"The field of Infant Mental Health may be defined as multidisciplinary approaches to enhancing the social and emotional competence of infants in their biological, relationship, and cultural context." (Zeanah & Zeanah, 2001).
Brain Development

- Bottom to Top
- Right to Left
- Inside to Outside

- 32-weeks gestation
- One-day-old
- One-year-old
- 18-months-old
- Three-years-old
- Five-years-old

The brainstem controls heart rate, body temperature, and other survival-related functions. It also stores anxiety or arousal states associated with a traumatic event. Moving outward towards the neocortex, complexity of functions increases. The limbic system stores emotional information and the neocortex controls abstract thought and cognitive memory.
Not all relationships are attachments

But all attachments are relationships

What is the biological purpose of attachment?

Trauma in attachment relationships
Formation of Attachment

Circle of Security®
Parent Attending To The Child’s Needs

I need you to...
Support My Exploration

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

Always be: Bigger, Stronger, Wiser & Kind.
Whenever possible: Follow my child’s need.
Whenever necessary: Take charge.

Secure Base
- Protect me
- Comfort me
- Delight in me
- Organize my feelings

Safe Haven

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Attachment Relationship

- The attachment relationship is the vehicle which drives the development of a young child.
- It also is how a child learns to organize and integrate traumatic events.
The three types of ACEs include

**ABUSE**
- Physical
- Emotional
- Sexual

**NEGLECT**
- Physical
- Emotional
- Mother treated violently

**HOUSEHOLD DYSFUNCTION**
- Mental Illness
- Incarcerated Relative
- Substance Abuse
- Divorce

**Adverse Childhood Events**

- Before the age of 18
- More than four is clinically significant
- Changed the way society views childhood trauma
- Criticisms...
Developmental Trauma

- Brains that have experienced early trauma or neglect are more sensitive to threat perception because the alarm system gets stuck in the ON position.
- Babies are more likely to experience fear, anxiety, and insecurity if their neural template of relationship is that the world is not safe.
- When the stress and trauma come from the source of protection, this can lead to extreme dysregulation. Without repair, this results in actual changes in the baby’s brain.
Reflection

- How’s everyone doing?
Diversity-Informed Practice

“Diversity-informed practice is dynamic, focusing not just on values, beliefs or experiences of a group or individual but on interactions among people with different views. It also involves an understanding of how interactions are shaped by the larger sociopolitical and historical context.” - Chandra Ghosh Ippen
Child-Parent Psychotherapy

- A relationship-based treatment for parents and young children that aims to help restore normal developmental functioning in the wake of violence and trauma.

“What do we live for, if it is not to make life less difficult for each other?”

George Eliot
Post-Traumatic Stress Disorder

Developmental Trauma Disorder (DTD)

DSM-5

DC: 0-5

• PTSD
  • A: Exposure to traumatic event to self or caregiver (1)
  • B: Re-experiencing of traumatic event (1)
  • C: Avoidant behavior of trauma reminders (1 or)
  • D: Decreased positive emotions (1 or)
  • E: Hyperarousal (2)
  • F: Interference in family functioning (All)
Symptoms of Trauma in Early Childhood

Hyperarousal-Fight/Flight
- Hitting
- Kicking
- Biting
- Running
- Throwing toys

Hypoarousal-Freeze
- Disassociation
CPP as Intervention

- Foundational Phase
  - Understand Parent (parents hx and experiences)
  - Understand Child (behaviors/symptoms/development)
  - Developmental Guidance
  - Build Rapport

- Feedback Phase
  - Partner with parent on how to help child
  - Speak the unspeakable

- Intervention Phase
  - Give child a narrative of their experience
  - Improve parent-child relationship
  - Help parent and child regulate emotions
  - Benevolence in the conflict
Thank you, and please remember...

"Sometimes all you hear about is the hate, but there is more love in this world than you could possibly imagine."

Charlie Mackesy