

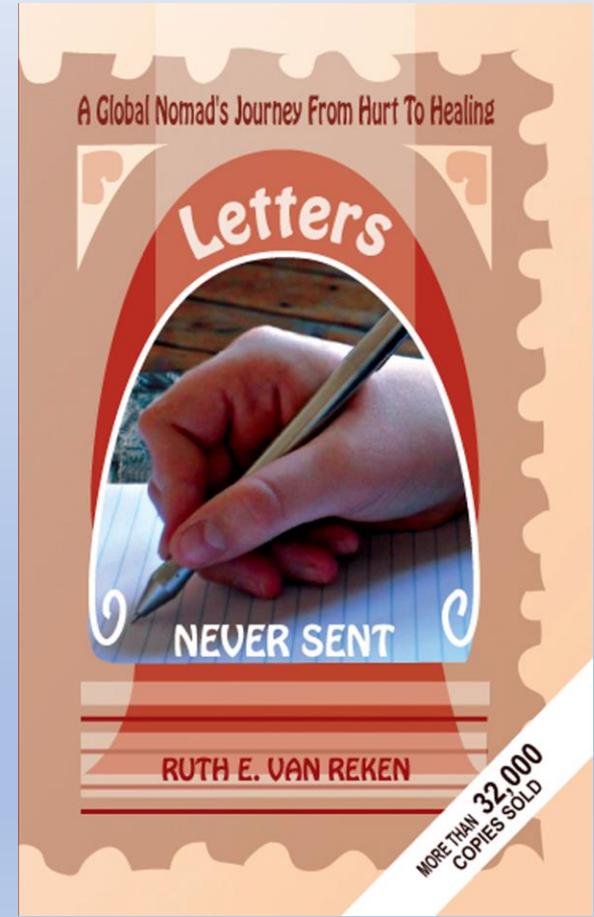
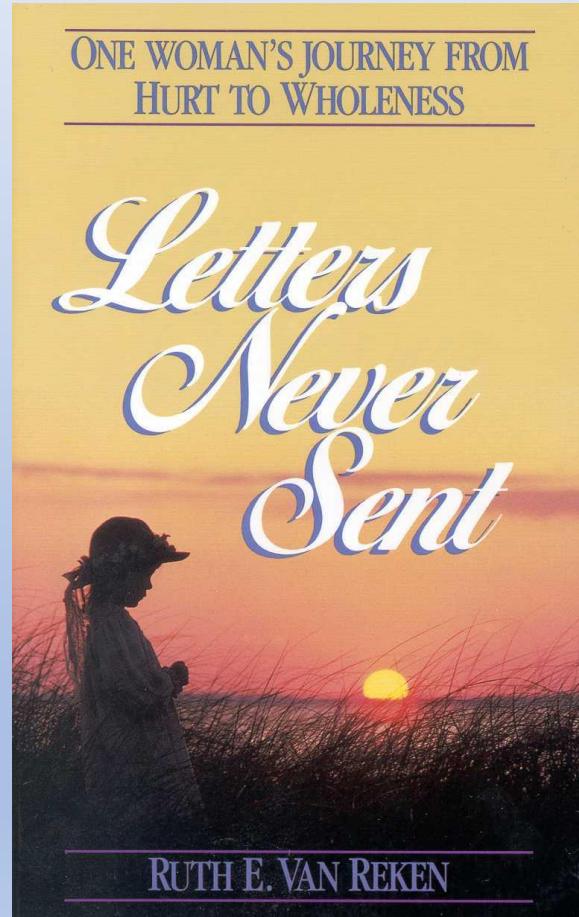
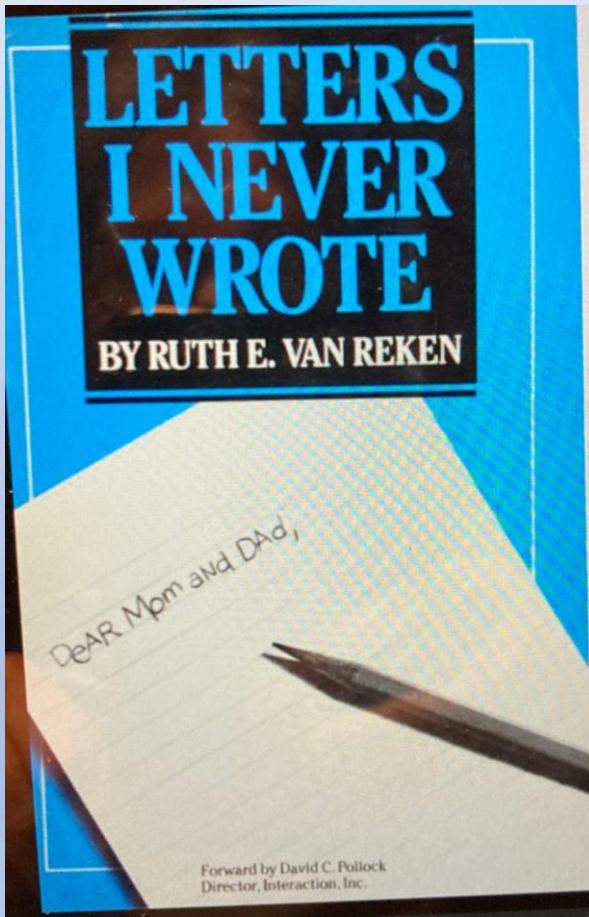
How Secure/Insecure Attachment Patterns Relate to Our Past & Present

Facilitated by Ruth E. Van Reken

PNG-KLS-SPLC Retreat

October 6, 2023

Review...a little history





She's safe now

Discovering
the orphan
me...



THE PROMISE...

“They’re going to be safe too”

Attribution...

The Three Pillars of Transforming Care

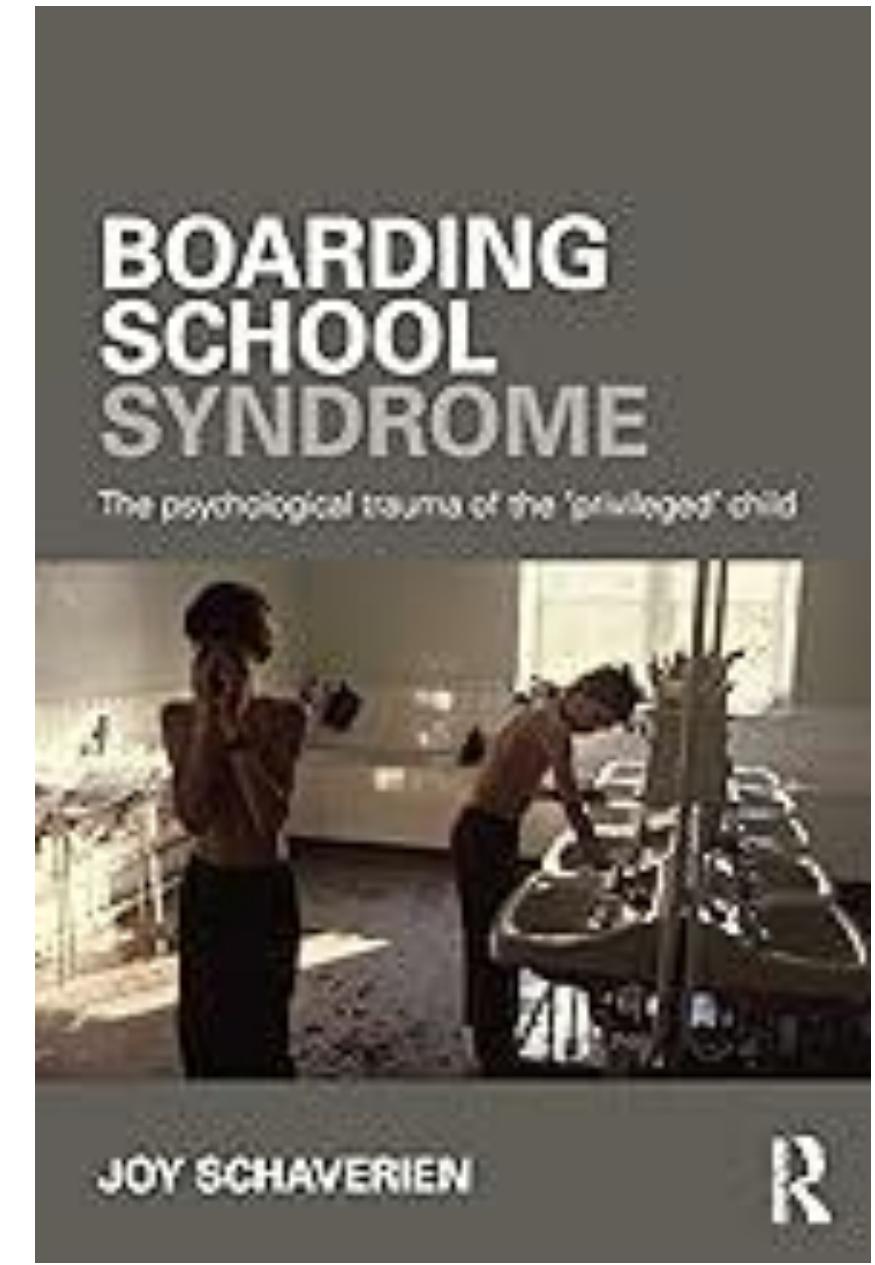
Trauma and Resilience in the Other 23 Hours

Howard Bath & John Seita

6

Foreword by Larry K. Brendtro,
co-author of *The Other 23 Hours & Reclaiming Youth At-Risk*

Attributions...

