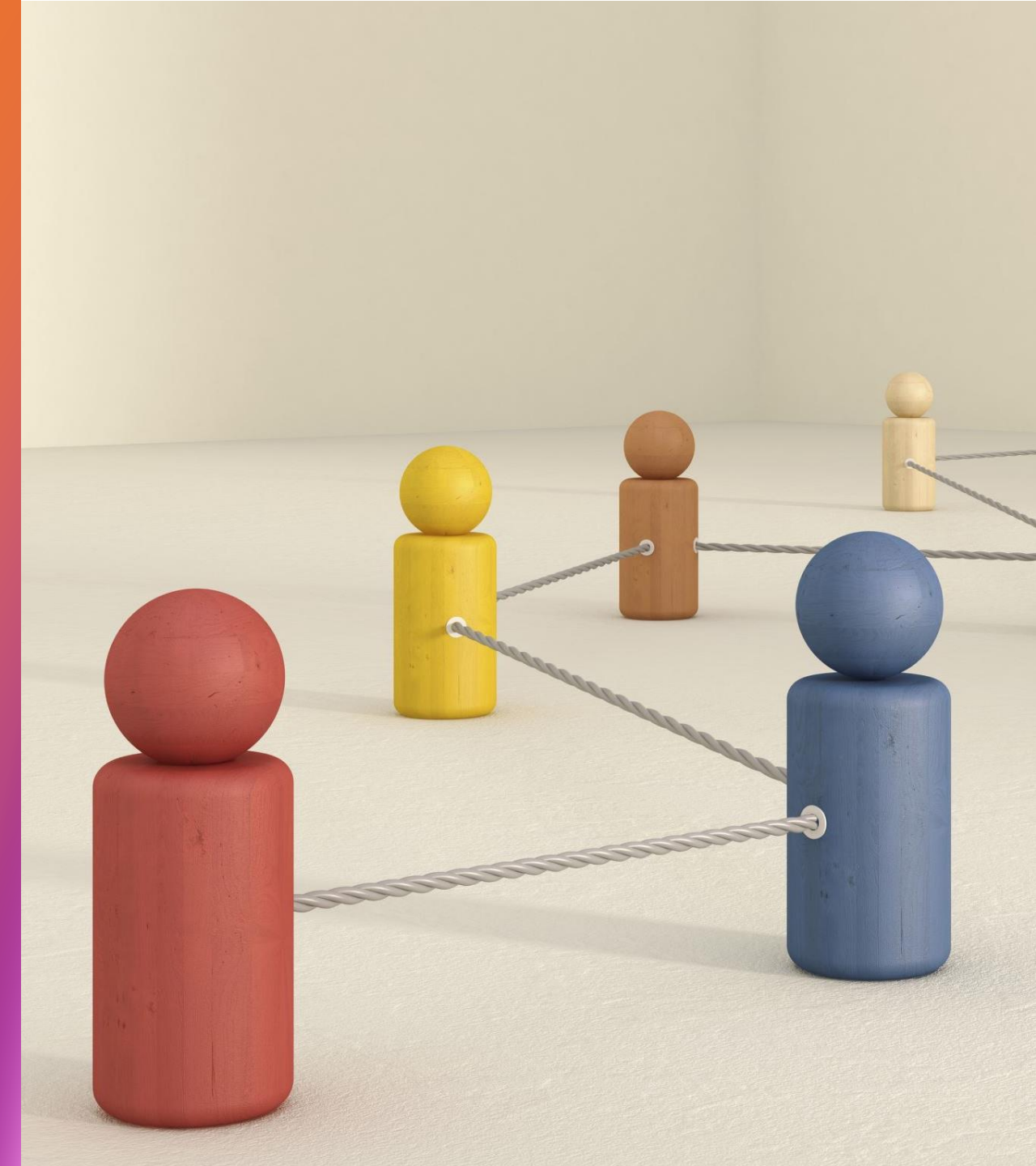




TOPIC:

The efficacy of Humanistic Modalities as a Framework for achieving Therapeutic Change from an **Insecure Relational Attachment**: A critical exploration.

