



PARENTING STYLE AND ADULT ATTACHMENT

Integrating a Trauma-Focused Lens

Attachment Styles

Secure Attachment

See parent as a secure base, receive acceptance, comfort, love, autonomy, consistency, and play.

Anxious Attachment

Fear losing parent, clingy, demanding, possessive, need constant closeness.

Avoidant Attachment

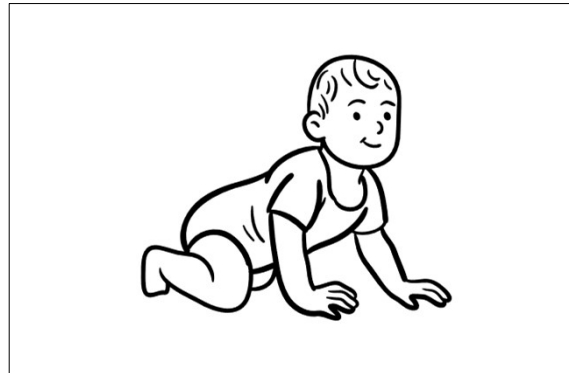
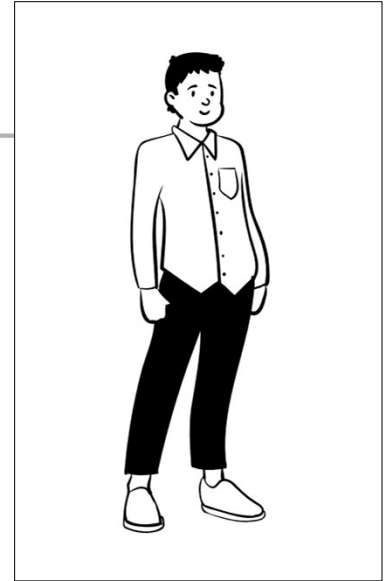
Emotionally distant from parent, isolate, attend to own needs, deny needs from others.

Disorganized Attachment

Highly confused about needs, depressed, angry, non-responsive, fearful.

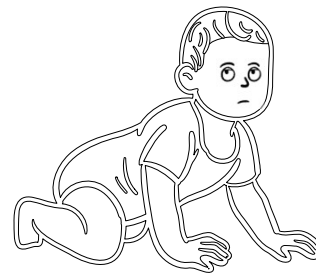
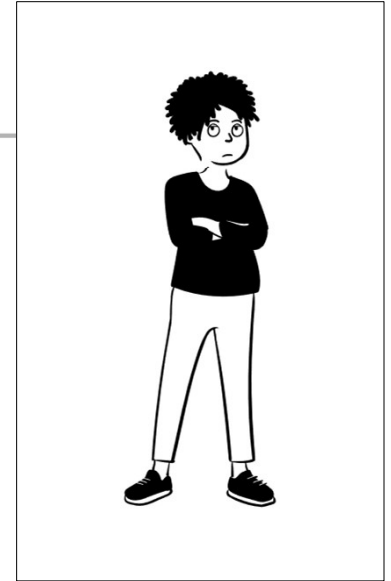
THE STRANGE SITUATION SECURE ATTACHMENT

- Reunion behaviors are more insightful than separation behaviors.
- Immediate reassurance from the return of their secure base (distress is natural and expected at separation).
- Reconnection prompts return to independent exploration and play.
- Child Behaviors: Flexibility and resilience
- Secure Parent = Sensitivity, attunement, acceptance, cooperation and emotional availability



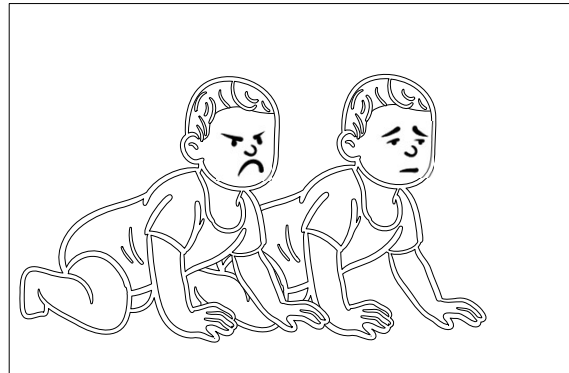
THE STRANGE SITUATION AVOIDANT ATTACHMENT

