

STUDENT NUMBER 1904059

ASSIGNMENT 1

MODULE: ECPR 7003

I confirm that I have not used any AI tools in the research and creation of this assignment, and I have not presented any AI generated materials as my own work.

I confirm I have copies of my drafts, notes, and other resources I used, which I may be asked to provide in evidence

(University of Wales Trinity Saint David , nd, p.4)

ACES HAVE MANY FACES

THIS PRESENTATION WILL COVER:

- ACES & ATTACHMENT STYLES
- TRAUMA & DISORGANISED ATTACHMENT
- TOXIC STRESS & THE COMPLEXITY OF TRAUMA
- WINDOW OF TOLERANCE
- PERSON CENTRED THERAPY & PLURALISM
- SAFETY & TRUST
- CLIENT CASE STUDY



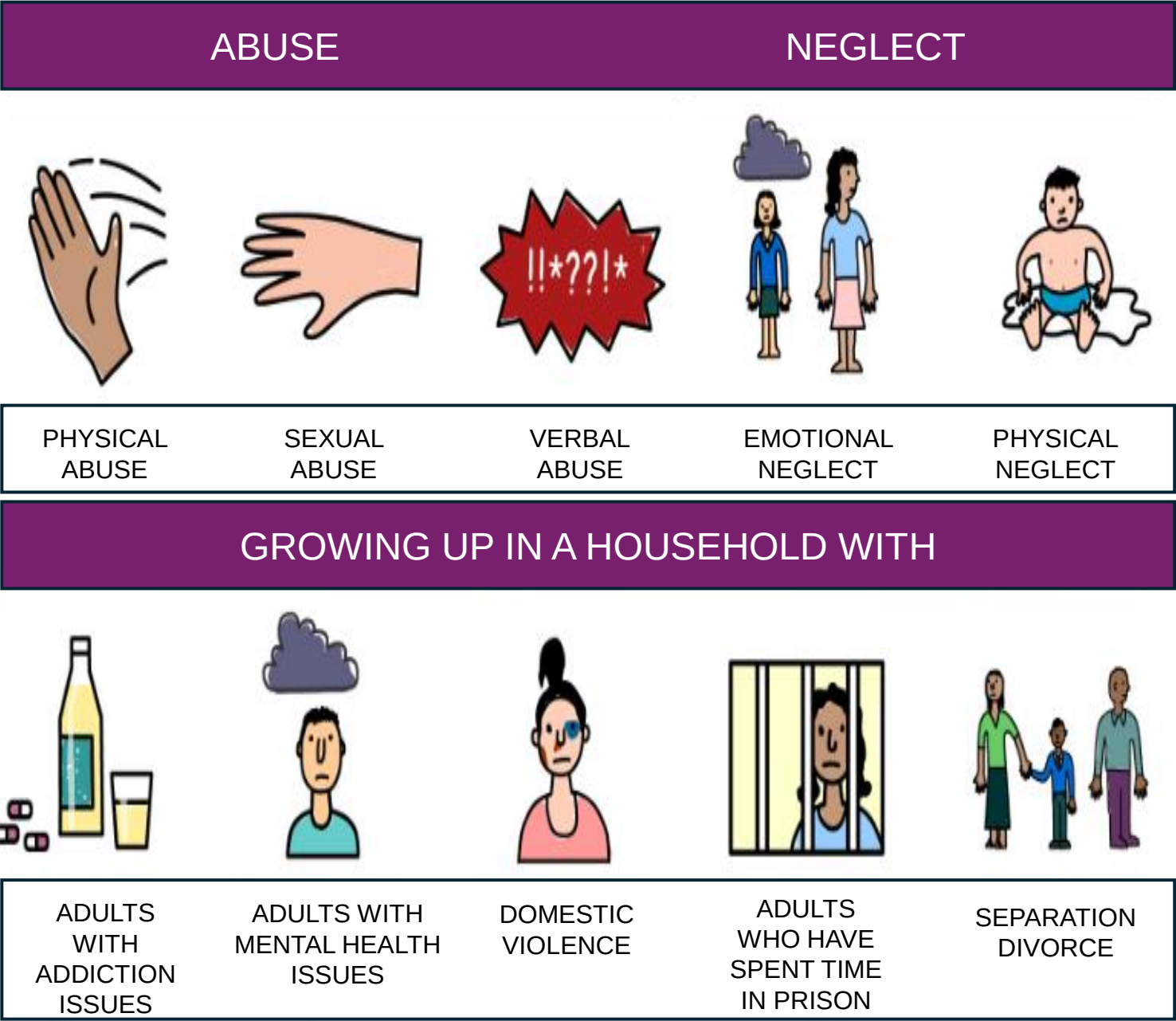
REMEMBER SELF CARE!

