



Erasmus+

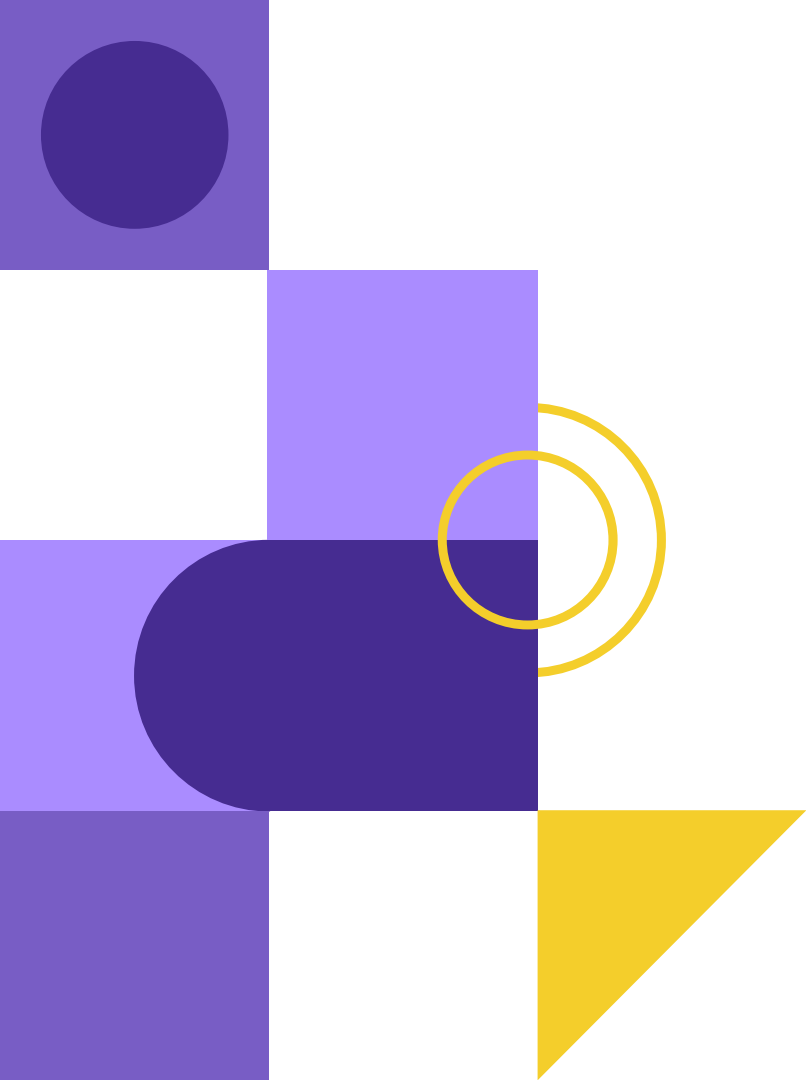
## PAFYP - "Parenting Awareness For Young People"

