Healing Care: Centering Attachment-Focused and Trauma-Responsive Practices

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GOALS

1. Define trauma-based behaviors.

2. Explain the importance of relationship experiences in understanding and responding to trauma-based behaviors.

3. Describe the commitments of trauma-responsive practice.

trauma-based behavior

trauma-based behavior

Strategies a person adapts to survive difficult circumstances and address unmet needs.
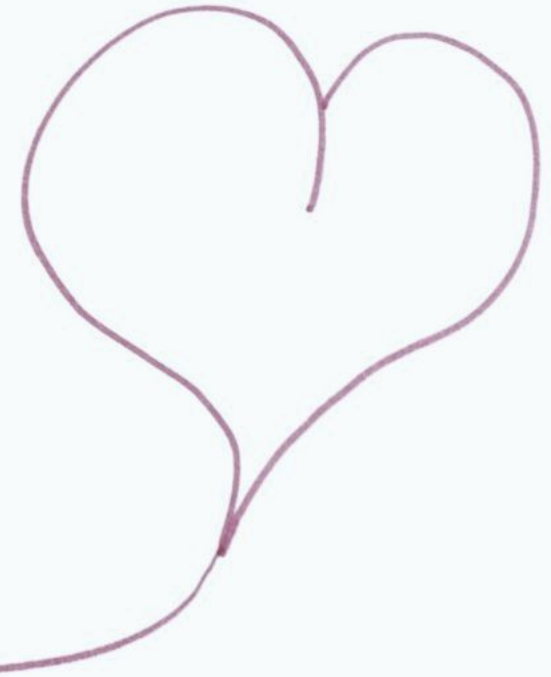
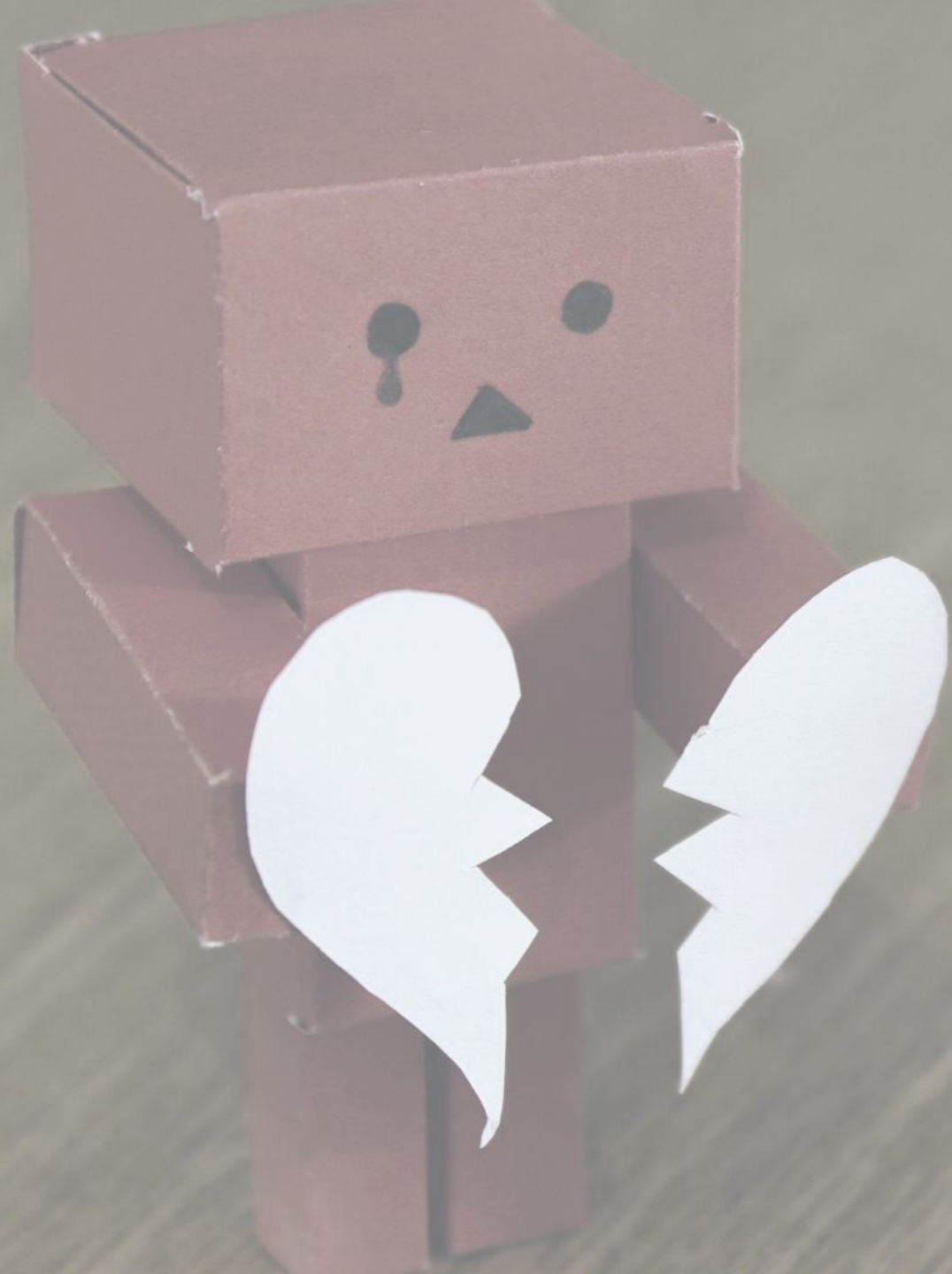Write down the names of 5 important people in your life.