ADVERSE CHILDHOOD EXPERIENCES

ACES's

‘adverse social learning experiences,
family attitudes
such as overprotectiveness,
critical approach, rejection,
lack of interest,
psychological control,
or traumatic experiences’

(Kurtoğlu, Yücel, Coşkun & Katar, 2024, p.22419)



TOXIC STRESS

‘Children's sense of ‘safety, stability, and ability to form healthy relationships’ can be undermined by the harmful impacts of toxic stress’

(Sheerah, 2023, p.2)



Adversity

In adulthood, those who have experienced early trauma are more prone to displaying insecure attachment styles

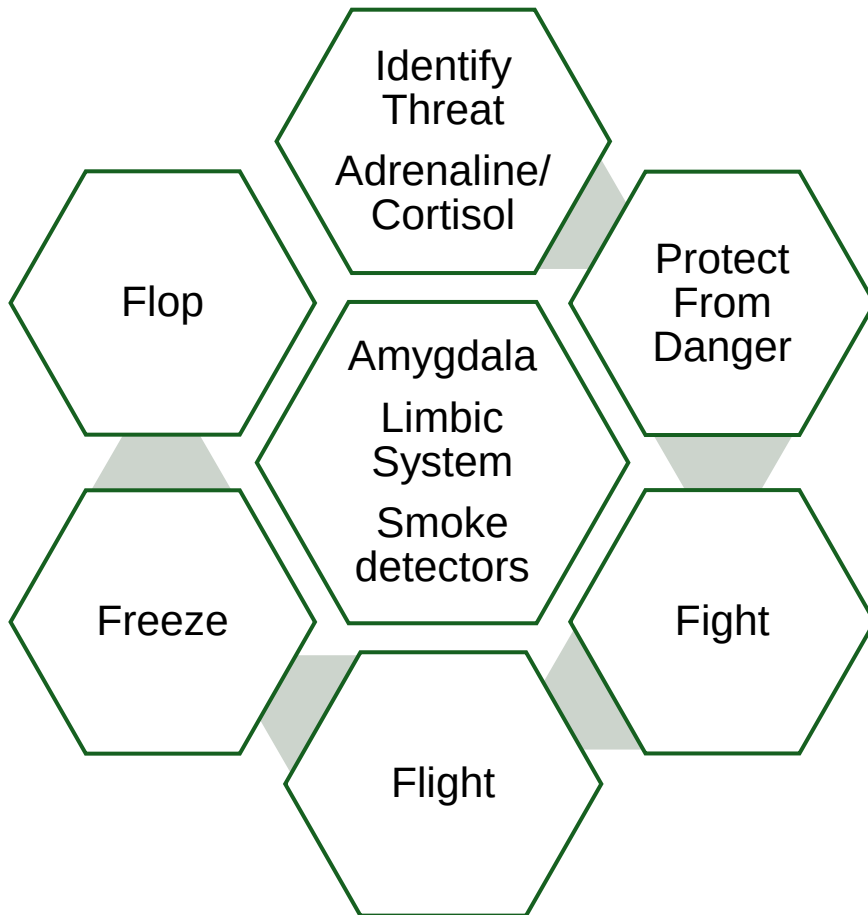


(Finch, Lawrence, Williams, Thompson & Hartwright, 2024; Wood, *et al*, 2023)

