

Lesson 3a- Attachment is the Antidote

You can boil responding in a trauma-informed way down to two components:

Internal Working Model World/Self Views	
Healthy	Unhealthy



How does Attachment relate to resilience, future relationships, & self-regulation?



Key Points about Attachment Disorders:

Building Blocks of Safe Relationships:

Sources Used in Lesson 3a:

- Shore, A. N. (2000). Attachment and the regulation of the right brain*. Attachment & Human Development, Vol. 2(No. 1).
- Siegel, D. J. (2020). The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are (3rd ed.). The Guilford Press.
- Understanding Attachment. Attachment & Trauma Network, Inc. (n.d.).
<https://www.attachmenttraumanetwork.org/understandingattachment/>
- Hoffman, K., Cooper, G., & Powell, B. (2017). Raising a Secure Child: How Circle of Security Parenting Can Help You Nurture Your Child's Attachment, Emotional Resilience, and Freedom to Explore. The Guilford Press.
- Treatment - Trauma-Based Disorders, Attachment & Trauma Network, Inc. (n.d.).
<https://www.attachmenttraumanetwork.org/treatment/>



REFLECTION QUESTIONS

1. *Why do you think ATN refers to Attachment as the Antidote of Trauma?*

2. *In what ways has this lesson changed your understanding of attachment?*

Additional Resources:

- Ep. 3 - Why Relational? Regulated & Relational Podcast, May 2021
<https://podcasters.spotify.com/pod/show/regulatedandrelational/episodes/Ep-3-Why-Relational-e12d709>
- Harvard's Center on the Developing Child, Serve and Return Guide
<https://developingchild.harvard.edu/science/key-concepts/serve-and-return/>
- Ep 69 - Inner Working Models - Where do they come from? Regulated & Relational Podcast, October 2023
<https://podcasters.spotify.com/pod/show/regulatedandrelational/episodes/Ep-58---Inner-Working-Models---Where-do-they-come-from-e2a3rdo>