STUDENT ID: 2123384

INTRODUCTION

ORDER OF PRESENTATION.

- Adverse Childhood Experiences
- Attachment and Attachment styles
- Disorganized Attachment
- Impacts of Insecure Attachment on Clients (Emotionally, Psychologically and Relationally)
- Presentation in Therapy
- Humanistic Therapies and Their Efficacies
- Person-Centred Therapy and the Core Conditions
- Critical Evaluation: This will come in between the Slides
- Conclusion
- References

ADVERSE CHILDHOOD EXPERIENCES (ACEs)

- Adverse Childhood Experiences (ACEs) are stressful or traumatic events in a child's life. (Ye *et al.*, 2024, p.4016-4026). These include but are not limited to: Abuse such as physical, emotional, or sexual abuse, Neglect, Violence, such as violence between parents or caregivers, or witnessing violence in the home or community.
- The link between ACEs and Insecure attachment and Disorganized attachment styles is that in all of them, the big T-trauma and the small T-trauma are found (Snyder *et al.*, 2024, p. 20)



(Jamieson, 2021)

UNDERSTANDING ATTACHMENT: WHAT IS IT?

The pattern of relationship we have had with Parents or Primary caregivers in our childhood or early in our lives is called attachment. (Gardner, 2024, P.5)

Attachment is a lasting psychological connection between people. Both John Bowlby and Mary Ainsworth explained that attachment figures are safe havens and secure bases (Bowlby, 2012, p. xvi, Howes and Beth, 2023, p. 18)

‘Attachment styles are not fixed, they are dynamic’ (Howe and Beth, 2023, p. 8)



ATTACHMENT STYLES IN PICTURE

(Panahi Counselling, 2021)



DISORGANISED ATTACHMENT: WHAT IS IT?

By its character, Disorganised Attachment is labelled by inner conflict, unpredictable and inconsistent behaviour, fear and distrust (Gardner, 2024, p.5)

The person with this attachment style like to pursues intimacy and desires strong intimacy and close bond but then when the opportunity comes for someone in their lives, they push it away (Walsh *et al.*, 2021)

Attachment style affects the size of our Window of Tolerance (Wright, 2024). This is also the case with the Disorganized attachment with very slim Window of Tolerance.



INSECURE/DISORGANIZED ATTACHMENT AND THE WINDOW OF TOLERANCE

Window of Tolerance

Hyperaroused State

- Fight/flight response
- Emotional reactivity
- Sweaty palms, increased heart rate
- Difficulty concentrating
- Panic, rage
- Hyper-vigilance

Optimal Level of Functioning

- Present, Calm and Safe
- Can think and respond clearly
- Engaged and alert

Hypoaroused State

- Freeze response
- Lethargic, low energy
- Numb, Lack of emotions
- Little to no physical movement
- Zoning out, dissociation
- Shut down

(Wright, 2024)

SOME FACTORS AFFECTING ATTACHMENT TYLES

FACTORS
AFFECTING
ATTACHMENT
STYLES:



Family Size



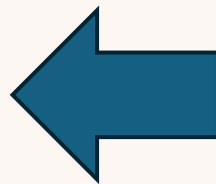
Living
Situations



Stress and
Trauma



Health and
Wellbeing of
Parents



ADVERSE EFFECTS
OF
PARENTAL
DEPRIVATION.
(Bowlby, 2012, p. 27)