attachment

"A lasting psychological connectedness between human beings."

Bowlby (1969)

Now, what if I told you...

"'How different would it be... if when you went to your doctor, she 'diagnosed' us with 'disconnection'? What would happen then?"

Hari (2018), *Lost Connections*, p. 161

pain-based behavior

Strategies a person adapts to survive difficult circumstances and address unmet needs.

triangle of insight

Adapted from Jacobs (2006),
The Presenting Past

Out There

In Here

Back Then

internal working model

The story we begin to believe about who we are, how others see us, and how we see the world.
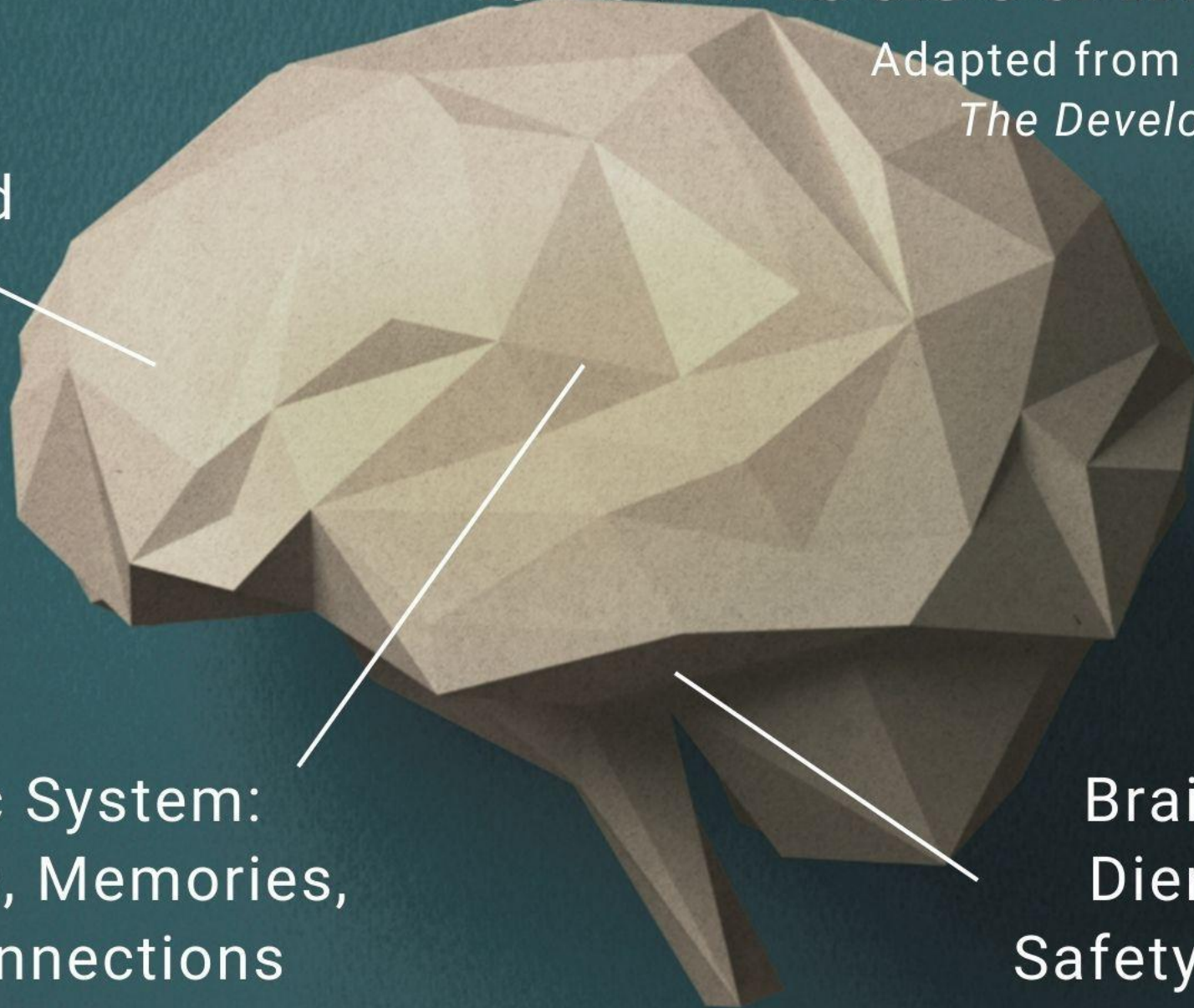
Bowlby (1969)