- Reunion behaviors are more insightful than separation behaviors.
- Apparent lack of distress should not be mistaken for calm. Superficial indifference is a trauma defense.
- Reconnection displays active rejection of bids for connection by parent resulting in limp physical connection.
- Parent Behaviors: Withdraw and Rebuff
- Avoidant Parent = Inhibited emotionality, aversion to physical contact, and brusqueness



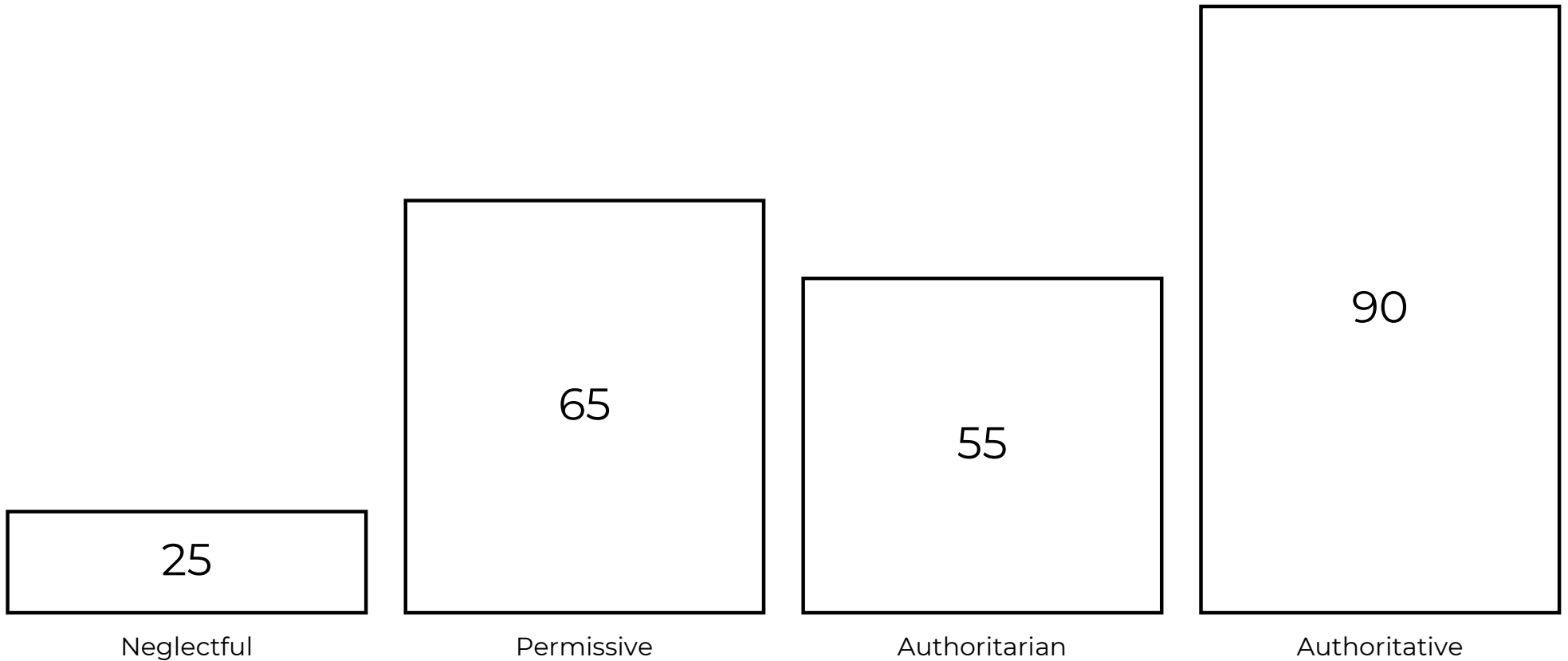
THE STRANGE SITUATION AMBIVALENT ATTACHMENT

