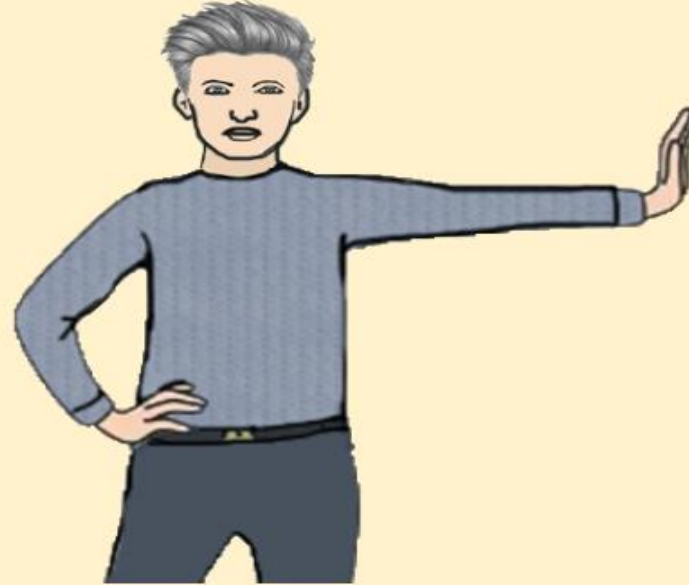
## Autonomous



- 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

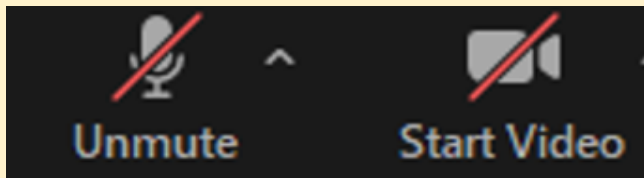
**Attachment System de-Activated**

# Jane

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**Childhood: Avoidant**  
**Adulthood: Dismissive**

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

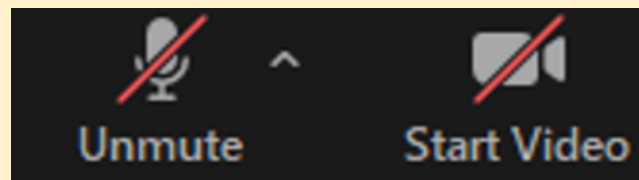






## Pauline & Hazel debrief

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!

[illegible]



## 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



Please love  
me...

It's all  
about me!



# 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



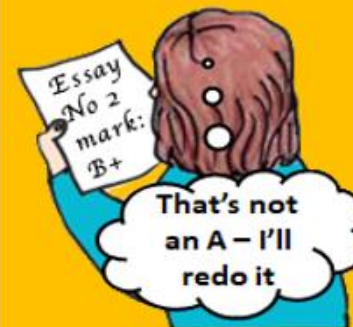
I write stories in my head that are often untrue

## 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

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**Childhood: Ambivalent**  
**Adulthood: Preoccupied**  
**Fearful**

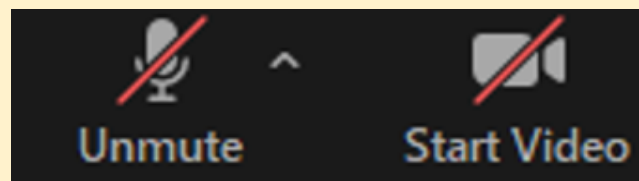






## Pauline and Libby Debrief

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.

