Trauma-Informed

• How I became involved
The Most Important Factor in Successful Caregiving

- The least known factor
- The most rejected factor

The Caregiver Making Sense of Their Own Past
Brain Basics

Prefrontal Cortex: Includes the Orbitofrontal Cortex that rests behind the eyes and connects to all three major regions of the brain.

Corpus Callosum: Connects the two halves of the brain to each other.

Regions of the Brain:
- Anterior Cingulate
- Cerebral Cortex
- Hippocampus
- Amygdala
- Cerebellum
- Brainstem
- Spinal Cord
How the Brain Develops and Wires

- "Lower brain" wires to the "Upper brain" during development.
- These connections are "hard-wired."
Pre-frontal Cortex
Trauma-Informed

ABUSE
- Physical
- Emotional
- Sexual

NEGLECT
- Physical
- Emotional

HOUSEHOLD DYSFUNCTION
- Mental Illness
- Incarcerated Relative
- Mother treated violently
- Substance Abuse
- Divorce
The ACE Study Revealed:

Out of 100 People

- 33% Reported No ACEs
  - 1 in 16 smokes
  - 1 in 69 are alcoholic
  - 1 in 480 use IV drugs
  - 1 in 14 has heart disease
  - 1 in 96 attempts suicide

- 51% Reported 1-3 ACEs
  - 1 in 9 smokes
  - 1 in 9 are alcoholic
  - 1 in 43 use IV drugs
  - 1 in 7 has heart disease
  - 1 in 10 attempts suicide

- 16% Reported 4-10 ACEs
  - 1 in 6 smokes
  - 1 in 6 are alcoholic
  - 1 in 30 use IV drugs
  - 1 in 6 has heart disease
  - 1 in 5 attempts suicide
CAREGIVING STYLES

PERMISSIVE

- Fewer problem behaviors
- Less internal distress
- More academic competence
- More social competence
- Higher self-esteem
- Higher life satisfaction

- Low self-regulation
- High levels of misconduct
- Low academic orientation and motivation
- High rates of substance abuse
- Strong self-confidence

SOFT SOIL

WEEDS

- Lowest work orientation and academic motivation
- Sharp increase in delinquency in teen years
- High levels of drug and alcohol use
- Most Behavior problems
- Highest rates of psychological difficulties

STRUCTURE

- More internal distress
- Less self-confidence
- More self-conscious
- More conduct problems at school
- Higher levels of depression
- Less self-esteem
- More severe behaviors in adolescence

NEGLIGENCE

HARD SOIL

AUTHORITATIVE

- Fewer problem behaviors
- Less internal distress
- More academic competence
- More social competence
- Higher self-esteem
- Higher life satisfaction

- Low self-regulation
- High levels of misconduct
- Low academic orientation and motivation
- High rates of substance abuse
- Strong self-confidence

AUTHORITARIAN

NO WEEDS
My Past Will Affect How I Connect
Attachment Cycle and Styles

Inhibitory Neurotransmitters Firing
Parasympathetic Nervous System

Excitatory Neurotransmitters Firing
Sympathetic Nervous System
Attachment Cycle and Styles

CIRCLE OF SECURITY ®
PARENT ATTENDING TO THE CHILD’S NEEDS

- Support My Exploration
- Watch over me
  - Help me
  - Enjoy with me
  - Delight in me
- Welcome My Coming To You
  - I need you to...
- Secure Base
  - Protect me
  - Comfort me
  - Delight in me
  - Organize my feelings
- Safe Haven

Always: be BIGGER, STRONGER, WISER, and KIND.
Whenever possible: follow my child’s need.
Whenever necessary: take charge.

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Attachment Cycle and Styles

Inhibitory Neurotransmitters Firing
Parasympathetic Nervous System

Excitatory Neurotransmitters Firing
Sympathetic Nervous System

Trust/Voice
Soothing
Need Met
Need Expressed
Need

Trust/Voice
Soothing
Need Met
Need Expressed
Need
Attachment Cycle and Styles

It takes secure attachment to create secure attachment!
Science shows that our children will become who we are rather than what we say or do. The most important factor in successful parenting is the caregiver making sense of their own past.

The Adult Attachment Interview (AAI) can predict with up to 85% accuracy the attachment style of the child.

We must LIVE what we want those around us to learn. It is the only way that teaching works.
ATTACHMENT THEORY

CIRCLE OF SECURITY ®
PARENT ATTENDING TO THE CHILD’S NEEDS

I need you to...

Watch over me
- Help me
- Enjoy with me
- Delight in me

Support My Exploration

Always: be BIGGER, STRONGER, WISER, and KIND.
Whenever possible: follow my child’s need.
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Attachment Styles

- Secure
- Avoidant
- Ambivalent
- Disorganized
- Insecure
ATTACHMENT STYLES

- Secure
- Avoidant
- Ambivalent
- Disorganized

Organized
Disorganized
Attachment Styles

Infant → Adult Attachment Classifications

- Secure
- Dismissive
- Ambivalent
- Entangled
- Unresolved
- Disorganized
Pillars of Secure Attachment:

• Give care
• Receive care
• Negotiate
• Okay with autonomous self
Secure attachment breeds:

• Self regulation
• Flexibility
• Organization
• Empathy
• Research shows that securely attached adults do better in life overall, including employment, marriage, parenting, and friendships.

• Insecure attachment styles will struggle in relationships and will lead to a sense of unfulfillment.
Avoidant Attachment

- Often does not speak out when has a need
- May have inability to negotiate
- May resist help unless at end point
Ambivalent Attachment

• Give inconsistent care
  • Care may be intrusive or absent
  • Responses may be nurturing at times or punitive at others
Disorganized Attachment

- No real strategy to deal with stressors
- Aggression
- Manipulation
- Control
- Difficulty completing tasks, focusing (chaotic)
ATTACHMENT THEORY: SECURE

Watch strange situation procedure videos
SECURE VIDEO
ATTACHMENT THEORY: AMBIVALENT

Watch strange situation procedure videos

AMBIVALENT VIDEO
ACTIVITY

• Google “How We Love Quiz”
• Click on link “Love Style Quiz – How We Love”
SECURE ATTACHMENT

• Four Pillars
  • Give care
  • Receive care
  • Negotiate
  • Okay with autonomous self
CAREGIVING STYLES VARY GREATLY

ALL OF US PARENT AND RESPOND TO FEELINGS FROM THE MODELS WE HAD GROWING UP.