

John Bowlby 1951



'Children are not slates from which the past can be rubbed by a duster or sponge, but human beings who carry their previous experiences with them and whose behaviour in the presence is profoundly affected by what has gone before'.

Pioneering work in Attachment theory

Healthy secure attachment



- Proximity seeking- child moves closer to parent.
- Separation protest- child protests about separation by crying
- Secure base effect- child derives comfort by presence of parent



Child experiences

- An adult providing safety
- An adult helping him/her to regulate their big states/sensations and feelings
- An adult facilitating fun/joy for him/her



Being part of the solution

Quality relationships are the key to change!



Humans are evidence seeking creatures. We understand social relationships by processing the information we receive in our social exchanges and environment.: evidence that things are one way and another.



Intersubjectivity- The relation between people

- Joint effect- this regulates emotion
- Joint attention- this regulates attention
- Complimentary intention- this facilitates co-operative behaviour

Primary intersubjectivity- explore each other- learning more about themselves, child learns self through the eyes and mind of another.

Secondary intersubjectivity- learn about others and world through adult-others/motives/intentions.



Empathic Attunement



- **Primary inter-subjectivity-** *explore each other, learning more about themselves, child learns self through the eyes and mind of another.*
- **Secondary inter-subjectivity-** *learn about others and the world through adult- others motives, intentions.*
- **Empathic attunement-** *the child learns about its own needs and feelings by the responses he/she experiences.*
- *The baby learns about him/herself by being understood by another- the basis of empathy.*



Disturbed Attachment Cycle