THE COMPLEXITY OF TRAUMA

‘The term “complex trauma” refers to chronic and prolonged adverse experiences that occur during childhood’

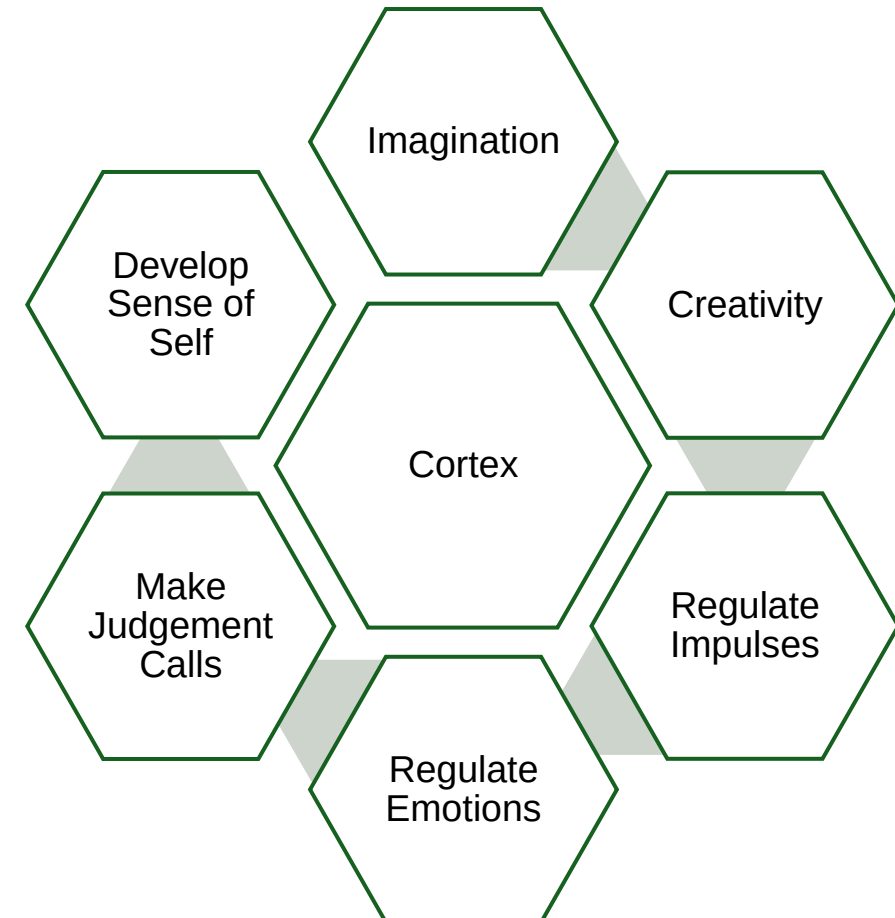
(Brown, Rodwin & Munson, 2023, p.3)



SURVIVAL BRAIN



(Ford & Courtois, 2020; Billings 2021; Spring, 2024)



LEARNING BRAIN

ACEs

Long-term and severe stress triggers the body's reaction when there is insufficient support from a caregiver

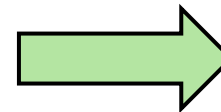


BIOLOGICAL CHANGES

Such as changes to:

- Expression of genes (epigenetics)
- Stress regulatory system
 - Immune system
 - Developing brain

HIGHER RISK OF NEGATIVE OUTCOMES DURING ADULTHOOD



EARLY CHILD
DEVELOPMENT
Developmental delay

EDUCATION
Low engagement/attainment

HEALTH & BEHAVIOUR
Health harming behaviour
Poor mental health

VIOLENCE & CRIMINAL
JUSTICE
Increased risk of violence/
offending

SOCIO-ECONOMICS
Increased risk of poverty/
unemployment

CHRONIC ILLNESS
Increased risk of mental
illness/
chronic diseases

ATTACHMENT STYLES

Adverse experiences such as the loss of a parent, being placed in 'foster care, parental divorce and child physical or sexual abuse' can disrupt 'attachment' stability