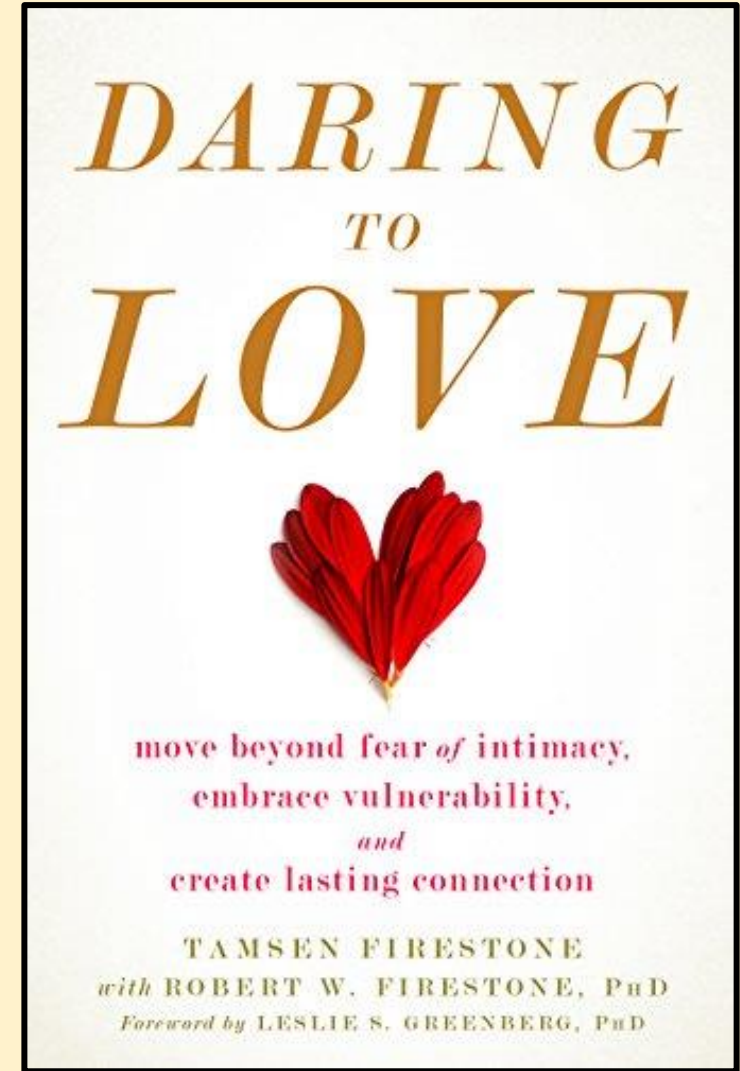
**15 minutes**





# 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





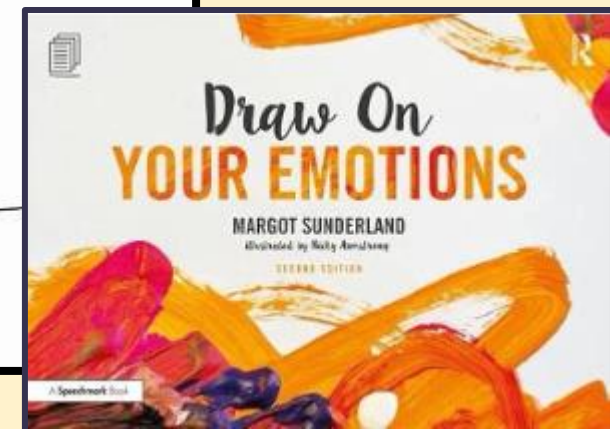
# CREATIVE WAYS OF WORKING WITH ATTACHMENT

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# 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?
Give marks out of ten or percentages	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	
<b>Acceptance: I am ok!</b> <i>I'm able to be my true self</i>													
<b>Praise: I did well!</b> <i>I have self-belief and confidence</i>													
<b>Appreciation: I am valued!</b> <i>I have self-worth</i>													
<b>Encouragement: I can do it!</b> <i>I have self-belief / I can take risks</i>													
<b>Emotional Security:</b> My feelings are understood and validated													
<b>Financial Security:</b> I have financial support and back up													
<b>Physical Security:</b> I am protected from harm; my boundaries are respected													
<b>Comfort - emotional:</b> My feelings are empathically respected and understood													
<b>Comfort - physical:</b> I am safely held and soothed													
<b>Other</b>													

[illegible]