**Project number: 2019-1-UK01-KA205-060936**

**Daniel Vlăgea**

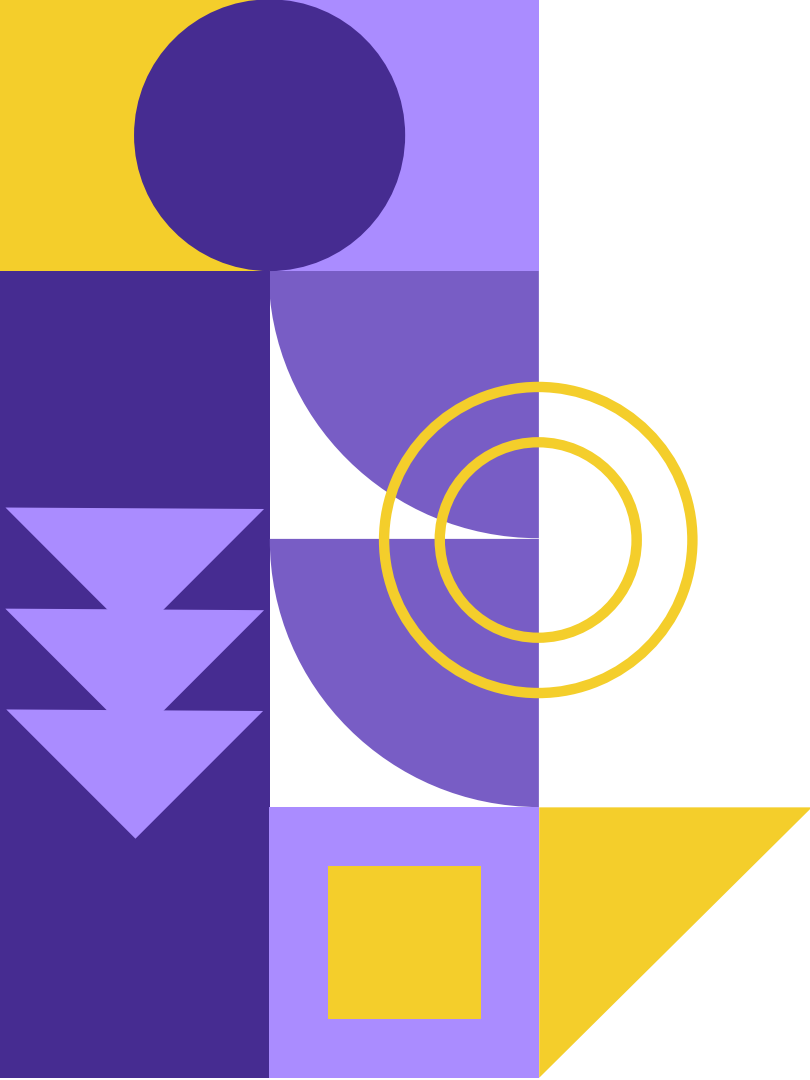
Occupational Therapist  
Bucovina Institute





# The attachment theory

Daniel Siegel's concept



**“Early relationships not only do they shape how we tell our life story upon reaching maturity, but also how we develop our minds during our babyhood and our childhood.”**

**-Daniel Siegel**

# Types of attachment ( childhood - adulthood )

**01 Safe**  
66.7% of the population

**02 Avoidant**  
20% of the population

**03 Ambivalent**  
4.3% of the population

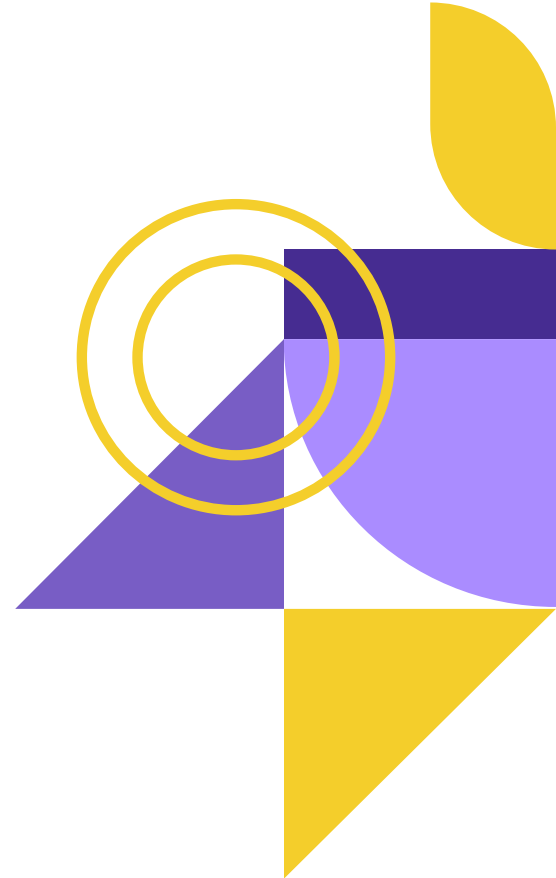
**04 Unorganized**  
10% of the population  
( 80% of the groups at  
social risk )



# The “Safe” type of attachment

Stages involved in the **Safe** type of attachment:

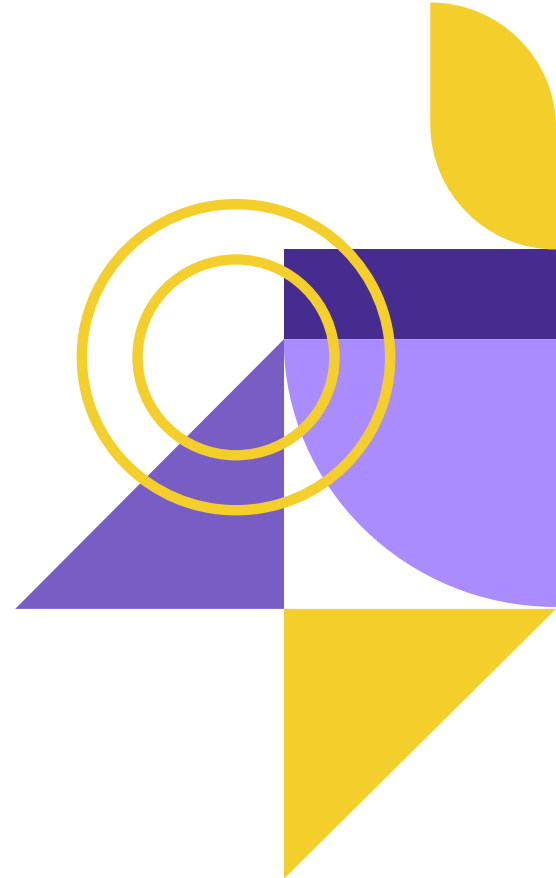
- The child **cries** when its mother **leaves**.
- The child **actively** welcomes its mother, when she **returns**.
- The child goes back to its “child-like” business, namely **playing** and **exploring** his surroundings.



# The “Avoidant” type of attachment

Stages involved in the **Avoidant** type of attachment:

- The child **focuses** on its toys.
- The child shows **no signs** of stress or anger, when its mother **leaves**.
- The child’s attachment **circuits** are reduced to the **minimum** level, to **cope** with the situation.

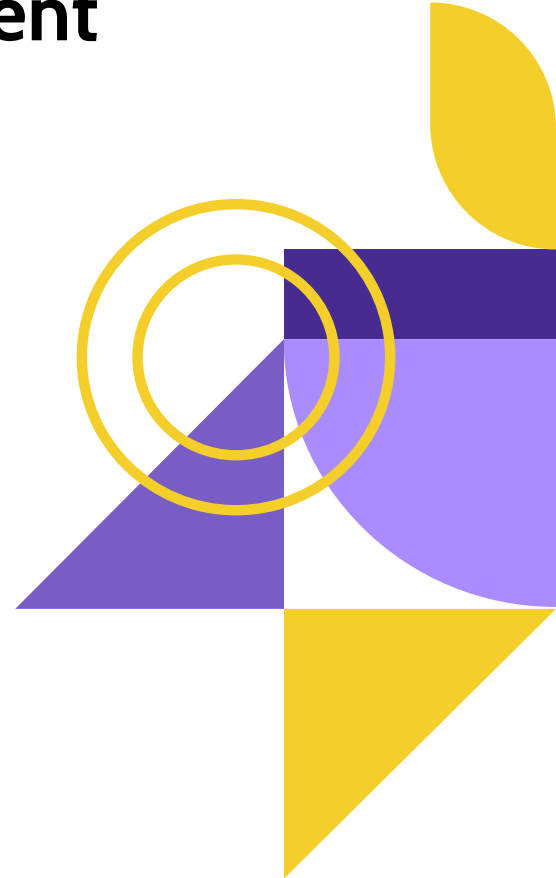


# The “Ambivalent” type of attachment

Stages involved in the **Unorganized** type of attachment:

- Usually, the child is **nervous** or **anxious** from before its parent **leaves**.
- **Instead** of going back to its toys, the child **continues** to **cry** or to **cling** onto one of the **parents**.
- This type of relationship **does not** offer the feeling of “**relief**” to the child, so the attachment circuits are **overcharged**.

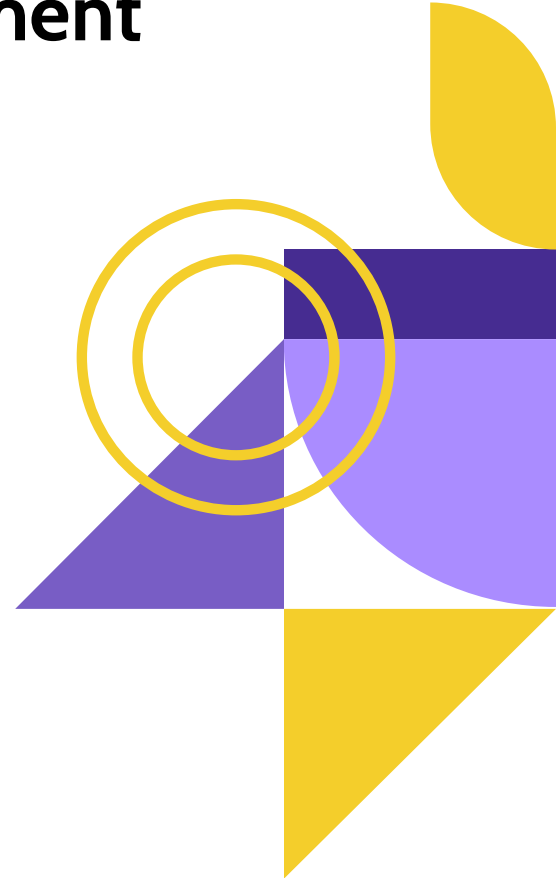
In this case, the child’s first year was **labelled** by the parent’s **unconscious** behavior. Sometimes the parent is very **sensible** and **responsible**, while other times, it **isn’t**.