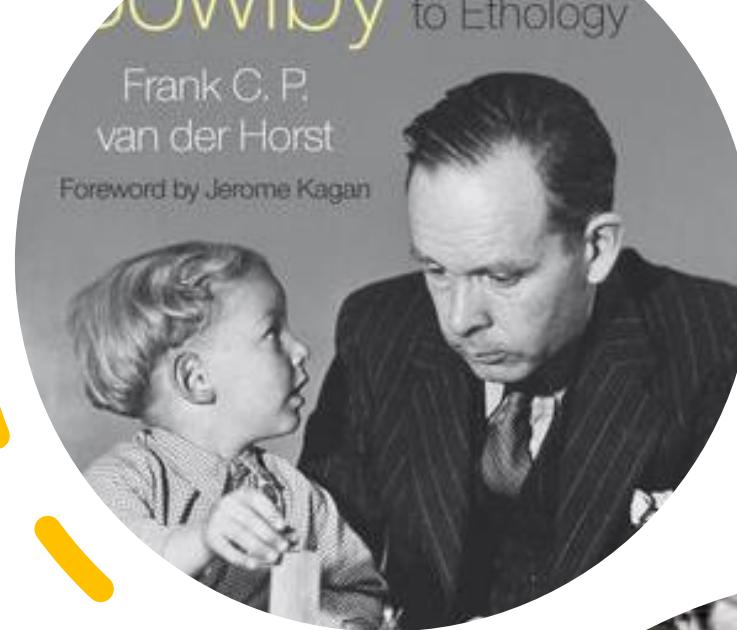


What do we mean by 'attachment theory'?

Assumes when primary caregivers are available and responsive to an infant's needs, child develops a sense of security which creates a secure base for the child to then explore the world...

The beginnings of this theory...

- British psychologist John Bowlby was the first attachment theorist. He described attachment as a 'lasting psychological connectedness between human beings.'
- Bowlby was interested in understanding the anxiety and distress that children experience when separated from their primary caregivers...
- Grief, despair, detachment

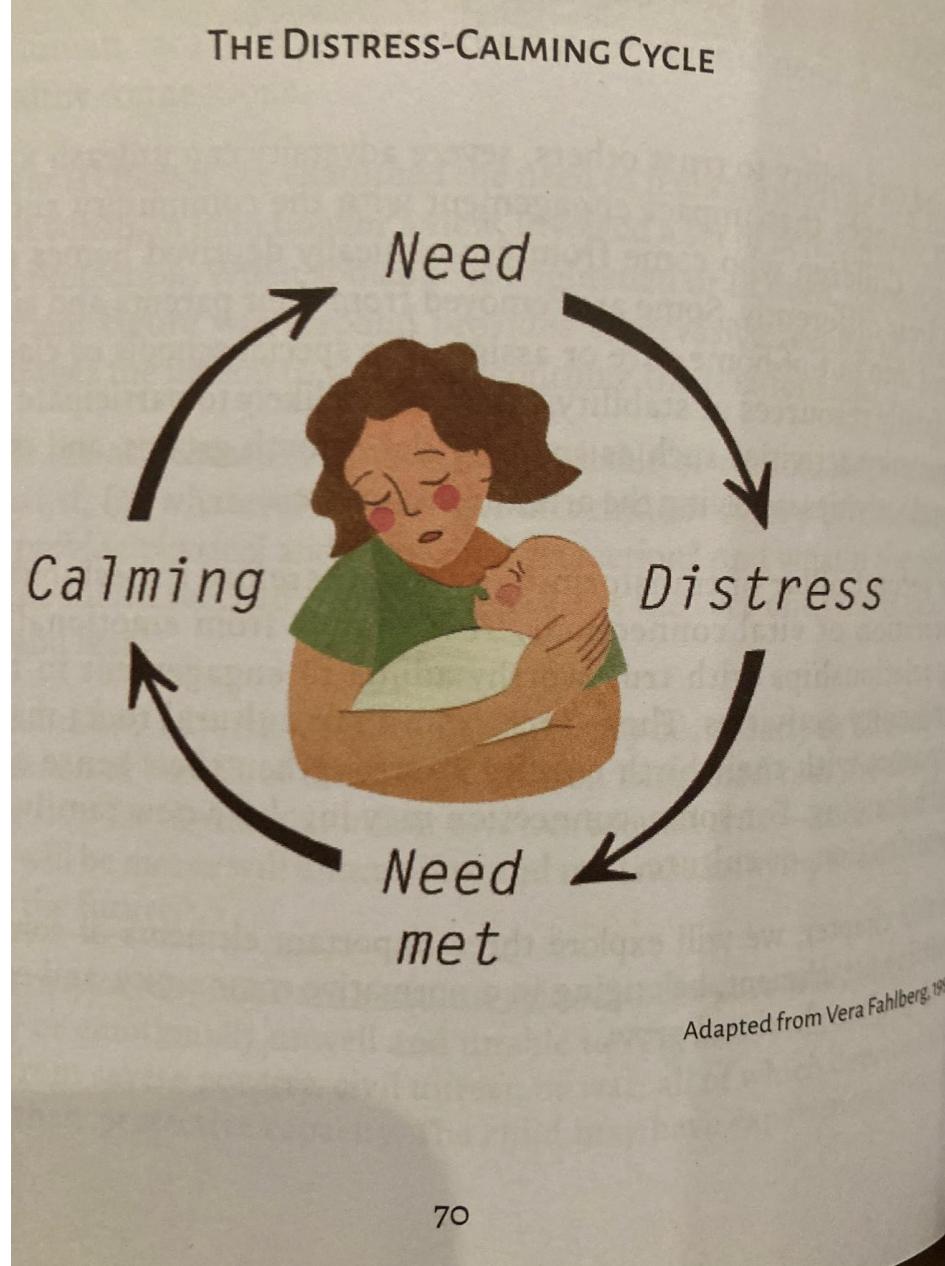




Attachment patterns

- **Secure attachment**
 - Children trust their attachment figure will be there, providing a sense of security and confidence
 - Use adults as a safe base and become more confident in exploring their world
 - During adolescence, creates greater self-esteem, social competence, curiosity, mature independence, creative problem solving, positive coping skills

How secure attachments form



A close-up photograph of a baby's face, looking slightly to the right with a neutral expression. The baby has blue eyes and is wearing a brown hooded garment.

Attachment patterns

- **Insecure attachment**
 - When the care giver is not attuned or is only inconsistently attuned to the infant's needs
 - Children learn they cannot rely on adults for help or comfort



Attachment patterns

- **Insecure attachment**
 - May employ extreme behaviors to secure attention
 - May give up waiting for their carers to respond