# Share in Buddy Groups

Say goodbye

Exchange details if  
you wish

5 minutes





# Resources

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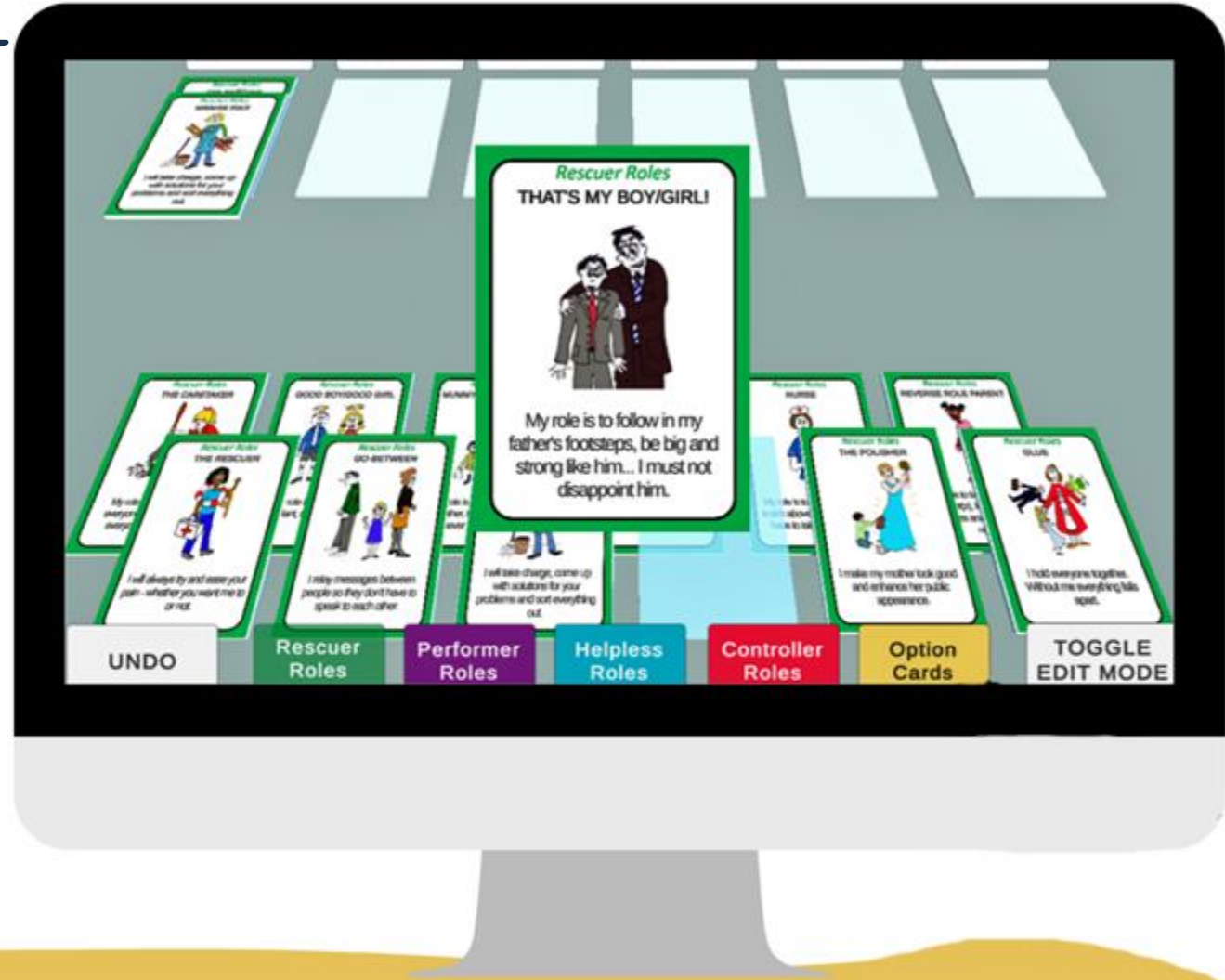
[PACT-RESOURCES.CO.UK](https://pact-resources.co.uk)

ORIGINAL & CREATIVE  
COUNSELLING RESOURCES



Now  
Available!

Use the Roles  
Played in Families  
& other cards  
online!



[pact-resources-online.co.uk](http://pact-resources-online.co.uk)