- Reunion behaviors are more insightful than separation behaviors. Looking for their absent parent even when the parent is present.
- Two presentations: Angry or Passive
- Reconnection displays overt bids for connection and expressions of rejection (e.g. full-blown tantrums, leaning away, etc.) to implicit bids for solace displayed in helplessness and misery. Lack of exploration. Parent Behaviors: Unpredictable and Intermittently available
- Ambivalent Parent = Insensitive signaling, neither verbal or physically rejecting while discouraging autonomy



Parenting Styles

Comparing nurturance and structure levels on a scale of 0-100.



Democratic-Authoritative Parenting

**High nurturance, expectations,
and control
Moderate communication**



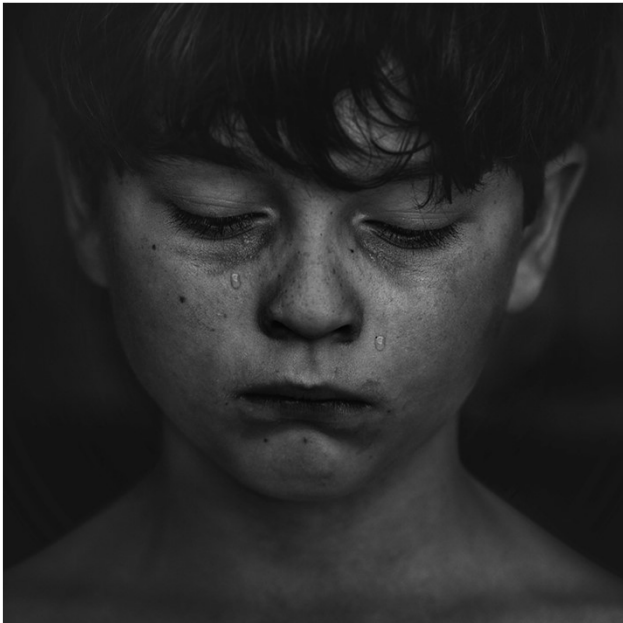
Abusing-Authoritarian Parenting

**High expectations and control
Low nurturance and communication**



Neglecting-Uninvolved Parenting

**Low nurturance, expectations,
control and communication**



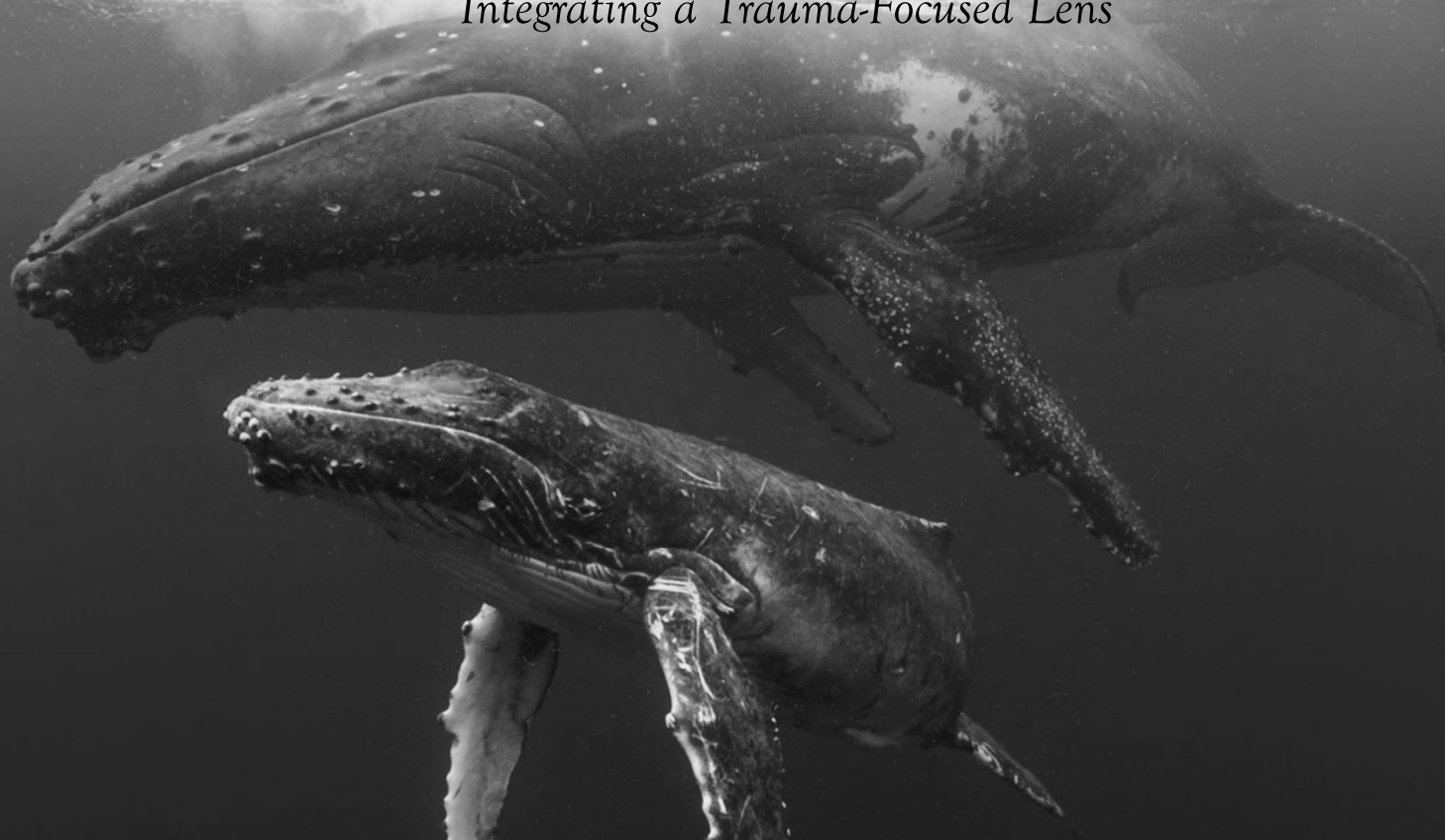
Indulgent-Permissive Parenting

**High nurturance, moderate
communication,
low expectations, and control**



CHILD AND ADOLESCENT ATTACHMENT

Integrating a Trauma-Focused Lens



Attachment Style: Child (Chara, 2005)

Characteristics	Secure	Avoidant-Insecure	Ambivalent Resistant Insecure	Disorganized Insecure