How
insecure
attachments
form

FAILING TO CONNECT

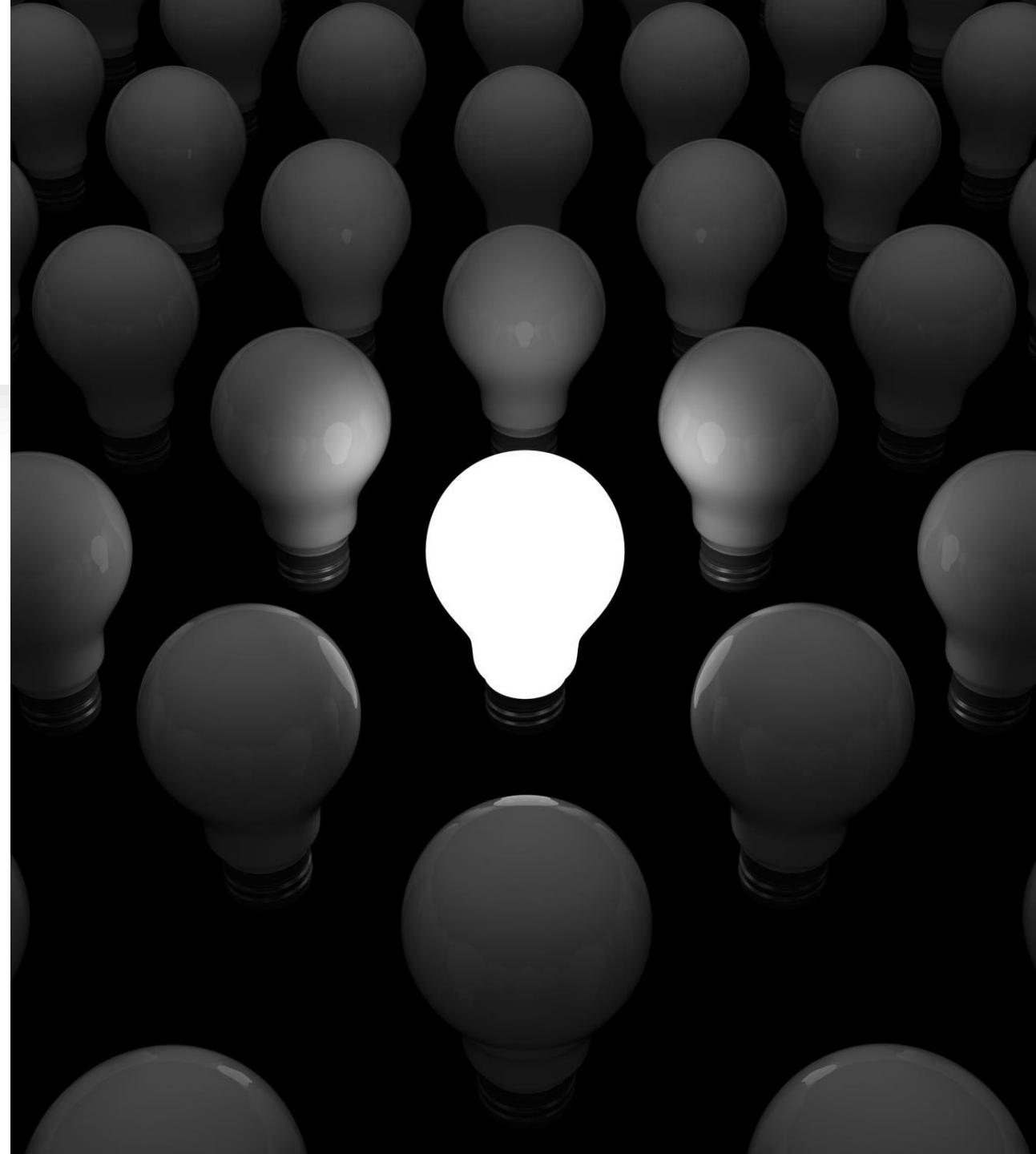


Sub-categories of insecure attachment

- **Ambivalent attachment:** As a result of *poor parental availability*
- **Avoidant attachment:** *Children who are punished for relying on a caregiver will learn to avoid seeking help in the future.*
- **Disorganized attachment:** They may avoid or resist the parent. ..due to *inconsistent caregiver behavior*. In such cases, *parents may serve as both a source of comfort and fear, leading to disorganized behavior*.

A look at your story in relationship to attachment

- Who were potentially significant attachment figures in your life?
 - With which ones would you say you felt/feel a secure attachment and why?
 - With which ones would you say you have a less secure attachment and why?



Trauma

- What is trauma?
 - “A psychologically disturbing event that is outside of the range of the usual human experience often involving feelings of intense fear, terror, or helplessness.” Bruce Perry
 - Unbearable psychic pain or anxiety that overwhelms the usual defensive mechanisms...David Kalshcel

Types of Trauma

- Type 1 or simple trauma
 - One single overwhelming event
- Type 2 or complex trauma
 - Ongoing exposure to fear and helplessness

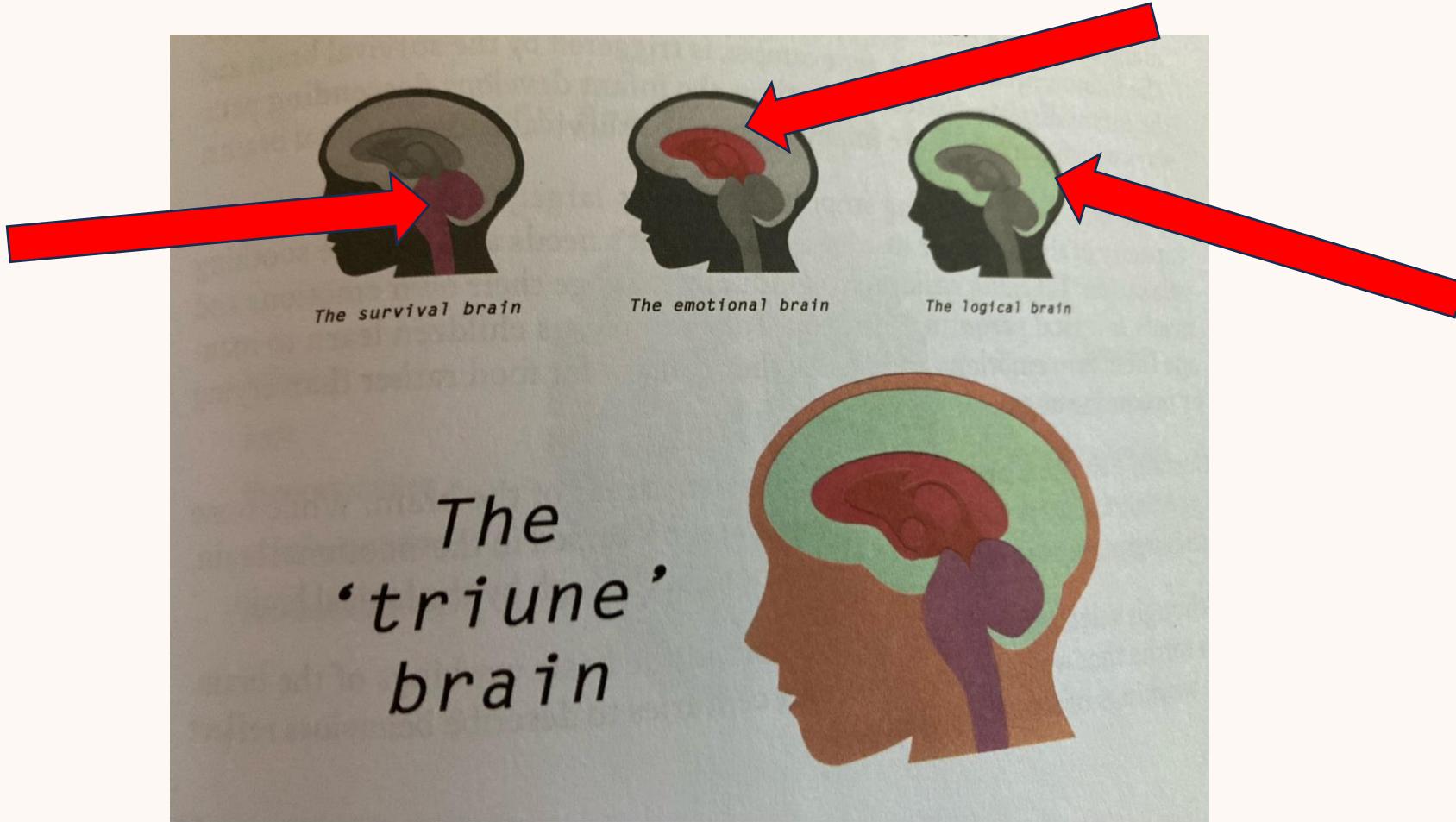
Alongside 'trauma' are 'Adverse Childhood Experiences (ACEs)

- Include:
 - Parental separation or divorce
 - Domestic violence
 - Physiological abuse
 - Emotional abuse
 - Sexual abuse
 - Spiritual abuse
 - Emotional neglect
 - Physical neglect