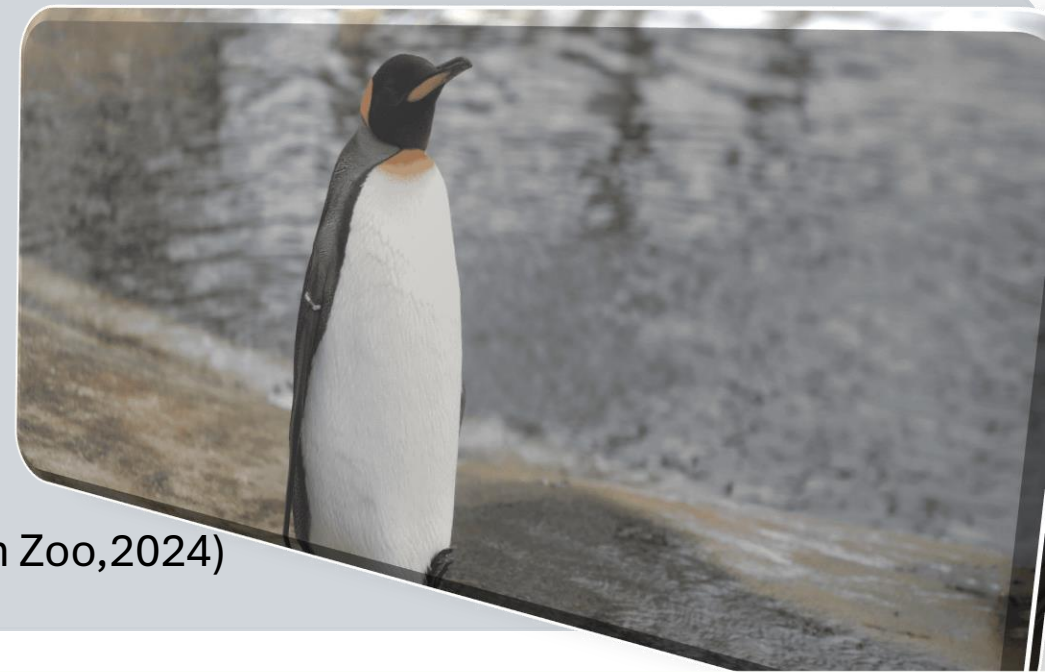
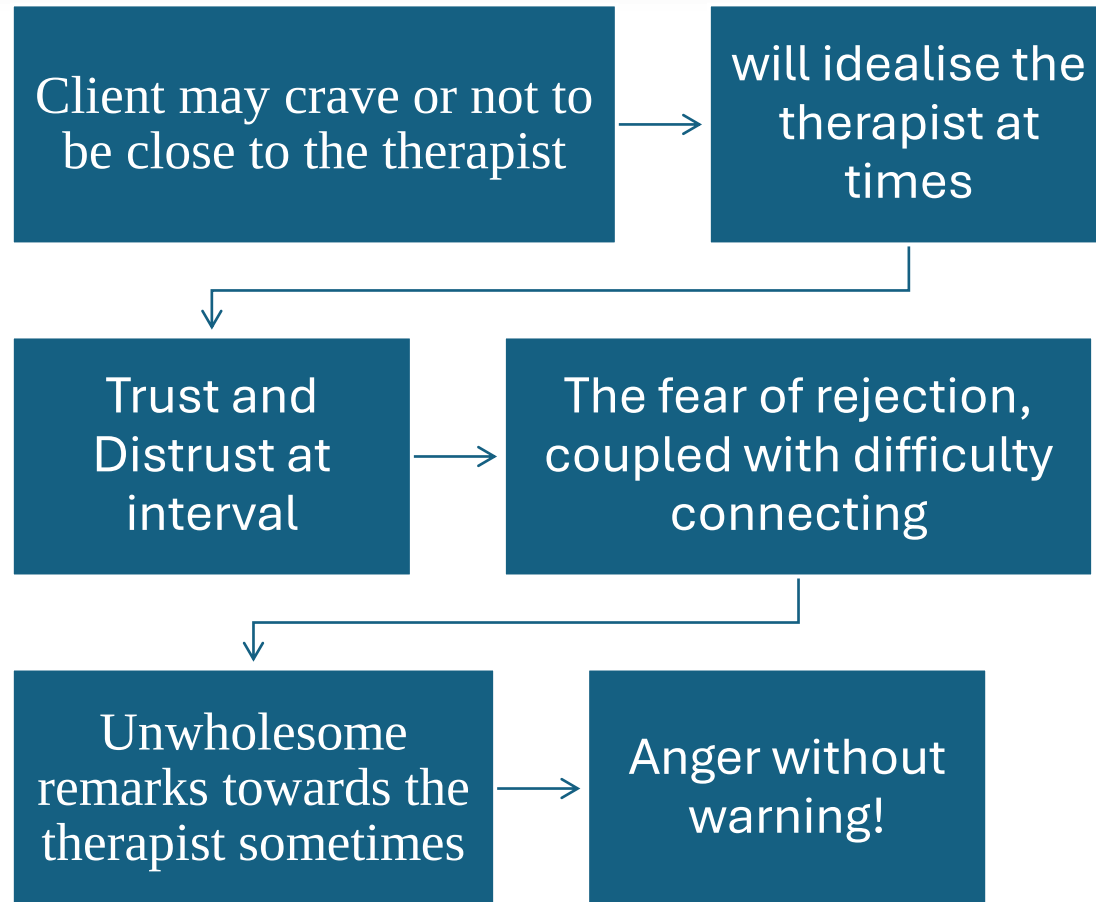
INITIAL IMPACT OF THESE INSECURE/DISORGANIZED ATTACHMENT STYLES ON THE CLIENT'S PROFILE