Reaction to caregivers' absence	Moderate Distress	Little Distress	Strong Distress	Confusion and Distress
Reaction to caregivers' presence	Seeks comfort and contact	Comfort and contact not strongly desired	Desires, but often rejects, comfort and contact	Desires, but wary of, comfort and contact
Caregiver's typical interactive style	Loving, involved, disciplining	Rejecting and unavailable	Inconsistent in meeting child's needs	Neglectful or abusive

Attachment Style: Adolescent (Chara, 2005)

Characteristics	Secure	Avoidant-Insecure	Ambivalent Resistant Insecure	Disorganized Insecure
Predominant Emotions	Optimism; mature emotionality	Detachment; callousness	Anxiety, anger	Fear, doubt
Ability to Trust	Desires trust; finds it easy to trust	Indifferent toward trust mistrustful of others	Desires trust; but mistrustful of others	Desires, but wary of, trust, suspicious of others
Ability to be Intimate (mutual self-disclosure)	Desires intimacy; able to be intimate	Avoids intimacy; difficulty being genuinely intimate	Desires intimacy, but doubtful intimacy is sincere; difficulty being intimate	Intimacy desires mixed with fear and doubt; difficulty being intimate
Fear of Abandonment	Low; finds security in relationships	Low; indifference born of self-reliance	High; fears being rejected	High; strong fears of rejection