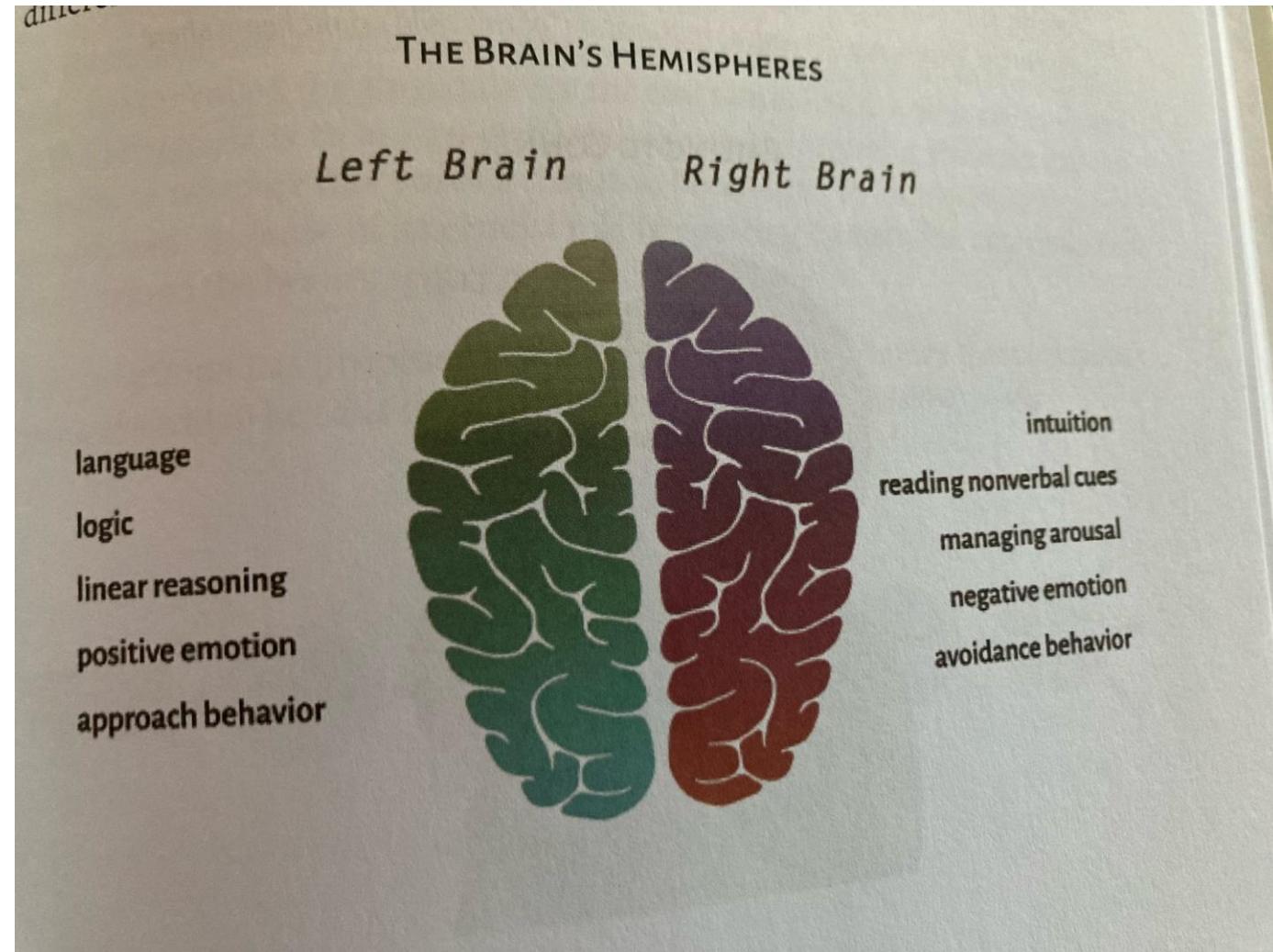
What happens in
the brain with
trauma?



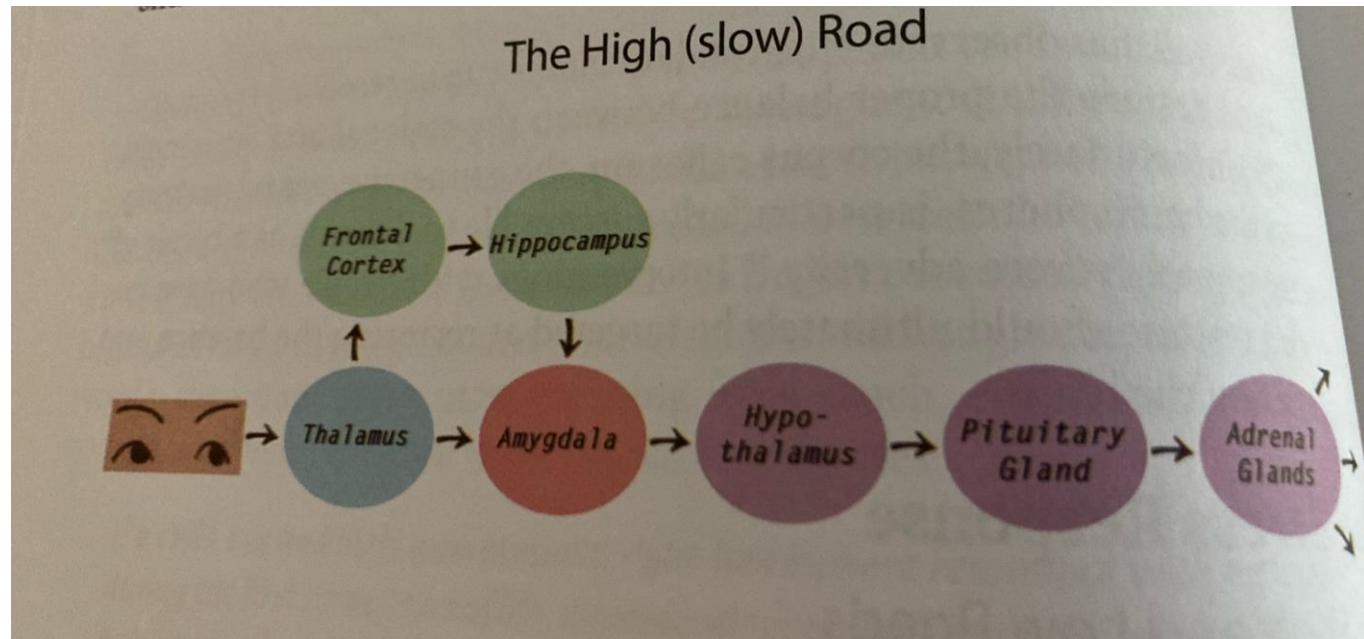
Different parts and function of the brain