shark music

The "soundtrack" of an internal working model characterized by threat and lack of safety.
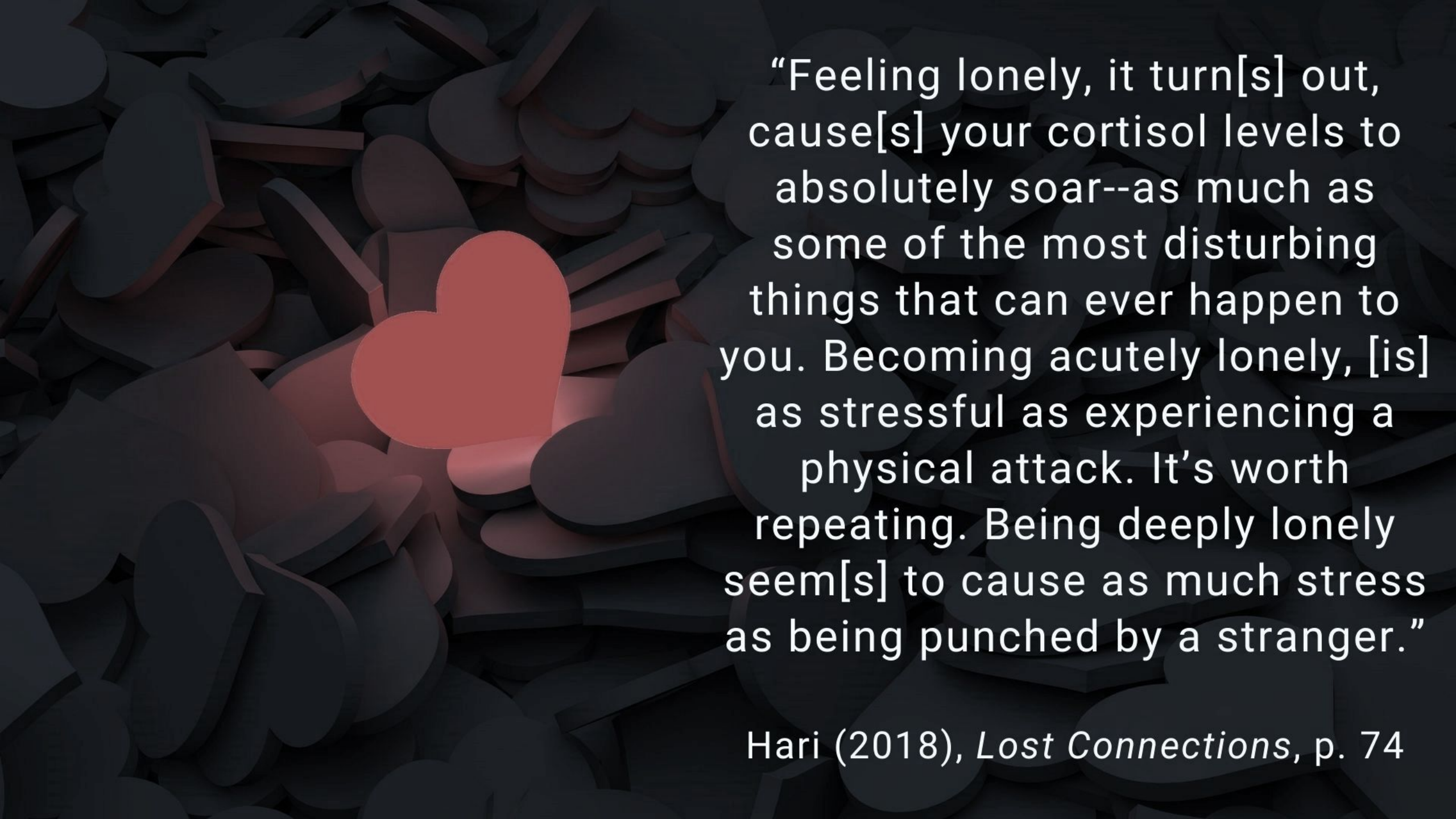
brain-based impacts

Adapted from Siegel (2020): *The Developing Mind*

Cortex: Reasoning and Thinking

Limbic System: Emotions, Memories, and Connections

Brainstem and Diencephalon: Safety and Survival

"Feeling lonely, it turn[s] out, cause[s] your cortisol levels to absolutely soar--as much as some of the most disturbing things that can ever happen to you. Becoming acutely lonely, [is] as stressful as experiencing a physical attack. It's worth repeating. Being deeply lonely seem[s] to cause as much stress as being punched by a stranger."

Hari (2018), *Lost Connections*, p. 74

brain-based interventions

Adapted from Winfrey & Perry (2021):
What Happened to You?

Cortex:
Reason

Limbic System:
Relate

Brainstem and
Diencephalon:
Regulate

pain-based behavior

Strategies a person adapts to survive difficult circumstances and address unmet needs.

Six Commitments

1. Safety
2. Trustworthiness and Transparency
3. Peer Support
4. Collaboration and Mutuality
5. Empowerment, Voice, and Choice
6. Cultural, Historical, and Gender Issues

Source: Substance Abuse and Mental Health Services Administration (SAMHSA)(2023). Practical Guidance for Implementing a Trauma-Informed Approach: https://store.samhsa.gov/sites/default/files/pep23-06-05-005.pdf

