

FAMILY ATTACHMENT: TREATMENT PLAN

Developed by Deborah N. Silverstein, L.C.S.W.

- Using multi-system perspective; do not consider presenting symptoms in isolation; consider attachment “dance” family may be doing—intersection of multiple internal working models
- Establishing home environment where child and family feel safe and family interactions are reparative in nature as the first goal
- Providing opportunities for fun, for self-exploration, for adaptation and development of new (more adaptive) behaviors
- Overriding goal is to increase adaptive attachment behaviors in child and parents
- Assessing child’s developmental (not chronological) stage; gearing attachment and behavior changes to this stage of development
- Working toward assisting child to achieve developmental tasks appropriate for stage of development
- Developing home assignments which are an outgrowth of therapy work and which increase positive interactions among all family members
- Watching for pseudo-attachments
- Watching for and utilize reenactment of maladaptive attachment behaviors and trauma; correcting in session through coaching and modeling
- Being active, guiding, encouraging, coaching and modeling but never taking over parents’ role; avoiding child attaching to therapist
- Using creativity and being flexible; avoiding “family traps” (e.g. repeated crises that keep therapist from addressing attachment problems and past traumas)
- Use non-verbal techniques to access right brain, bridging implicit memories into left brain awareness
- Setting concrete behavioral objectives; involving parents and child allows for measurable progress and sense of mastery
- Including education about adoption issues, attachment, loss, trauma and skill building

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