

## **The Attachment Center of Central Oregon, LLC**

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### **Parenting Goals and Interventions:**

- Teach children to read the expressions of others and identify corresponding feelings
- Help them understand how to make sense of events by reflecting on what occurred and the sequence in which it occurred
- Help them to talk about their own feelings and energy levels
- Have them identify how their body feels.
- Provide nurturance through touch and closeness
- Restore hope, communicate confidence
- Role play to understand social situations
- Maintain a predictable and structured environment, decrease chaos
- Help them to create a plan for their day and identify steps to reaching goals.
- Help them to express feelings while providing support and empathy
- Don't lecture! Talk less.
- Remember that your primary means of communication is nonverbal, look at the cues of body language and actions.
- Be flexible to accommodate needs that may arise
- Become predictive and proactive rather than reactive. This helps to create success for everyone.
- Have a bedtime ritual that includes nurturance, reassurance, and reflection on the positives of the day
- Be able to reflect on difficult situations when things are calm. Reflect on their feelings as well as their own and discuss how things could be done differently the next time.
- Provide natural consequences with the goal being to teach rather than to punish
- Continue to assess motives behind behavior and your motive being your intervention
- Look at every situation in regard to it's therapeutic value
- Don't get caught in a punishment cycle where no one is having fun!

### **Therapy:**

- Focus is on providing a different experience of a relationship during the session and coaching the parent and child to continue with that work following sessions.
- Sessions are with the parent and caregiver
- If the child does not have a "primary attachment figure" then the work is done relationally with the therapist
- Therapist utilizes PACE (playfulness, acceptance, curiosity, empathy)
- The focus is on the experience of sharing difficult feelings and shame – not on the topic. Therapy re-enacts the dance of connection, break in attunement, repair.
- A goal is to help the child make sense of their experiences and to create a cohesive narrative about their lives
- Behavioral interventions used, but assessed in regard to being a symptom of an underlying issue/problem
- Focus is on internal change rather than external change – altering and challenging their inner working model
- Both hemispheres utilized (connecting verbal/nonverbal, implicit/explicit)