- **Emotional Profile:** Dysregulate, Anger, disgust, shame and distrust
- **Psychological Profile:** Isolation, stagnation, confusion despair,
- **Relational Profile:** disconnected, lack empathy, fear, overly independent

Way forward? Mindfulness needed here



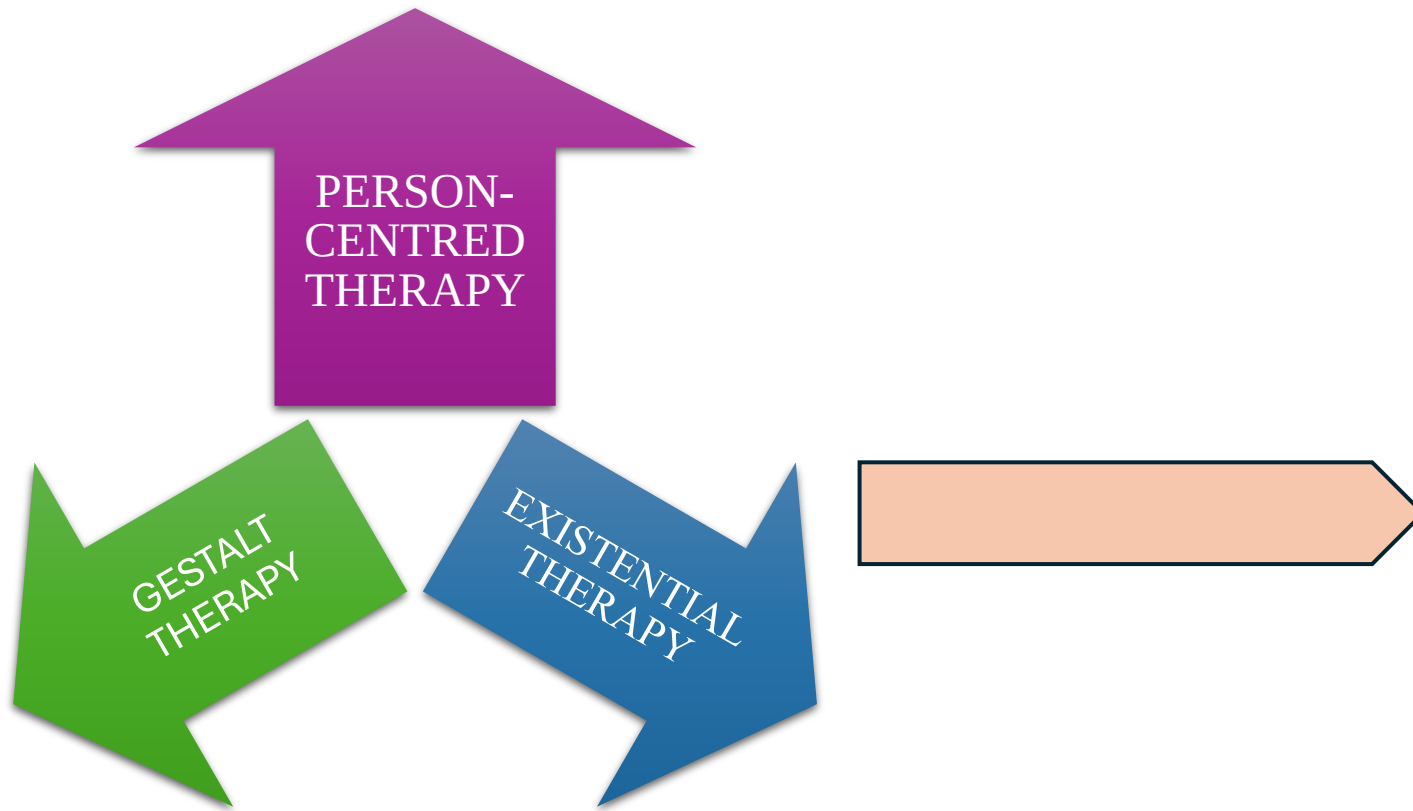
CLIENT'S PRESENTATION IN THERAPY



(Edinburgh Zoo, 2024)

My Client in Therapy...

HUMANISTIC THERAPIES INCLUDE BUT NOT LIMITED TO:



... they are effective
in treating attachment
disorders.

(McIntosh *et al.*, 2024, np)

EFFICACY OF HUMANISTIC THERAPIES: THE PERSON CENTRED THERAPY

‘The best way to help an individual is to see their world through their eyes’.

(Kudelia, 2023, p. 19)

Person-Centred Therapy: Offers a radical humanistic perspective of how to help people Heal and Grow. It focuses on how to Self-actualise and become the best version of themselves (Malta *et al.*, 2024)

As a therapist, the first thing you do when you meet a client is to establish a rapport (Joyce and Sills, 2018). This is the foundation and a key character of the therapeutic relationship using Empathy, Congruence and Unconditional Positive Regard.

The importance of Therapeutic Relationships and the Core Conditions in Effecting Change in Therapy is that it is the driving force for self-actualization (Kudelia, 2023, p.2). This is needed for the person with Disorganized Attachment.

Application of Core Conditions in the Insecure/Disorganized Attachment Issues in the Therapy Room shows that the *relationship* is the therapy itself (Malta, p.9, 2024)

EFFICACY OF HUMANISTIC THERAPY

Among other schools of therapies, The Humanistic Outlook Has the most robust and effective approach to ragging mental depression which has a high death rate today (Chen, 2023)