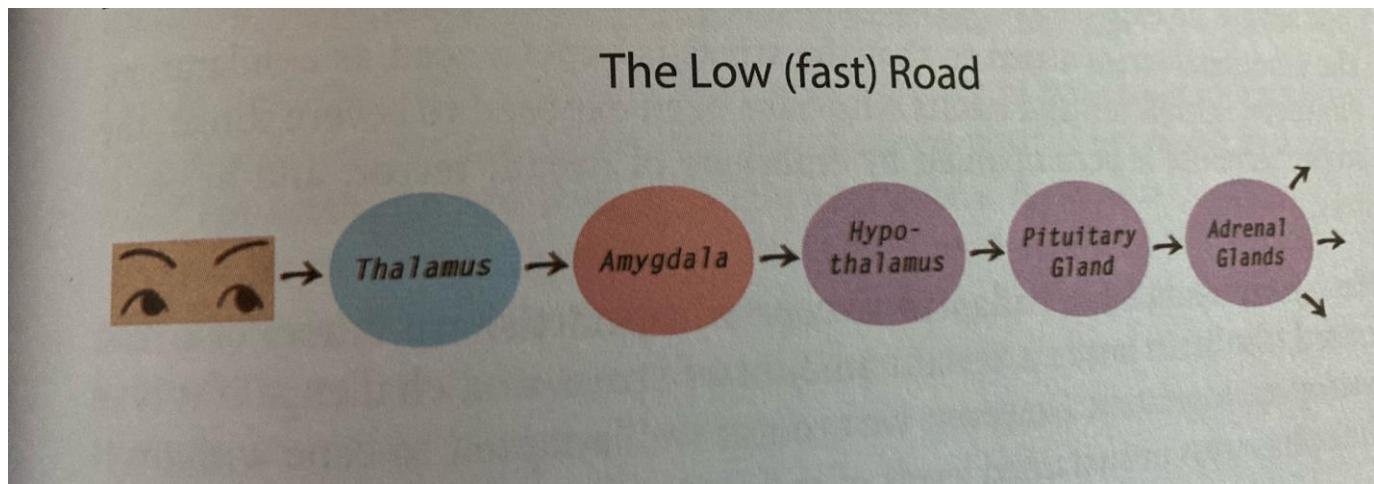
Two sides of
the brain



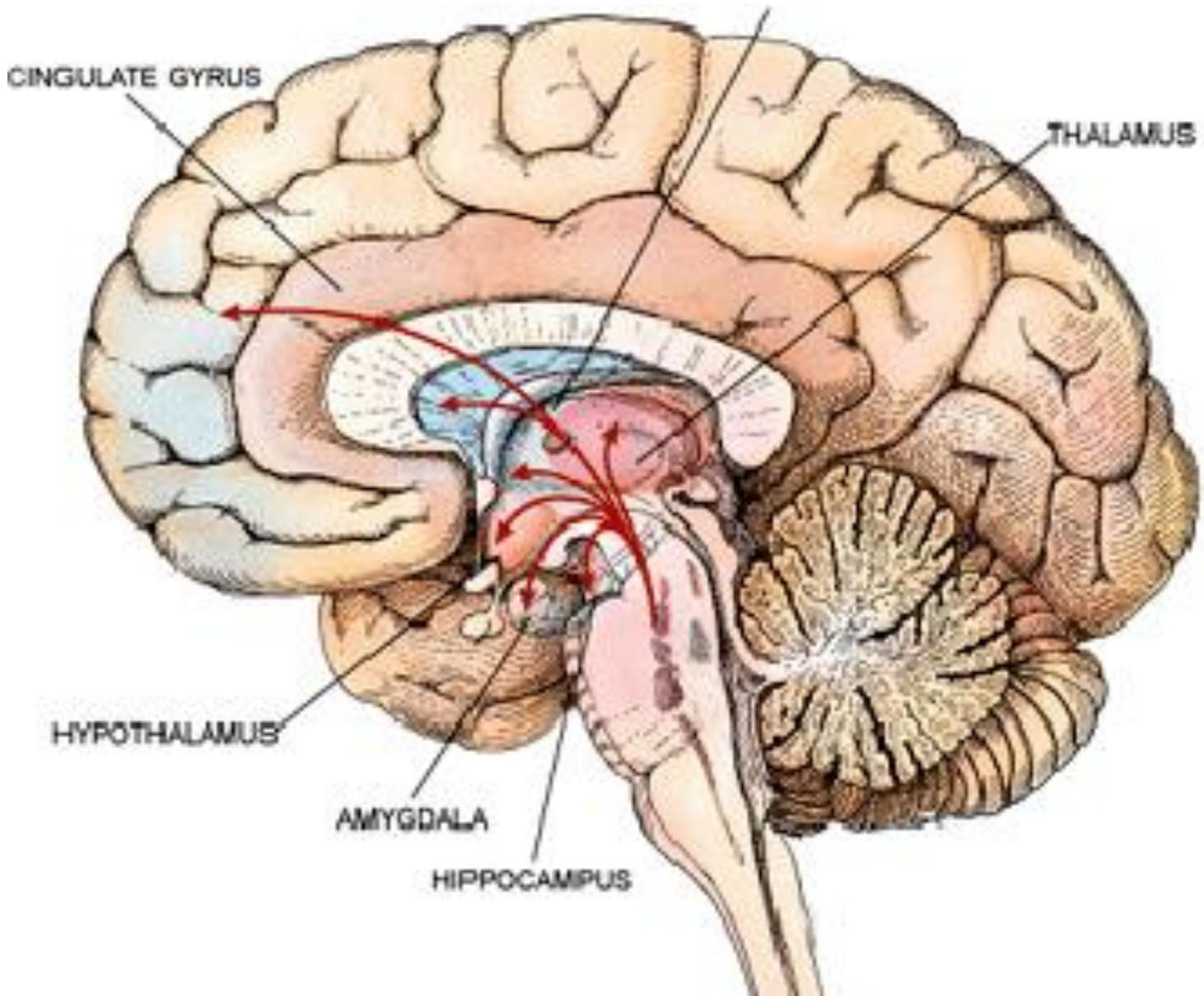
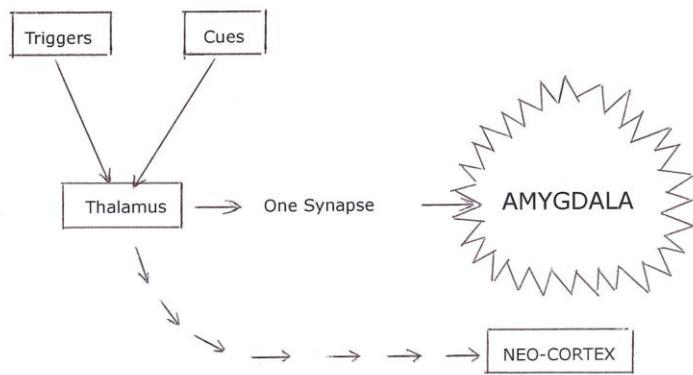
Normal
response to
surrounding
world



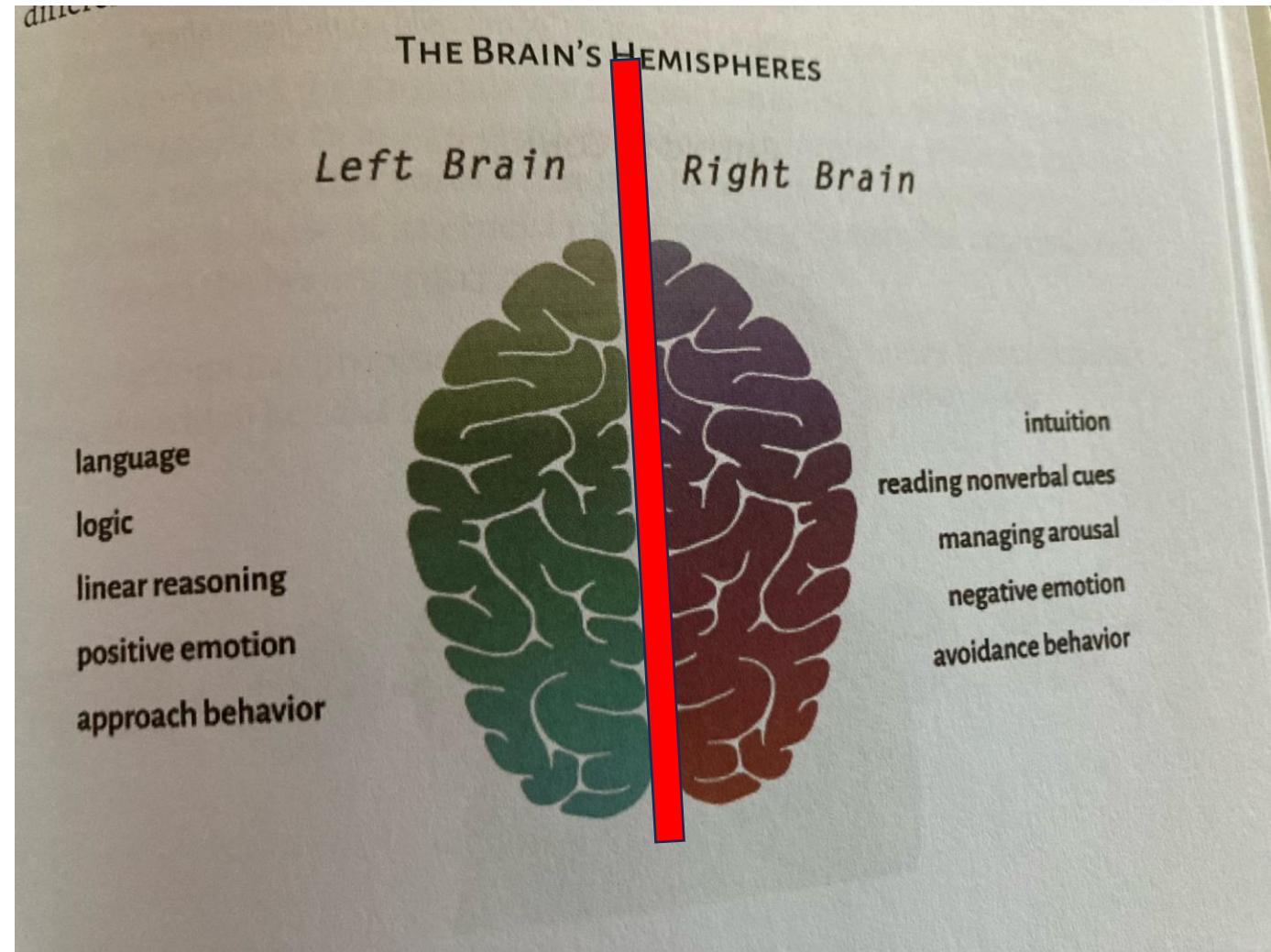
How trauma changes normal response



Neuro Hi-jacking!



