

IMPORTANT PRINCIPLES of ATTACHMENT THERAPY

- 1) Always create and maintain a *safe* environment.
- 2) Determine and reinforce who's in charge - Mom (parent) first, then therapist.
- 3) Therapy should involve the parent whenever possible to facilitate attachment.
- 4) Look to heal at the site of the injury. Treat the child's emotional, not chronological age.
- 5) Hold each child accountable and to a reasonable standard. Be consistent.
- 6) No second chances!
- 7) Offer both intentional and off-handed touch and positive remarks as much as possible.
- 8) Be unexpected and paradoxical. Keep changing what you are doing, bringing the child's state to the one you want, then stay there as long as *possible*.
- 9) Be pleased with cooperative behavior, but differentiate cooperative from controlling.
- 10) Maintain eye contact as much as possible without it becoming a "staring contest."
- 11) Avoid power-struggles – stress child's choice and allow for natural consequences.
- 12) Be honest about the child's need *for* help.
- 13) Be FASCINATED by the child's uniqueness.
- 14) Support and promote NURTURE, NURTURE, AND NURTURE.
- 15) Funnel and empower parents and healthy parenting.
- 16) Give children appropriate and controlled power, but only as they show you they *can* handle it.
- 17) Don't ask permission; *direct* activities and appropriate behavior. No choices!
- 18) Be explicit and clear in giving directions and expectations.
- 19) Slow down. Support self-regulation in the child by modeling and structuring and b-r-e-a-t-h-i-n-g.
- 20) Be understanding, sympathetic, and supportive of parents. Conducting therapy with "our" *children* may be hard; imagine living with them fulltime!