The PCA, for instance, engages in Therapeutic relationships with clients and helps them to move from Crises to Self-actualization.(Kudelia, 2023, p. 2)

- Focuses and explores the potential in the human person.
- All other Therapies find a home in the core conditions and the relational effectiveness of the humanistic approach
- The empty-chair dialogue in Gestalt Therapy is an opportunity for clients to face unresolved feelings and transform those feelings into integration (O'Loughlin, 2020)

Cultivating Healthy Attachment for Lasting Connections and healing past wounds.

For clients diagnosed with insecure and disorganized attachments, the process of therapy may transform the relationship into a mode of intervention (Tironi et al., 2021)

STAGES OF THERAPUETIC CHANGES

Transition of clients with insecure attachment through the course of therapy may show significant change (Rodgers and Tudor, 2020)

Stage 1: Beginning Stage: They are Rigid. They may be reserved and emotionally distant at first, but as they start feeling that the therapeutic relationship is secure and stable, they might enter the relationship more actively.

Stage 2: Continuing Stage: It may be a little less rigid. Trauma symptoms, such as flashbacks or emotional numbing, often further complicate the therapeutic process, making it difficult for clients to engage fully.

Stage 3: Client May begin to consider Accepting Responsibility but this is usually gradual and may not be presented in a smooth curve. (Rodgers & Tudor, 2020)

Stage 4: The client Continues and may begin to be self-aware and begin to describe their immediate feeling but may tend to be critical of themselves. They may still lack trust here. Therapists must recognize this as a fear of negativity instead of resistance to therapy (Mann, 2020).

