

Insecure Attachment and the Impact of EFT

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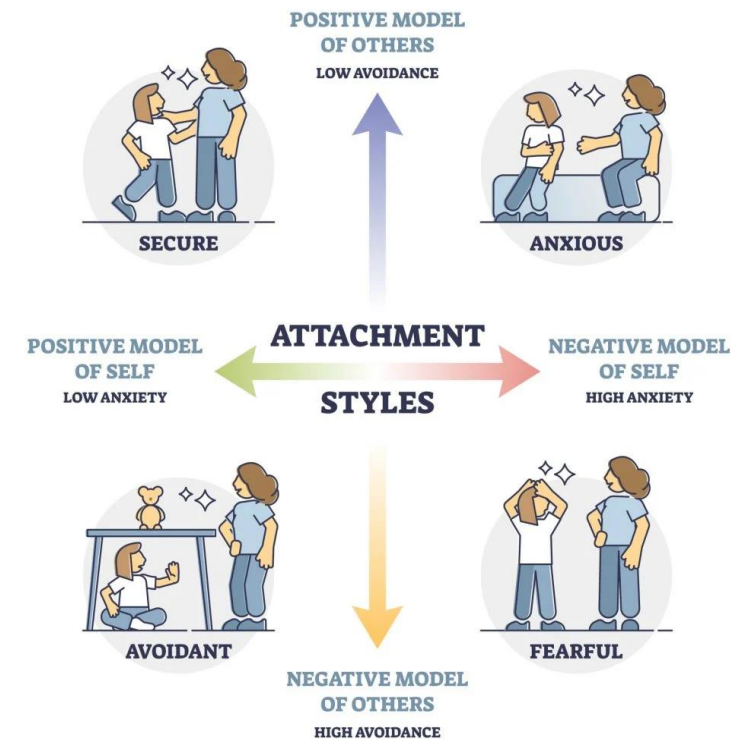
History of Attachment



- John Bowlby: Clear behavior and motivation patterns. Infants have a drive to connect with their caregiver (Bretherton, 2013)
- Mary Ainsworth: Strange Situation Study, developed the concept of three attachment styles (Ainsworth, 1969)
- Main & Solomon: expanded on the previous attachment styles by adding disorganized attachment. Stating further that this can cause generational trauma.

Types of Attachments

- Secure attachment (Forslund & Granqvist, 2021).
- Anxious Attachment (The attachment project, 2023).
- Avoidant Attachment
- Disorganised attachment



<https://www.simplypsychology.org/attachment.html>

Impacts of ACE'S

Substance
Abuse
At Home

Sexual
Abuse

Emotional
Abuse

Physical
Abuse

Physical
Neglect

Emotional
Neglect

Family
Incarcerated

Mental
Health
illnesses

Domestic
violence
between
parents

Loss of
Caregiver

Therapeutic approaches for insecure attachments

Emotion Focused Therapy

Emotion focused therapy is a humanistic approach in counselling. This approach views emotions not as something an individual has but a key in organizing principles and relationships in peoples lives (Wiebe & Johnson, 2016).

- De-escalation
 - Modifying interactions
 - Consolidation (Ditzell & Gillette, 2021)
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- Emotion focused therapy with trauma (Paivio & Pascual-leone, 2010)
 - Phase 1
 - Phase 2
 - Phase 3
 - Phase 4

EFT with Insecure Attachment

- Dalton et al (2013) study emphasised the impact of EFT on the relationship satisfaction after therapy between women who have experienced severe abuse's in childhood and their male counterparts.
- Another study that emphasises the impact of EFT with couples was conducted by Ganz et al(2022). This study explored the impact of couple based EFT on PTSD. Although this study did not focus primarily on attachment, it did highlight the impacts of past experiences on the development of healthy communication.
- Bloch & Guillory (2011) case study supported the use of EFT in a family dynamic with parents and adolescent.
- Supporting Bloch & Guillory (2011), Kurd & Jofreh (2021) used emotion focused based enrichment therapy for 3 parent/child relationships. Within 5 sessions, there was a decrease in insecurity in the relationships with 21.7% with first child, 19.9% second child and 28.3% with the final relationship.

Metaphors can allow an individual to express more difficult emotions and experiences at a pace that is in line where they are mentally.

Visualization have been used to help maintain a calming environment for an individual delving deeper into their emotions. Visualizing a calming environment can help an individual regulate their emotions. 'Happy Place'.

Empty Chair Work is an engaging technique that allows the client to explore their need for closure or express emotions that they no longer have the ability to express/feel like they cannot (Lourenço, 2021)

Alternative Therapy for Insecure Attachment

Gestalt Therapy

- A case study with anxious attachment with a 7 year old boy used gestalt play therapy. After 20 sessions the boy had not cried for two weeks compared to everyday in school and made some friends (Davis, 2022)
- When exploring childhood trauma with divorced parents. Gestalt therapy helped adolescents re-build boundaries of safety to help them cope with the changes (Romadhon & Sanyata, 2020)

Cognitive Behavioral Therapy

- Bay area CBT center uses CBT when attempting to improve relational attachment at any age group. The most successful treatment with this organization is mindfulness CBT.
- Zalaznik et al (2019) explored the impact of CBT on panic disorder with individuals showing signs of anxious and avoidant attachment. After the sessions of therapy, there was also a decrease in insecure attachment style alongside panic disorder symptoms.

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