(Hurless, 2021, p.14; Ainsworth & Marvin, 1995; Bowlby, 1988; Ross, Kaminski & Herrington, 2019; Lu, Kivlighan, Hill & Gelso, 2022; Bogdanović, Radev & Stanojević, 2023; Panagar, 2024)

SECURE	ANXIOUS	AVOIDANT	DISORGANISED
			
• Healthy Communication • Can Regulate Emotions	• Fears Abandonment • Needs Reassurance	• Suppresses Emotions	• Poor Emotional Availability • Low Trust/ Self-Esteem • Fear of Rejection • Lack of Emotional Intimacy

Clients may not receive appropriate support from a therapist if the therapist doesn't comprehend various attachment styles and the internal working process of the client

(White, 2020)

TRAUMA AND DISORGANISED ATTACHMENT

- **Trauma**: 'extraordinary occurrences marked by their profoundly distressing and often violent or humiliating nature' (Zagaria, Baggio, Rodella & Leto, 2024, p. 5)
- **'Big T' verses 'Little T'** (Harte, Strmeli, and Theiler, 2020, p. 43)
- **Attachment Trauma/ Relational Trauma** : enduring physical, psychosocial and psychological and relational issues due to the magnitude of emotional overwhelm because of an insecure attachment relationship (Zagaria *et al*, 2024)

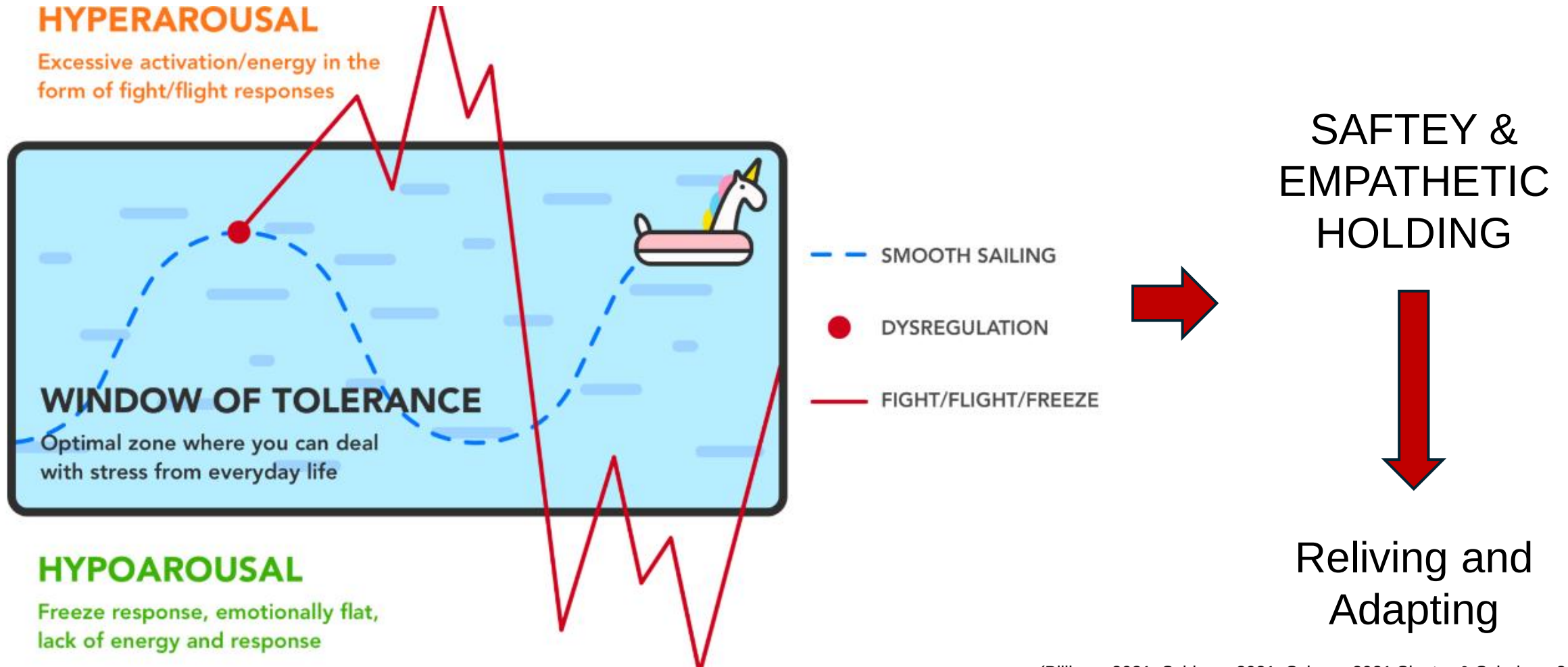
Compared to accidental, non-interpersonal traumas, inter-personal traumas typically result in heightened negative assessment of oneself and others, leading to elevated distress, raised levels of anxiety and depression and disconnection from emotions