# The “Unorganized” type of attachment

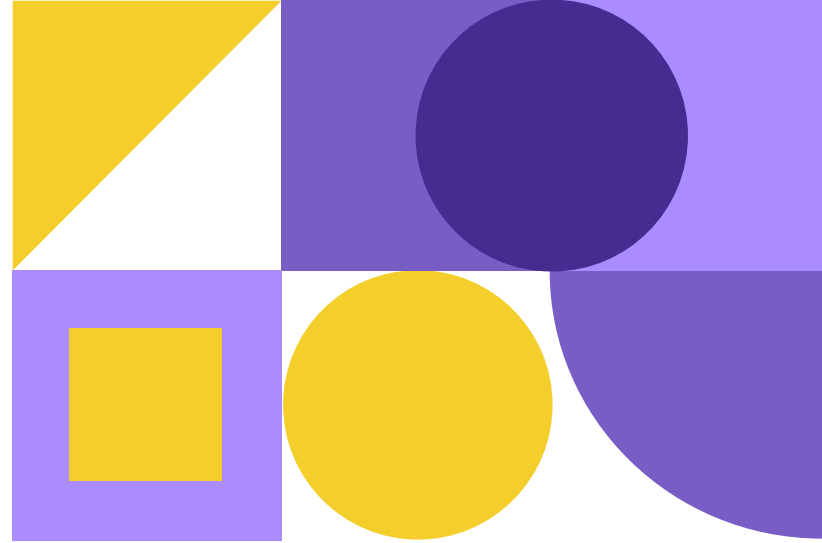
Stages involved in the **Unorganized** type of attachment:

- The child is **terrified/anxious**. Approaches, then leaves its parent. Starts **crying and/or rolling** on the floor.
- The child can **not** find any way to **replicate** the parent’s **behavior**.
- The child’s attachment approaches **fail**.





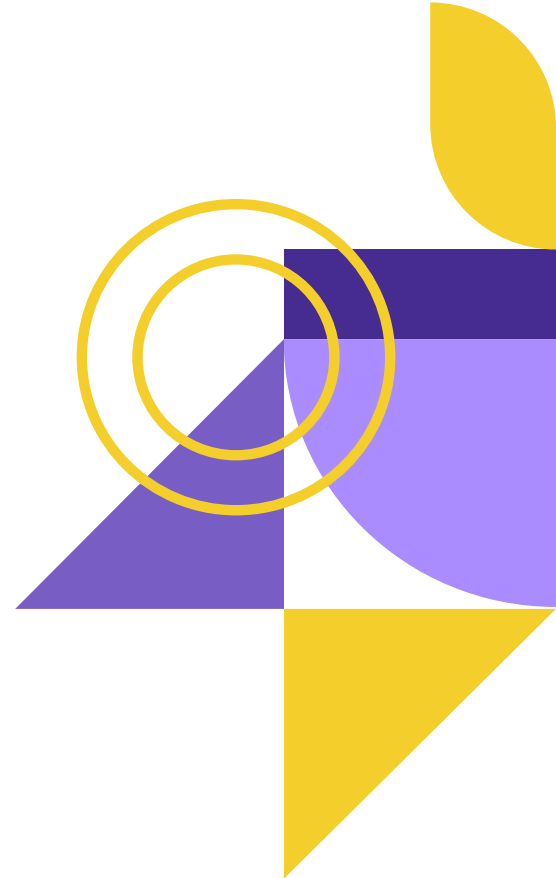
# Behavioral improvement



# The feeling of **uncertainty**

- **Shield** themselves from the others.
- **Difficult** to accept the **love** from around them.
- **Difficult** to accept the **support** from around them.