Two sides of
the brain





The result. Like zebra or not?



Possible Type 1 and/or Type 2 traumas for MKs?

- Increased death rate of peers and local friends?
- Repetitive cycles of separation and loss
 - Frequent goodbyes to favorite people—they leave or we leave
 - Farewell to places we loved and will likely never see again
- Possible political violence
- Extended separations from parents and siblings in first 18 years of life

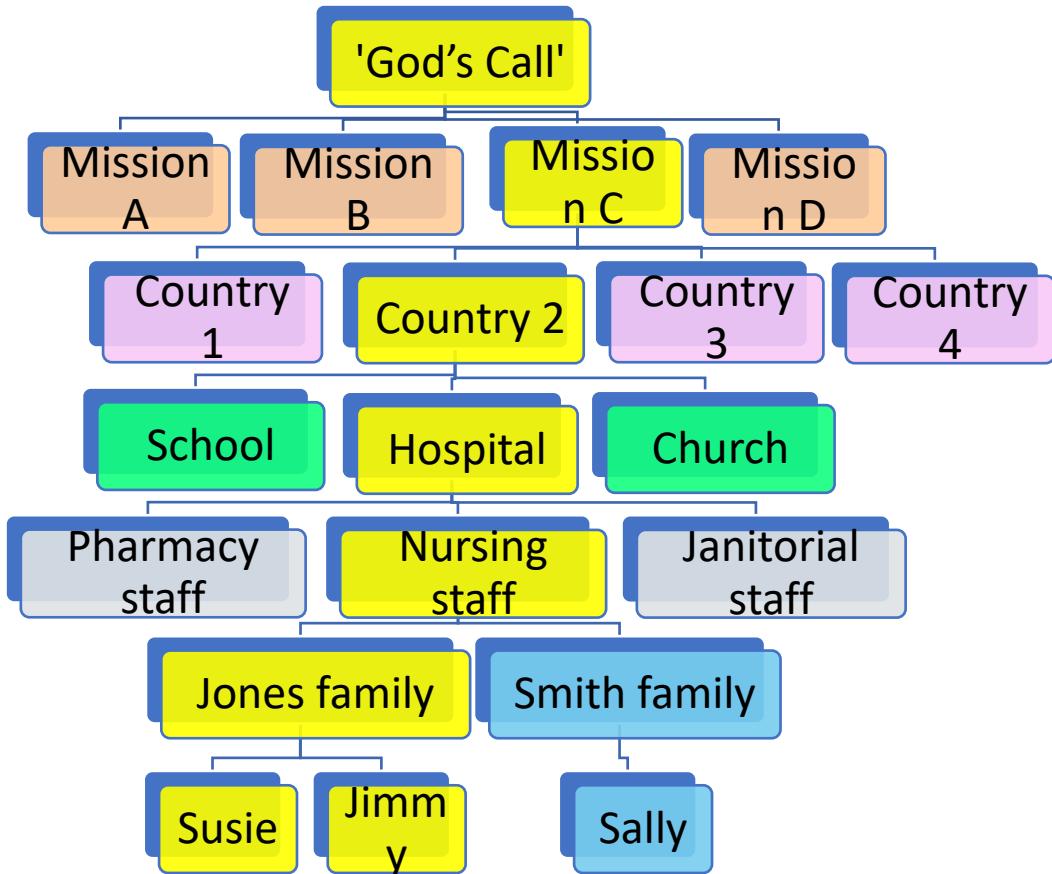
The findings of major study...

- ACEs and trauma related to many diseases, behavioral disorders, and adverse adolescent and adult outcomes



Putting this together for one MK story—mine!

- Felt secure
- I belonged
- Anxiety
 - Big fear of dying
 - Fear of kidnappers



EARLY
LEAVINGS
1951-1953

Detachment begins



How do children communicate what they feel?