Six Commitments

regulate

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Six Commitments

relate

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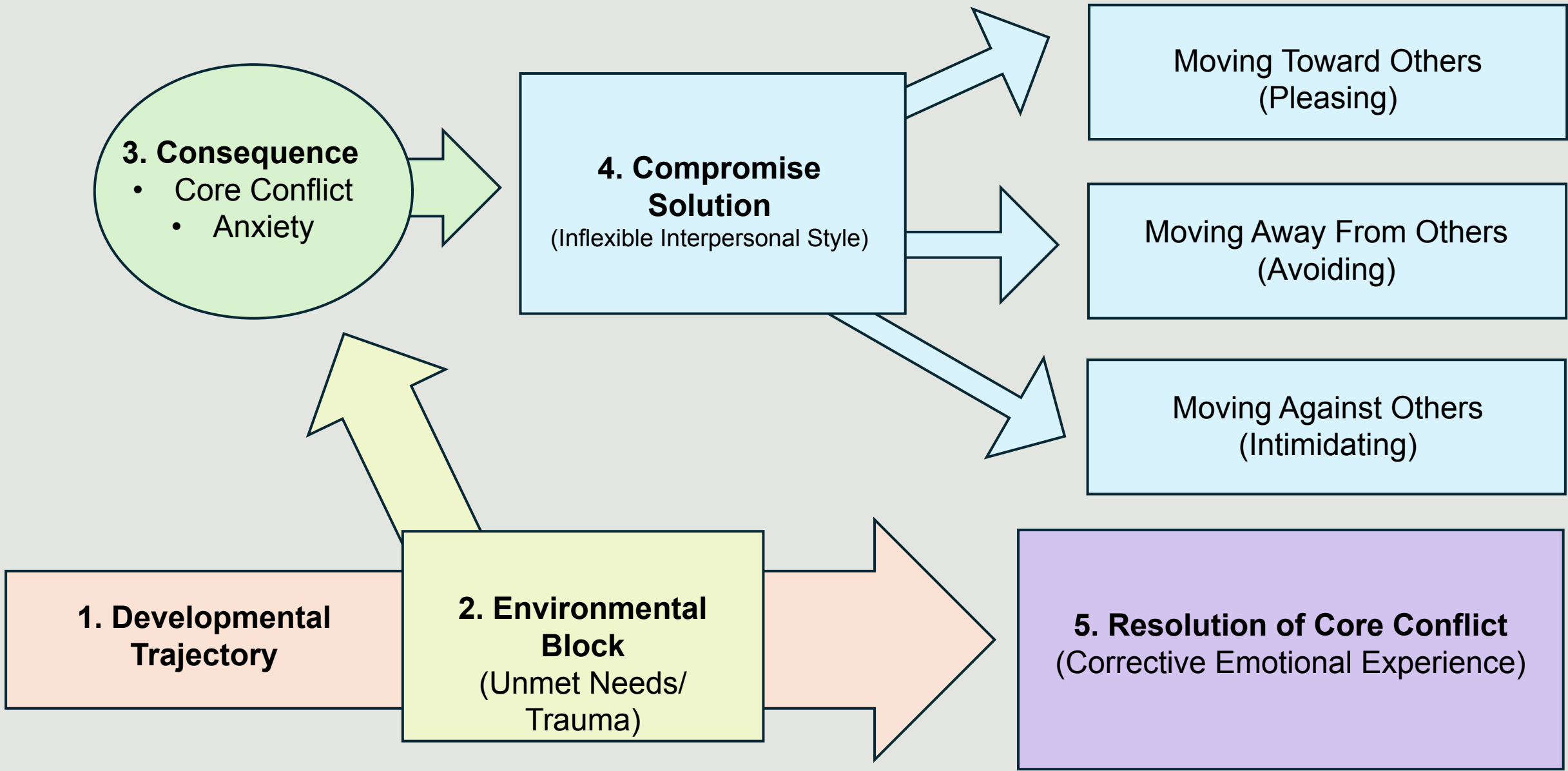Source: Substance Abuse and Mental Health Services Administration (SAMHSA)(2023). Practical Guidance for Implementing a Trauma-Informed Approach: https://store.samhsa.gov/sites/default/files/pep23-06-05-005.pdf