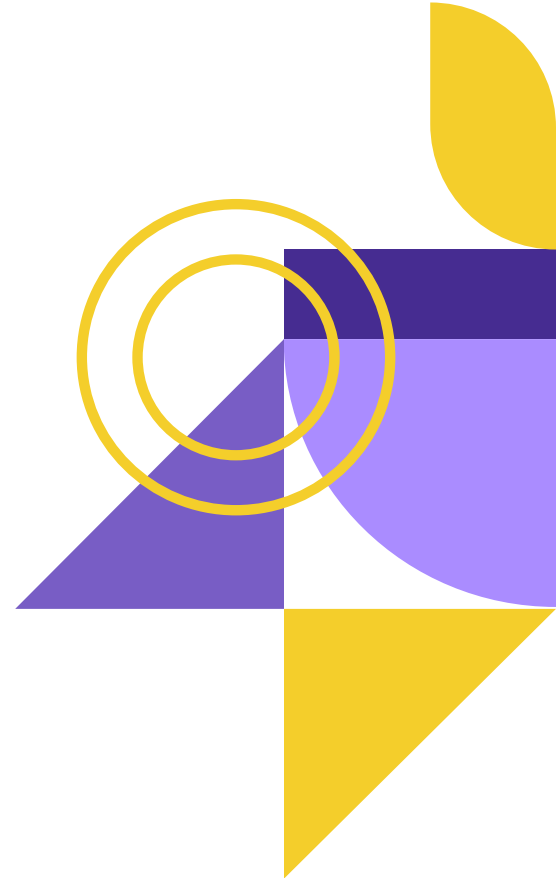
Building a **safe** space for them is essential.



# Creating a **safe** space

Ways to create a **safe** space:

- Be a **good** role **model**
- Set **boundaries**
- Take **attitude** ( stay **calm** around your child, when it **misbehaves** )
- Be emotionally **available**
- **Own** your mistakes ( and **fix** them )
- Set a **routine** and a **schedule**

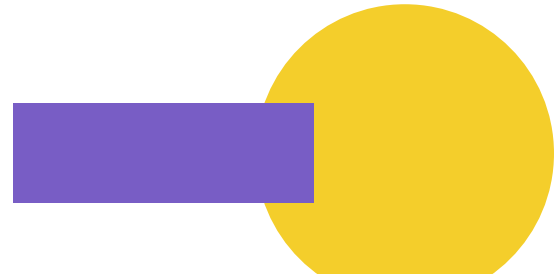




# Confused attachment during the childhood phase

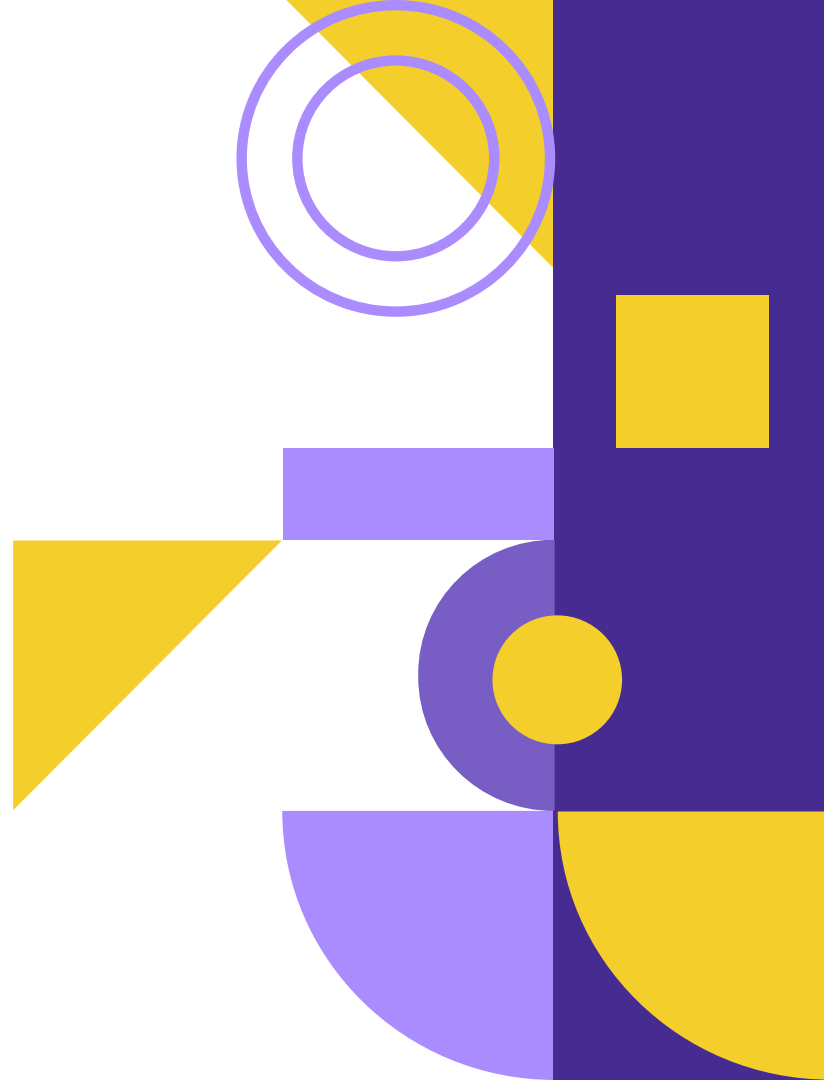
- Unable to understand their own emotions
- Unable to understand others' emotions