WE HAVE NEW HATS

M.B. HAS RED

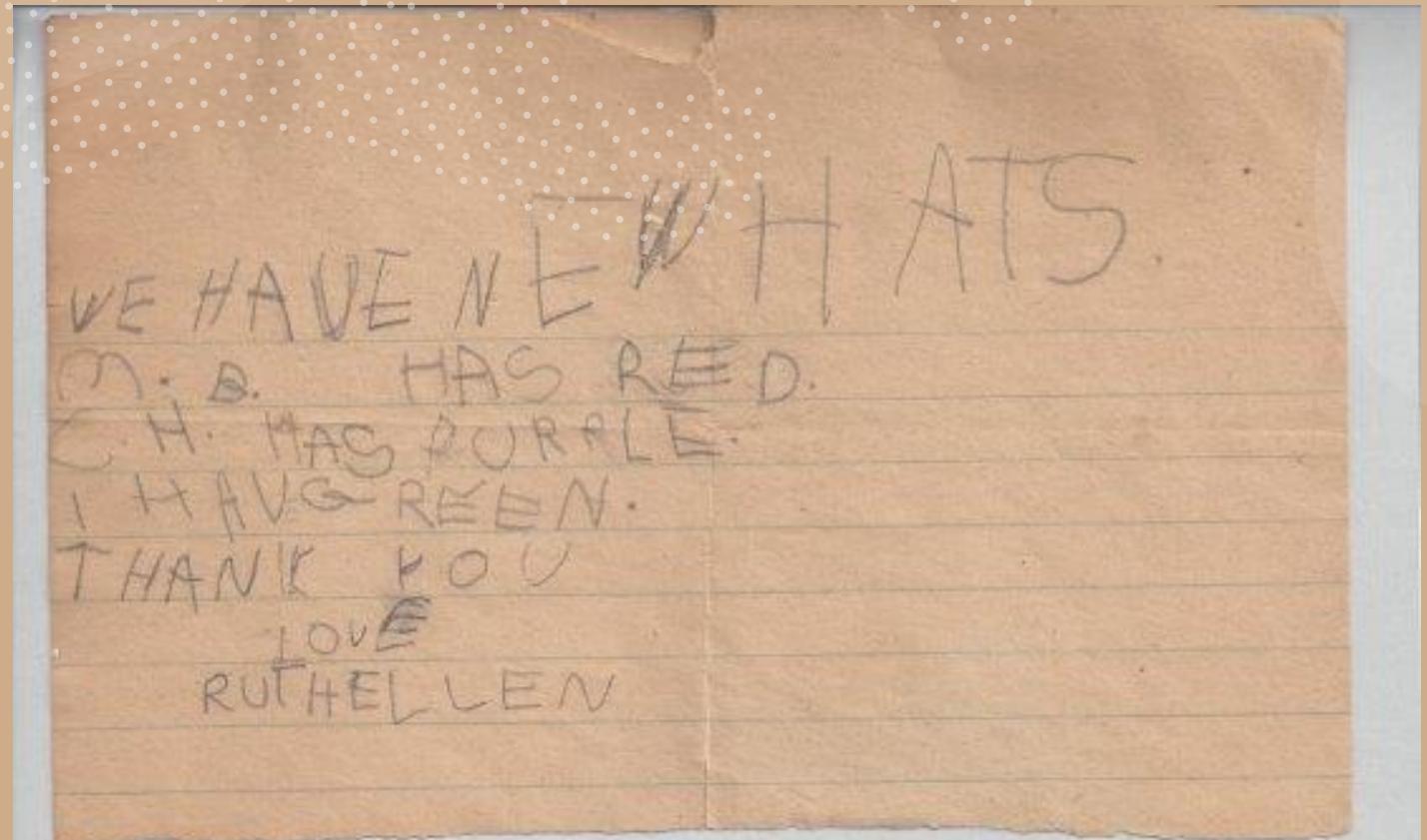
CH HAS PURPLE

I HAVE GREEN

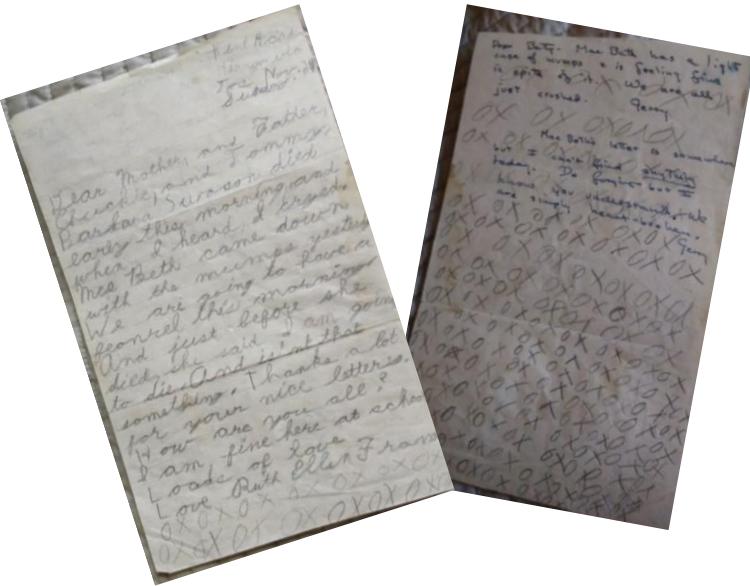
THANK YOU

LOVE

RUTH ELLEN



The BIGGIE



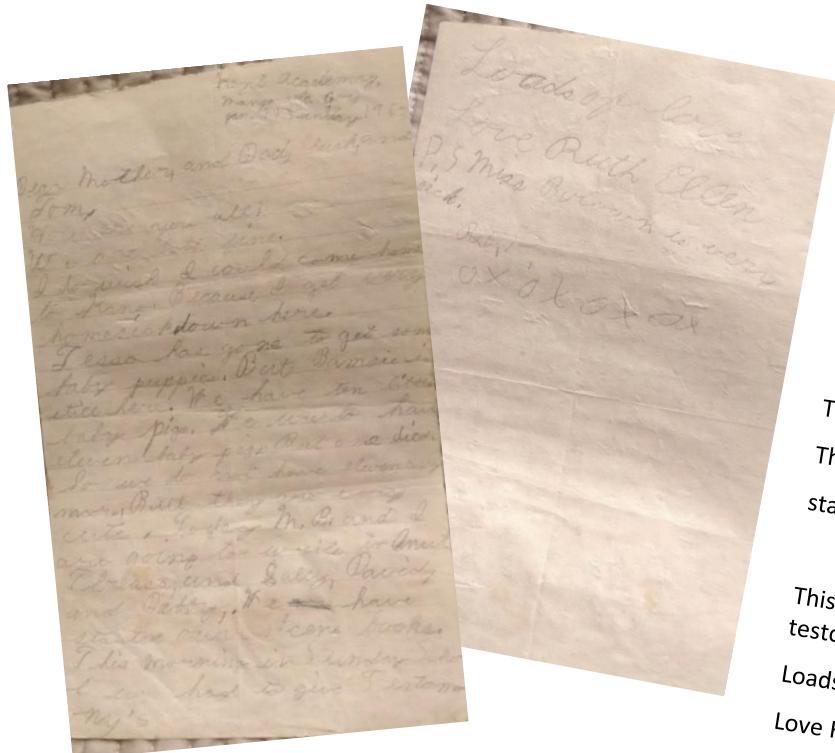
Nov 30, Sunday

Dear Mother, and Father,
Chuckie, and Tommy,
Barbara Swason died early this morning,
and when I heard it I cryed. Mae Beth came down
with the mumps yesterday We are going to have a
feonrel this morning. And just before she died
she said I am going to die. And is'nt that something.
Thanks a lot for your nice letters.

How are you all? I am fine here at school.
Loads of love,

HOUSEPARENT'S NOTE: Dear Betty, Mae Beth came down with a light case of the mumps but is feeling fine in spite of it. We are all just crushed. Mae Beth's letter is somewhere but I can't find it today. Do forgive. I know you understand. We are simply heart broken here. GC

First letter after Christmas break...



Kent Academy

Miango via Jos

Jan 11, 1953

Dear Mother, and Dad, Chuck and
Tom,

How are you all?

We are both fine.

I wish I could come home
to Kano. Because I get very homesick down here.

Tessa has gone to get some baby puppies. But
Bamsie is still here. We have ten little babypigs.
We used to have eleven baby pigs. But one died.
So we do not have eleven any more. But they are
very cute.

Today M.B. and I are going to write to Aunt
Theresa, and Sally, David, and Debby. We have
started our sicene books.

This morning in Sunday School I had to give
testimony's.

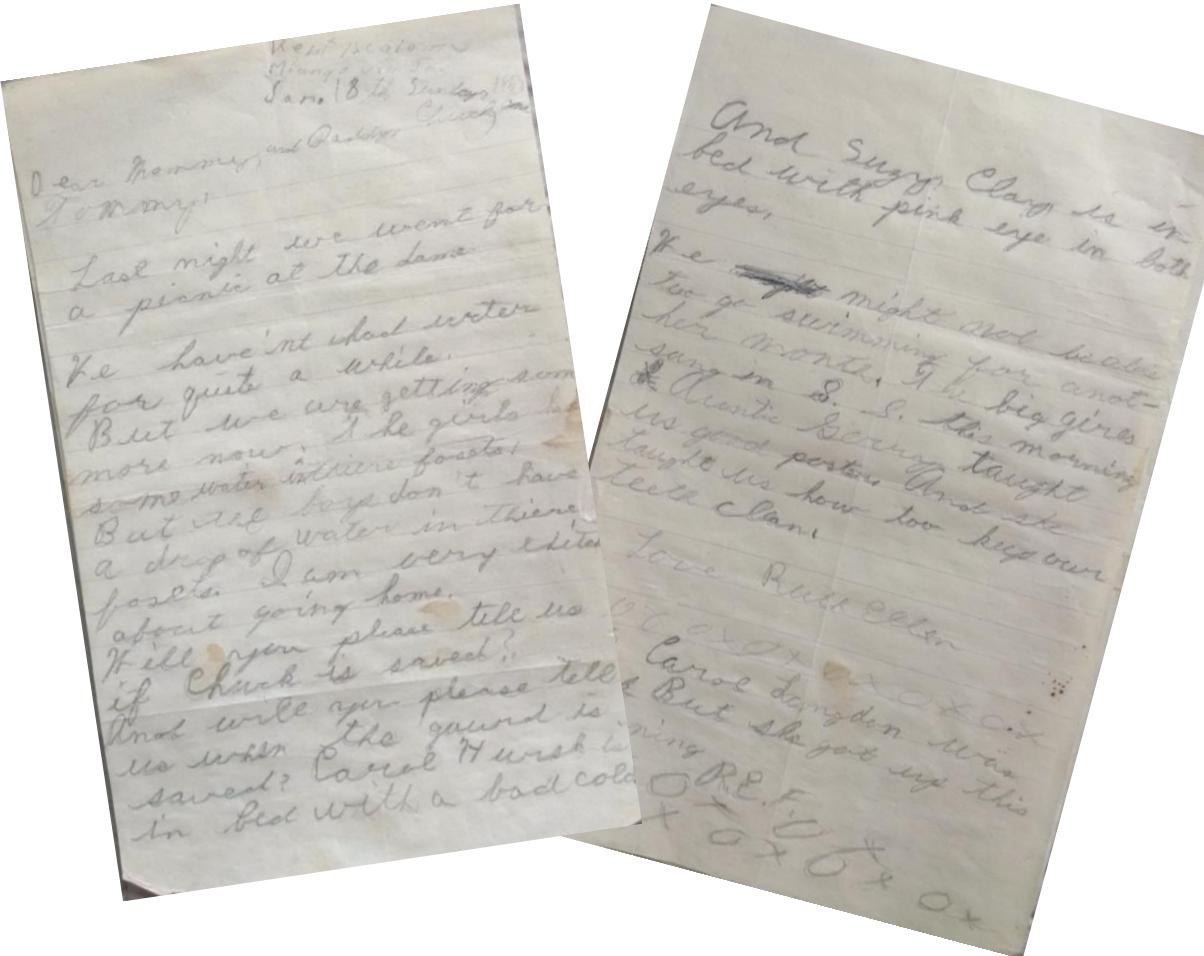
Loads of love

Love Ruth Ellen

P.S. Miss Brown is very sick
R.E.F.

OXOXOXOX

One week later...



Jan. 18th Sunday, 1953

Dear Mommy and Daddy, Chuck, and Tommy.

Last night we went for a picnic at the lake.

We have'nt had water for quite a while. But we are getting some more now. The girls have some water in their foses. But the boys don't have a drop of water in them. I am very exited about going home. Will you please tell us if Chuck is saved? And will you please tell us if Carol is saved? Carol is in bed with a bad cold.

We might not be able to go swimming for another month. The big girls sang in S.S. this morning. Auntie Gerry taught us good poster. And she taught us how to keep our teeth clean.

