

The Misattuned Family

Techniques for Healing Attachment Trauma

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Too many children feel hurt, angry, and disconnected from their parents; and too many parents feel discouraged that their child-rearing approaches aren't working. Many parent-child therapies focus on improving behaviors without looking at the core issues underneath—attachment and trauma. This workshop offers an approach that focuses on the physiologic, nonverbal connection between parent and child to improve the relationship. Using two attachment-based modalities—Dyadic Developmental Psychotherapy and Theraplay—learn how to enhance regulation, connection, and joy between parents and children as well as guide parents to do reparative work around family trauma. Discover how to:

- Get to the heart of a child's deeper thoughts, feelings, wishes, and beliefs without relying on the child's ability to verbalize feelings
- Facilitate active dialogue between parents and children that's both safe and gets to their core issues
- Practice scenarios for optimal arousal, affect regulation, and de-escalating child-parent dysregulation
- Learn gentle ways to intervene and redirect a misattuned or critical parent

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Learning Objectives:

1. Employ face-to-face between parent and child to create a sense of well-being, connection and joy.
2. Practice how to facilitate active dialogue between parent and child that is both safe and gets at the dyad's core issues.
3. Practice scenarios for de-escalating child and parent dysregulation optimal arousal and affect regulation.
4. Apply gentle intervention to redirect a misattuned or critical parent in session.

Outline:

1. Implement face-to-face between parent and child to create a sense of well-being, connection and joy
 - Watch and practice activities that increase warm facial expressions, synchronized movement and rhythm
 - Learn activities that work to calm a dysregulated child and engage a withdrawn child
2. Learn to facilitate active dialogue between parent and child that is both safe and gets at the dyad's core issues.
 - Practice using PACE-Playfulness, Acceptance, Curiosity and Empathy
 - Learn techniques to discern underlying motives/feelings underneath a child's behaviors
3. Practice scenarios for de-escalating child and parent dysregulation optimal arousal and affect regulation,
 - Detect and manage parent/child signs of escalation before they sabotage the session
 - Learn techniques for reducing intensity of content to allow child to stay with difficult content
4. Learn gentle ways to intervene and redirect a misattuned or critical parent
 - Observe techniques for calming and refocusing parent's energy
 - Observe techniques for helping parent convey messages in a constructive manner

References:

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