Childhood trauma influences the  
future adult



# Teens

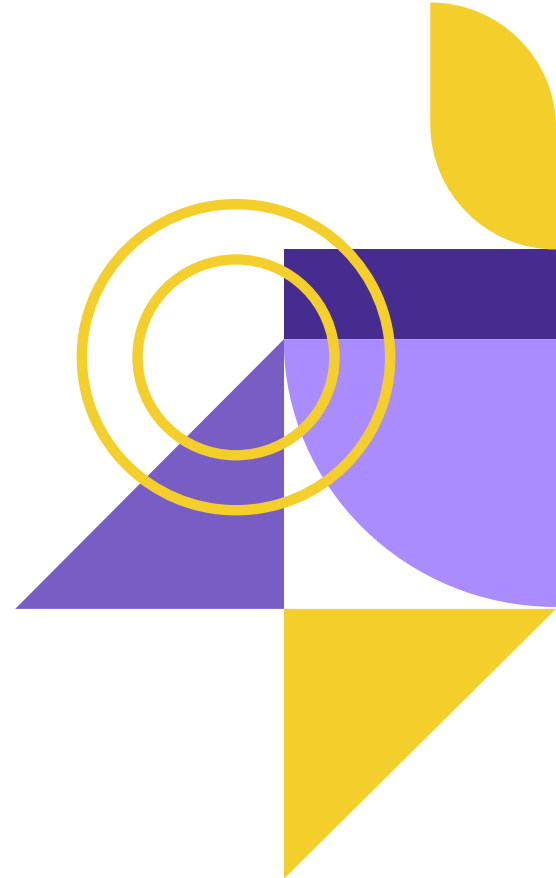
With a **traumatic** background  
are more **prone** to developing  
riskful **behaviors**.



# Riskful behaviors

Unhealthy coping behaviors ( according to the ACE test ):

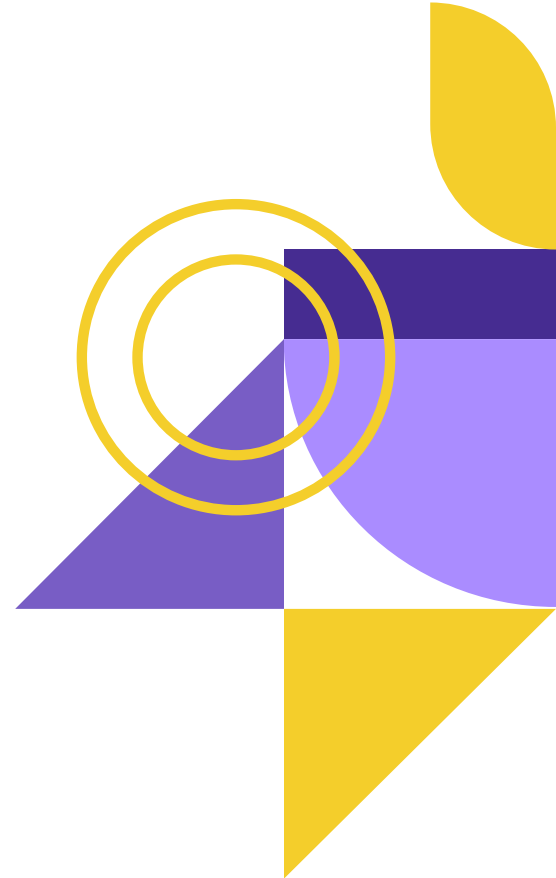
- Alcohol abuse
- Tobacco use
- Substance abuse
- Increased pathological risk
- Obesity
- Promiscuity ( exaggerated sexual intercourse )