Love Ruth Ellen

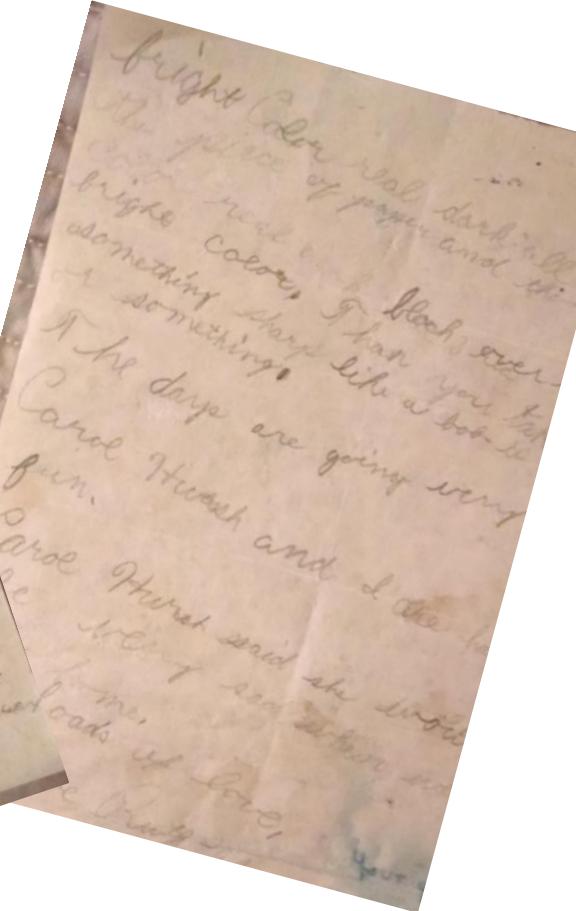
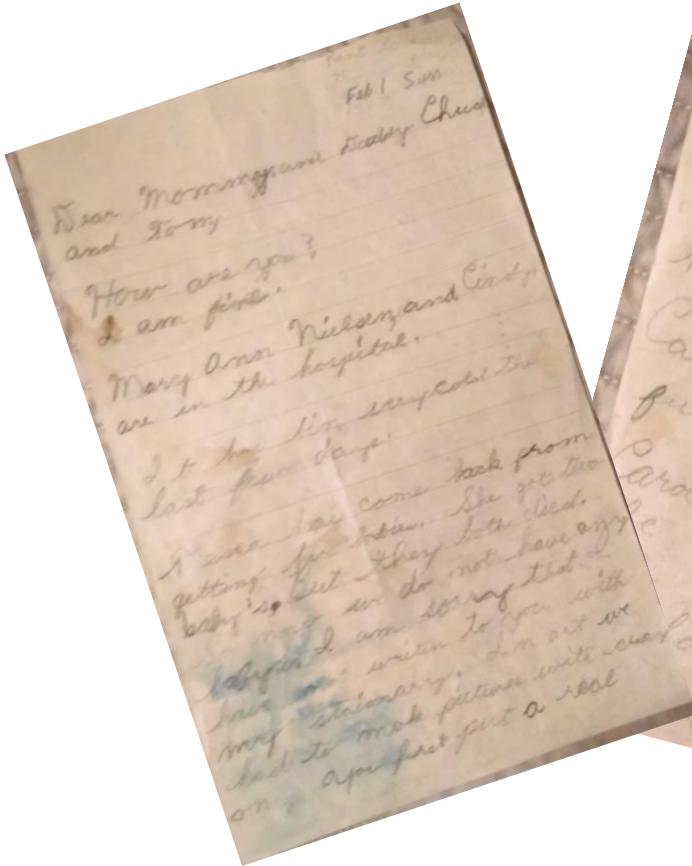
OXOXOXOXOXOXOX

P.S. Carol Langdon was sick But she got up this morning.

R.E.F.

OXOXOXOXOXOX

Where's my 'miss-er' going?



Feb 1 Sunday 1953

Dear Mommy, and Daddy, Chuck and Tom,

How are you? I am fine.

Mary Ann Nielsen, and Cindy are in the hospital.
It has bin very cold the last few days.

Tess has come back from Getting her babies.
She got two baby's. But they both died.
So now we do not have any babys. I am sorry
that I have not written to you with my staionary.
In art we had to make pictures with cray-
on's. You first put a real bright Color real dark all
over the piece of paper and then you color real dark
blach over the bright color. Than you take something
sharp like a bob-ie pin or something.

The days are going very fast. Carol Hursh and I have having fun. *Carol Hursh said she would be very sad when we go home.*

Loads of love,
Love Ruth Ellen

HOUSEPARENT'S COMMENT:

*Your girls are very well. Mae Beth
has a touch of pink eye.*

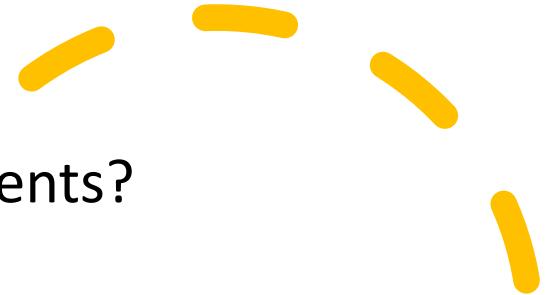
The description of what/why the feelings of the child under the table (from Boarding School book)

- “The little boy knew that care was required but, in his captivity in the dormitory bed, he was helpless and unable to summon adult help. (*punished if you get out of bed*). Theo was totally alone and he was at the mercy of forces that were worse than uncaring; they were threatening. For a child in such a situation the realization that there are no limits, anything can happen is terrifying. He is not in control of his life and he is wordlessly overwhelmed.”

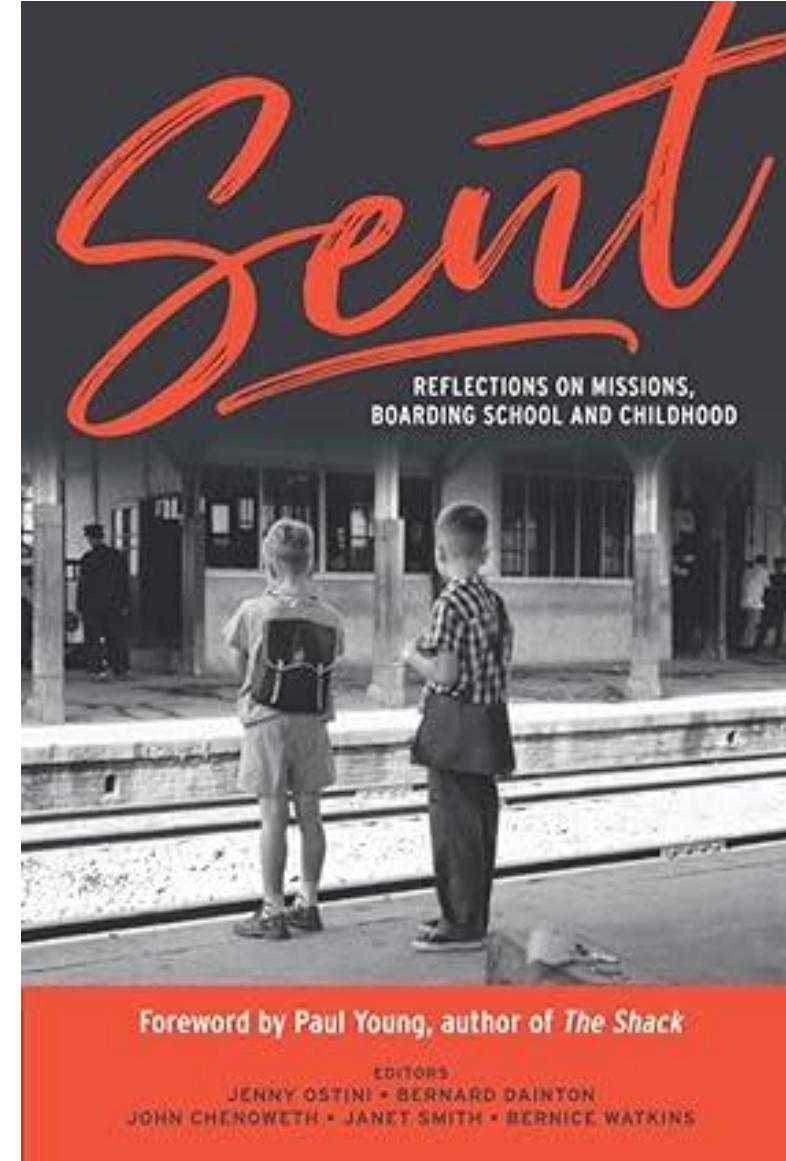


What about
me going
forward?

- Ambivalent/Avoidant to parents?
- Stayed on guard against loss when I got married
- Anxious babies would die of SIDS
- Grateful change and growth are possible!



AMKs helping each other





Tomorrow...

**Strategies for
moving forward
into new freedom
and joy**