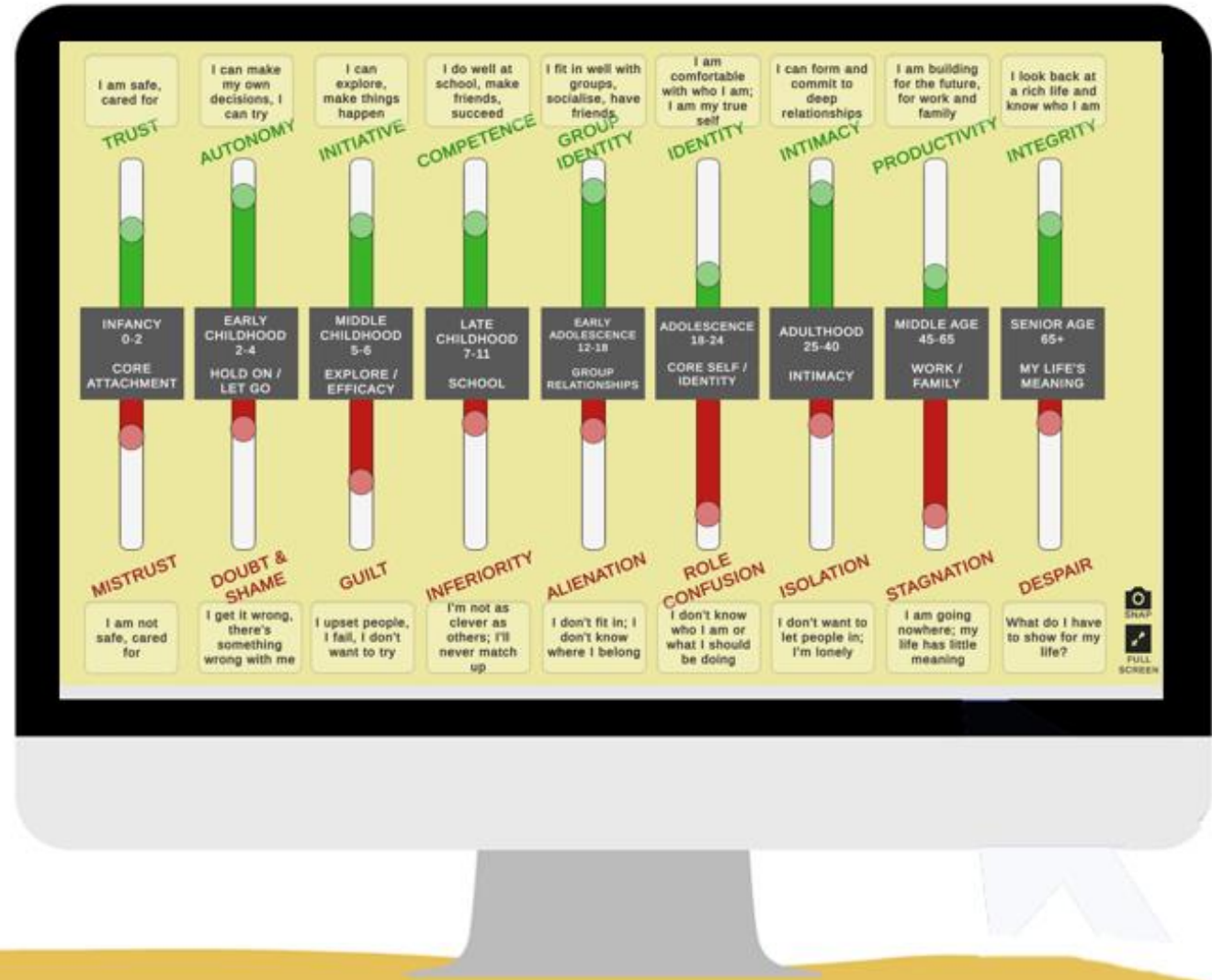
The Wheel of Life  
Web App will soon  
be available for you  
to use!



[pact-resources-online.co.uk](http://pact-resources-online.co.uk)



Coming soon!  
Erikson's Life Stages  
Web App!



[pact-resources-online.co.uk](http://pact-resources-online.co.uk)

# Cards



# e-Resources



Erikson's Life Stages



Wheel of Life



Working with Animal  
Figures Online Pack



Therapeutic Sandscapes™  
Online Pack

pact-resources.co.uk

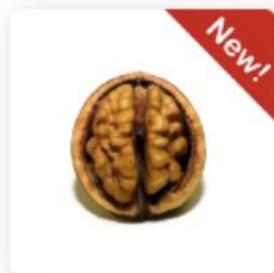


3 for 2 on all videos

# Missed a course?

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Neuroscience in a Nutshell  
£30.00