# Consequences of riskful behaviors

Riskful behaviors can turn into:

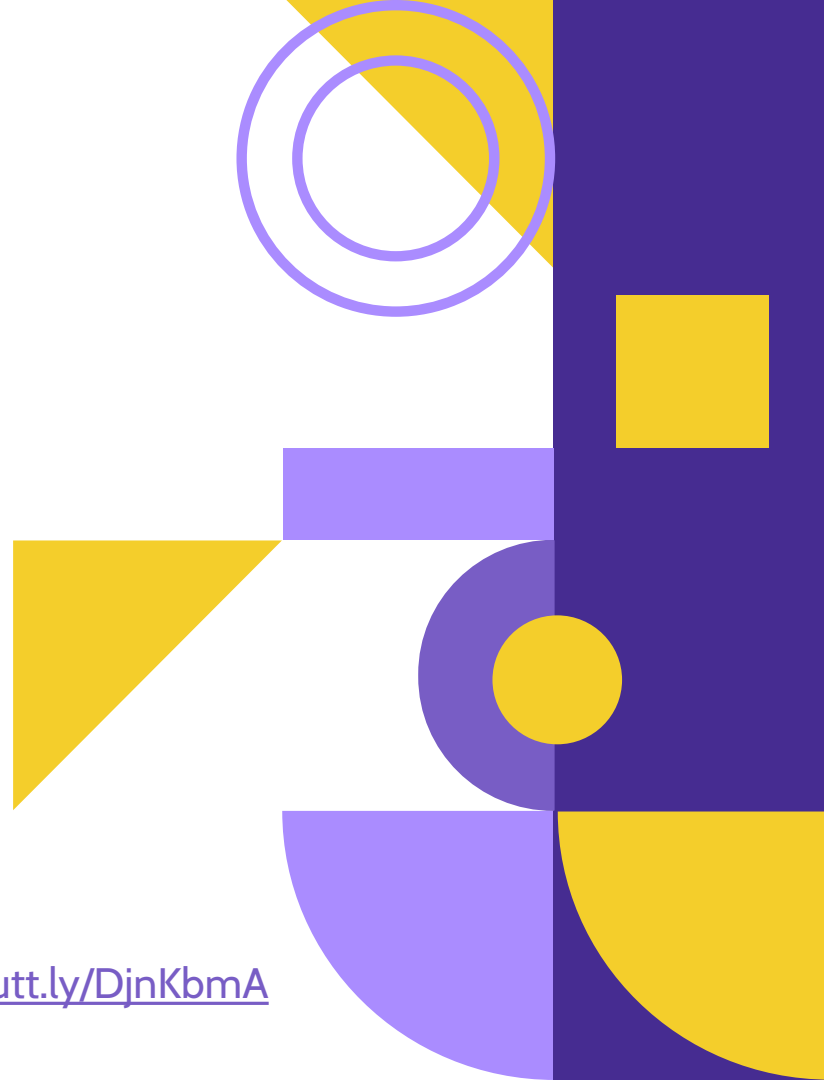
- Academical failure
- Inability to maintain social relationships
- Involvement with gangs
- Violent crimes, jail
- Unemployment
- Homelessness
- Reduced parental abilities



# The ACE Test

The **Adverse Childhood Experiences**  
study.

<https://cutt.ly/DjnKbmA>





# Conclusions

Childhood experiences    Traumatic experiences    Physiological affections

Become **part** of our  
**body**.

Can **trigger** physiological  
**affections**.

Can **persist** as we  
mature.

This can:

- **Hinder** our stress response systems.
- **Negatively** influence our **immune** system.
- Have an **impact** on our **cardiovascular** system.



# Thank you!

- Sources:

<https://www.clinicaoananicolau.ro/tipuri-de-atasament/>

**Daniel J. Siegel**

**Mindsight: the new science of personal transformation**

<https://cutt.ly/DjnKbmA>