(Bogdanović, Radev & Stanojević, 2023)

WINDOW OF TOLERANCE

An area where emotions are processed, accepted and recognised leading to personal growth

(Podolan & Gelo, 2023)



(Infographic obtained from Mind My Feelings, 2020, np)

(Billings, 2021; Schlage, 2021; Schore, 2021; Sletten & Scheiner, 2020)

THREE STAGE RECOVERY MODEL OF TRAUMA

(Herman, 1998; Cameron, 2024; Spring, 2024)

Stabilisation

Processing

Integration

1

2

3

Trust & Safety
Choice, Collaboration & Empowerment
Psychoeducation
Coping Strategies
Solid Foundation Grounding

Making Sense
Addressing Feelings
Grieving
Maintaining Balance
Healing/Growth

Enhancing Emotional Connection
Self-Compassion
Constructing Relationships

SAFETY, TRUST AND THE ROLE OF THE HUMANISTIC THERAPIST

- ‘Only if enough safety has been timely created within the therapeutic relationship may the parties explore the client’s vulnerable areas and engage in more risky and painful areas of the client’s life to promote transformative and integrative processes’ (Podolan & Gelo, 2023, p.195)
- Stable relationships are regarded as powerful remedies for childhood adversity and toxic stress reactions as they are perceived to be nurturing and feel safe (Garner & Yogman, 2021)
- The therapists’ ‘attachment state’ has an ‘effect on the psychotherapeutic process and outcome’ (Petrowski, Berth, Beiling, Renner & Probst, 2021, p. 2)



TRUST

(Johnson, 2019 ; Amari, 2022)

PERSON-CENTRED PSYCHOTHERAPY

The impact of trauma can deeply affect self-perception, diminish self-worth, and evoke feelings of shame and guilt (Glynn, 2022; Hughes & Blundell, 2024)

‘Trust is not only ‘A’ means for therapeutic change, but often ‘The’ actual purpose of psychological therapy itself’ (Chouliara, Murray, Coleman, Burke Draucker & Choi 2024, p.193)

Once trust is established, the therapeutic presence of the therapist and dynamics between client and therapist enables the adaption of behaviour providing a sanctuary ‘during times of distress’ (Levy & Johnson, 2019, p.180)

Dyadic
Process

Therapeutic
Presence

Mutuality &
Co-
Regulation

Plurality

No ‘one
size fits all’

(Stjernswärd, 2021, p.3)



(Counselling Tutor, 2024)

CLIENT PRESENTATION IN THERAPY

CASE STUDY



Rogers' Seven Stages of Process

CONCLUSION



(Petrowski *et al*, 2021, p.2)

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