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reason

interpersonal model of needs
Adapted from Teyber (2006): *Interpersonal Process in Therapy: An Integrative Model*

"As clients begin to play out with the therapist the same relational patterns that originally brought them to treatment, the therapist's goal is to respond in a new and more effective way that allows clients to resolve the problem and change the pattern in their relationship. As clients have this in vivo experience of change with the therapist, their schemas expand and become more flexible or realistic and it becomes much easier to begin changing this problematic pattern with others in their lives... the therapist must provide the client with an experience rather than an explanation."

Teyber (2006): *Interpersonal Process in Therapy: An Integrative Model,* p. 21-22

pain-based behavior

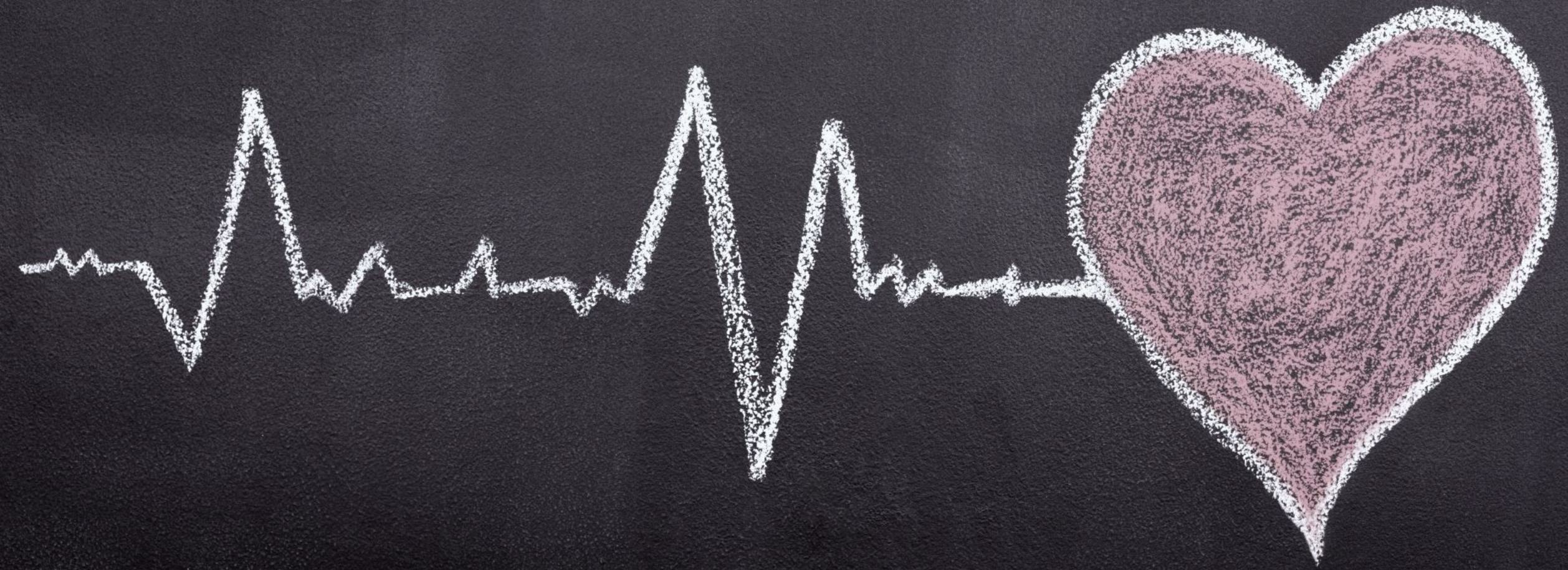Strategies a person adapts to survive difficult circumstances and address unmet needs.

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not because we have trauma, but...

...because we have heartbeats.

let's stay connected.

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