Stage 5: At this stage, the Client may begin to take ownership of their situation. This is a very productive stage in therapy assuming that it all goes well. The client can begin to rely on the ability to make decision

Stage 6: In Stage 6, clients recognize their process towards self-actualisation and also recognize that of other people's process. They treat themselves with love and self-care.

In stage 7, after going through the six stages, the client becomes a fluid and self-accepting person who welcomes Changes.
(Counselling Tutor, 2024)

Critically evaluating these, it becomes clear that they are not merely indicators of resistance, but rather reflections of the client's ongoing struggle with trust and vulnerability, often linked to unresolved trauma.

(Counselling Tutor, 2024)

A CRITIQUE FROM THE CULTURAL DIMENSION.

Reasonable Chastisement Law in the UK:
Implications for Attachment Theory.

*In England, it is allowed within reasonable limits. But what is reasonable, I ask?

*In Wales, it was completely abolished in the year 2020 (legislation.gov.uk,2020)

These could have some implications on attachment style.

- While John Bowlby may be correct that attachment is universal...can we say that application will be the same in all cultural contexts? (Lee, 2024)? This needs a review.
- Did Bowlby understand the reality and nature of parenting, caregiving and attachment in the African contexts at the time of this theory?
- O'Shaughnes explain that:
Attachment relationships must be understood for practitioners to appreciate cultural diversity and avoid the trap of thinking that one way of bringing up a child is better than another (O'Shaughnes, *et al.*, 2023, p.29).
- Is it not the case that cultural affiliation defines how children are cared for?

WARNING

Disturbing Content!
Viewer Discretion is Advised

THE PROBLEM OF GENETIC MUTATION IN ATTACHMENT STYLES.

- Genetic mutation can cause Insecure/Disorganized Attachment later in life(Golds, de Kruiff, and MacBeth, 2020)

ADVERSE EFFECT OF MATERNAL DEPRIVATION

(Bowlby, 2012, p. 26)

Bowlby tends not to agree with this argument.

(Shutter stock,2024, nd)



OUR CLIENTS AFFECT US!

WHAT WE MUST DO AS
THERAPISTS:

SELF-AWARE

SELF-CARE

PERSONAL THERAPY

SUPERVISION!

(Amazon, 2024)



SOME CRITICAL ANALYSIS

The Problem of Attachment Theory is that some parents are 'detached' from parenting due to difficulties (Faircloth, 2023, p. 189) . Human attachment goes beyond childhood experiences with parents, primary caregivers or any Adverse Childhood Encounters. Genetic mutation could cause serious relational problems between childhood and adulthood. Outside of the Therapy room, Disorganized attachments and any form of insecure attachments can experience positive transformation and heal through positive role models, friends, family and society using a 'humanizing commitment' to build blocks of trust for them and gradually create a secure new foundation for them (Malta et. al., 2024, p.9 & Gardner, 2024).

Person-centred approaches challenge the Trauma of insecure and disorganized attachment with the hopeful view that overcomes adversity and leads to positive psychological changes. The complexity of human nature kicks against the humanistic outlook on the inherent good in all people (Kudelia, 2023, p.2). But what about the problem of 'wrongdoing? Why do good people do the wrong things? The PCA's non-directive character can restrict a therapist's range of responses to their client's development.

The person-centred outlook does not have a defined methodology of the measurement of therapeutic outcomes. The Client is much more than what happens in the Therapy Room. How has my work affected the client, and how has the client affected me? This is because every client affects us.

CONCLUSION

- *Humanistic therapies offer a helpful theoretical orientation for the treatment of clients with insecure relational attachment, especially those affected by disorganized attachment and early childhood trauma.*
- *By placing the focus on the relationship between the client and the therapist, as well as core conditions like empathy, congruence, and positive regard, Humanistic modalities facilitate the development of a safe environment to address clients' insecure/Disorganized attachment patterns.*
- *With relational exploration, emotional connection, and existential development, clients can experience end-state change in therapeutic relationships be more liberated from attachment-related issues, and develop new and more secure attachment relationships.*



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