

Inside Trauma

Winter 2018 Edition

Inside Trauma is
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Centre Australia



P: (03) 9205 9488

E: reception@traumacentre.com.au

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A Word from the Editor

Attachment Theory is one that has been drilled into psychologists since the first day we stepped into class. We learnt that those early relationships we develop when we are born shape us for our future. We learn that those who are not as lucky suffer as a result of their deprivation as children.

Attachment has also been linked to resilience and our susceptibility to the development of psychopathologies. Being aware of a person's childhood relationships can help in developing a way forward in helping our clients.

This edition of Inside Trauma explores the different ways our early attachment can influence our lives and predict our future relationships. It also begins to lay the foundation for our TAPIG event in Darwin that has been postponed until further notice (more details on page 4).

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Childhood Attachment can be the Picture to Adulthood Relationship Stress

The foundation of healthy emotional development and the subsequent secure and stable relationships are paramount in the formulation of stable, secure attachments.

John Bowlby (Psychiatrist) a pioneer in this area formulated “Attachment Theory”, which is based on the concept that the mother-child (or caregiver) bond is the primary force in infant development.

While on life’s journey we will encompass many human connections. These relationships, particularly early adverse experiences can have significant impacts on how human beings carry out their relationships later in life.

The magnitude and adversity of events that impact our lives include loss, abuse, neglect and exposure to violence. Other influences that disrupt the attachment connection include separation, moving and being apart from loved ones. All of the above are a part of everyday life.

These early attachment bonds can profoundly influence the function and structure of the brain. Therefore failed development through neglect can negatively impact the brain, causing developmental or relationship trauma.

Often early-life trauma may not surface for long periods into later life. However relational stressors within adulthood can finally materialize and trigger a traumatic stress disorder.

Peter Horton

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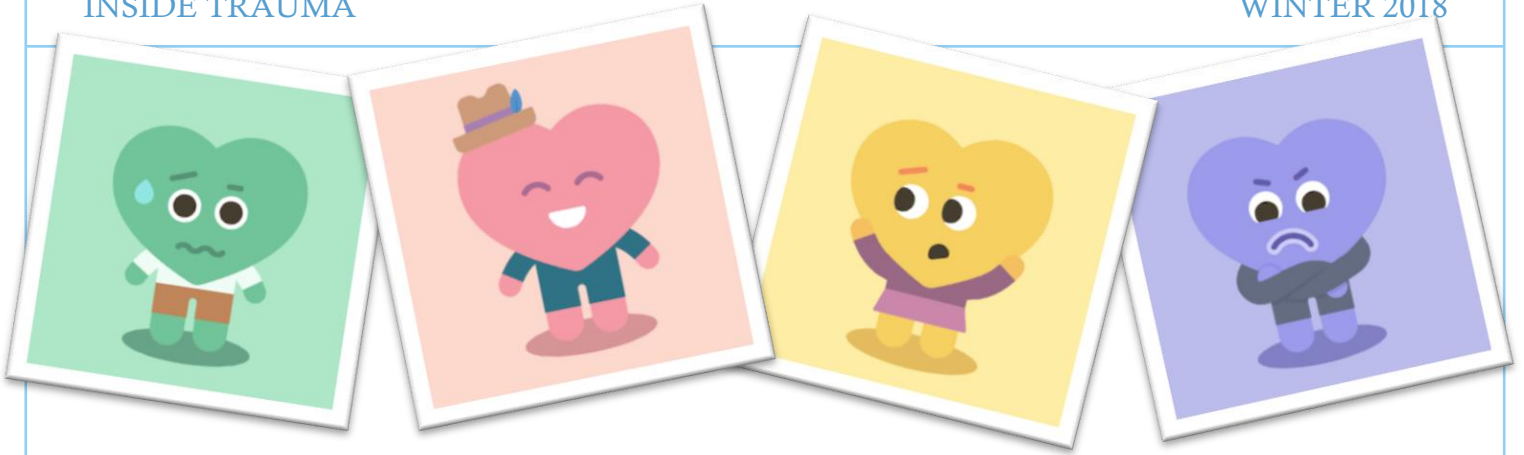
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Attachment as a Predictor for Psychopathologies

John Bowlby's (1969) work in the field of attachment has influenced a number of researchers. He suggested that babies are born with an innate need to form attachments with other human beings.

As a continuation of Bowlby's research Mary Ainsworth conducted a study called "The Strange Situation" (1973). Through her studies she found four attachment styles; secure, anxious-avoidant, anxious-ambivalent and disorganized/disorientated. Harlow's (1953) famous experience with monkeys found that deprivation of a maternal figure in early stages can lead to emotional damage, this can only be reverse if an attachment was made before the end of the critical period.

This body of research has continued to

inspire current researchers who are investigating how these attachment styles and deprivation at early childhood may develop into psychopathology. It highlights the importance of that child-caregiver bond which influences the future of a child significantly.

Studies on attachment and psychopathology can lead to the development of early interventions to ensure children who are brought up in unstable home environments or are unable to develop a secure attachment can still thrive in later relationships and not be at a higher risk of developing psychopathologies.

Emily Clinch



Looking for Training in Trauma Counselling?

We have developed the Advanced Certificate of Trauma Counselling. If you would like more information please visit our website

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Or contact our office of (03) 9852 7797

Trauma and Psychology Interest Group

Darwin Workshop September 2018

The Trauma and Psychology Interest Group (TAPIG) have announced an all day workshop in Darwin on September 8th 2018.

Due to medical reasons, our Key Note Speaker is unable to attend the event. Unfortunately we will be postponing the event until further notice. We will endeavor to keep you informed.

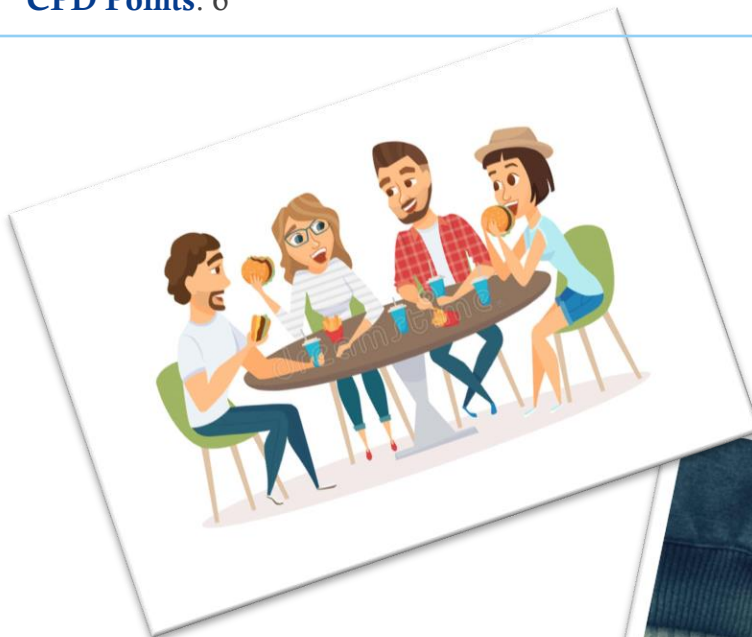
Please call the Trauma Centre at (03) 9205 9488 for more information.



When: To Be Announced

Where: Relationships Australia, 5 Shepherd Street, Darwin, NT 0800

CPD Points: 6



It's your reaction to adversity, not adversity itself that determines how your life's story will develop

- Dieter F. Uchtdorf

Out of massive suffering emerged the strongest souls; the most massive character are seared with scars

- Khalil Gibran