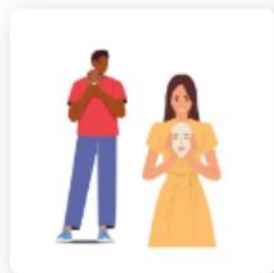
Using Erikson's Life Stages  
in Counselling  
£30.00



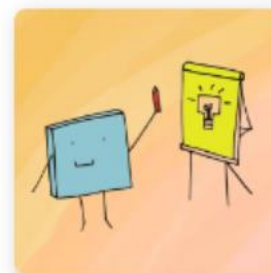
6 Ways of Working with  
the Inner Child - Training  
Video  
£30.00



Building Boundaries  
Breaking Barriers -  
Training Video  
£30.00



Imposter Syndrome -  
Training Video  
£30.00



Psycho-integration for  
Counsellors - Training  
Video  
£30.00



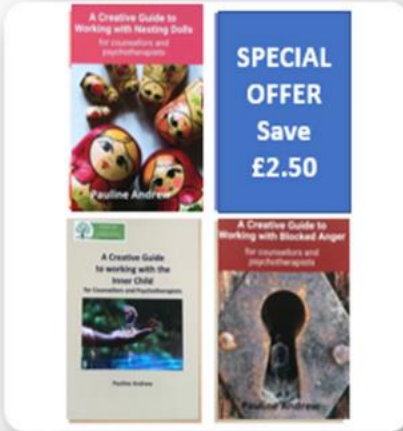
Trust and Betrayal -  
Training Video  
£30.00



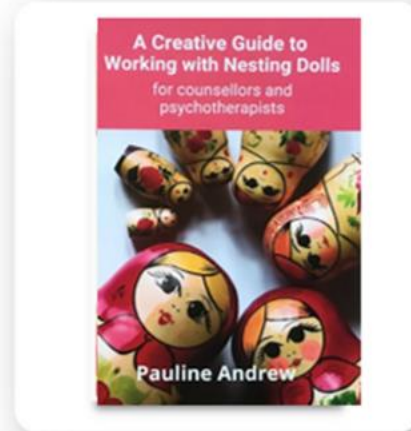
Attachment and Shame -  
Training Video  
£30.00

[pact-resources.co.uk](http://pact-resources.co.uk)

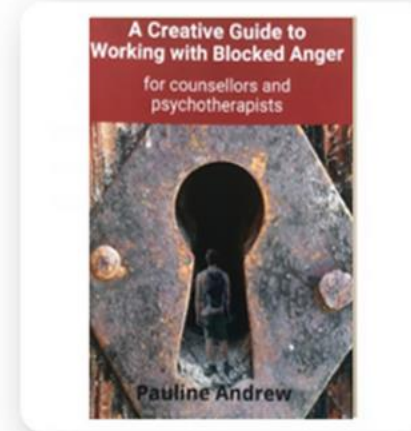
# Books



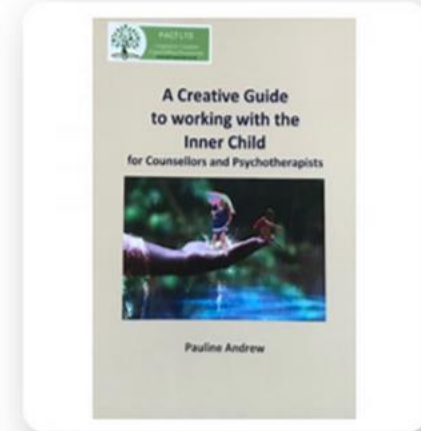
Special offer – save  
£2.50 when you buy  
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£32.00



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Working with Nesting  
Dolls  
£11.50



A Creative Guide to  
Working with  
Blocked Anger  
£11.50



A Creative Guide to  
Working with the  
Inner Child  
£11.50

Also available on Kindle

[pact-resources.co.uk](http://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**

Online Event

**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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**Search on Facebook:  
'Deep Release Ltd'**

- A closed group for counsellors & trainee counsellors
- Please answer the joining questions!



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**deeprelease.org.uk**

# YouTube

## Search 'Pauline Andrew Creative Counselling'

- Lots of videos on working creatively
- Please subscribe!



## Search 'Brain, Body & Beyond'

- Videos on Life, the Brain and Relationships
- Please subscribe!



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your feedback!



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*Thank you*

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