

BUILDING THE BONDS OF ATTACHMENT: AWAKENING LOVE IN DEEPLY TROUBLED CHILDREN Free



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Daniel A. Hughes
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This work is a composite case study of the developmental course of one child following years of abuse and neglect. *Building the Bonds of Attachment* focuses on both the specialized psychotherapy and parenting that is often necessary in facilitating a child's psychological development and attachment security. It develops a model for intervention by blending attachment theory and research, trauma theory, and the general principles of parenting, and child and family therapy. This book was recommended to me by a therapist who is specially trained in working with children suffering from attachment issues.

It is by far the best book I've read on the subject. As it tells the Katie's story has developmental continuity, from her life inside a young mom who did not want her and was woefully unprepared to look after her-much less love her-through a perinatal life full of exposure to rage, violence, affective unpredictability, and affective dullness. But Hughes tells us that we are all of a piece, from prenatal life onward. No one should dare to tamper with us-or make decisions about us-without knowing where we have been and what lessons we thought we were supposed to learn: lessons that inform our behavior every day. If nothing else, we should read this book to remember why we have worked so hard to understand prenatal and perinatal life, and to see again the practical implications of what we know. To speak with a representative about our products and services or for technology inquiries, please call Volume 17, Issue 2. Michael Trout.

Reviewed Publisher:.. ISBN: With a less than great foster parent? A foster parent who works 40 hours per week and has two other young children to care for? A therapist whose "office" is whatever hallway or library carrel or broom closet the school assigns her today? Probably not. View all 3 comments. Jan 14, Neil rated it liked it. However, if you are an adoptive or foster parent, you should read this book sooner than later.

Children who have been separated from their birth mothers or neglected and abused by their birth parents often have a terrible time joining adoptive or foster families. The child may feel entirely dependent on himself because no one else ever cared for him. He therefore doubts that his adoptive or foster parents could actually want to take care of him and rejects their efforts. These wounds may still hurt even years after living with adoptive families. This book will help parents understand that the child who seems to be selfish and unconcerned with no one's feelings but his own is really not a selfish person underneath. He or she is actually fighting for his emotional survival, trying desperately to keep control of his life and the world around him. This book will also help them realize that they are not bad parents. The focus of this book is to help the parent to acknowledge the child's fear of attachment and, more importantly, to convince him that he is not a bad person and is so worthy of their love.

Despite their best efforts, the child will try his hardest to alienate himself from his parents by unacceptable behavior in order to validate his feelings that he is not worthy of their love. The book emphasizes that it will take a long time and a very strict regimen of together time between parent and child, and possibly continuous doling out of consequences for bad behavior but, in the end, the child will most likely believe that he is a good person who deserves to be loved, is loved by his parents and wants to be loved by them. Key points to understand: consequences for bad behavior are not punishments, they are to help the child understand how members of a family should treat each other in a civilized society. Above all, no matter how infuriating the child may be, never hold a grudge. The child must understand that even though the parent may be angered by his unacceptable behavior, he is still loved and wanted.

Depending upon the circumstances of the child's life before joining the family this could take a very long time. Another key point is to eliminate shame from his life. Shame is different from guilt. Guilt is healthy because it fosters repentance, reconciliation and a desire to change. Shame, however, is destructive. I don't mean guilt in the sense of my mother whacking me over the head with a Baltimore Catechism because I lusted in my ten-year old heart. That is shame. I mean guilt in that a person acknowledges that he did something wrong and accepts responsibility. Also, the book addresses the issue of adoptive or foster parents who themselves have unresolved issues with their parents and how this affects their relationship with their child. This book is not simply an owner's manual for parents who have adopted or are fostering children who have suffered separation trauma or other traumas or who have been neglected or abused.

Although it will clarify some issues, working with a therapist who specializes in adoptive families or separation issues is critical. Nov 01, Jess rated it was amazing. Dan Hughes has become a veritable rock star in the world of attachment issues and traumatised children and I can see why after reading this book. It follows the story of Katie, a fictional child who is removed from her birth home after years of neglect and an incident or two of physical violence. It challenges everything you underst Dan Hughes has become a veritable rock star in the world of attachment issues and traumatised children and I can see why after reading this book. This book complements *The Connected Child* Karyn Purvis, where you can see a lot of the same parenting strategies employed in very involved manner with Katie. Aug 28, Kirsten Rieck rated it was amazing Shelves: work-related-books.

I truly can not recommend this book enough. I walked away from the book with so much more empathy and love for foster and adoptive parents and children. The book was intriguing and accessible—worthwhile for professionals, parents, and generally interested persons. Oct 14, Maria rated it was amazing. This book was excellent; it clearly demonstrated a complex process in the form of a fictionalised account about a little girl and her difficult journey from birth to healed and happy 8 year old.

Although slightly cheesy story at times, I felt it was a great way to show the process of helping abused and traumatised children recover through the eyes of a social worker, foster carer and the therapist. I have read a lot of books about attachment, none have actually talked about what you do if a chil This book was excellent; it clearly demonstrated a complex process in the form of a fictionalised account about a little girl and her difficult journey from birth to healed and happy 8 year old. I have read a lot of books about attachment, none have actually talked about what you do if a child has a serious attachment issue, how can you turn this around? This book filled in the gap and also gave me a great deal of insight. It's incredibly sad that the children who suffer the most are likely to be rejected over and over again if their attachment problems are not addressed properly. It takes a dedicated and highly trained foster carer in conjunction with dyadic developmental psychotherapy, which was the form of therapy used in this book, the therapy methods made sense and the format made it easy to understand.

The child in this book, Katie, had disorganised attachment, which is one of the most severe and hard to treat, her behaviour was disturbed and extremely difficult to cope with. She could not understand or respond to loving relationships, she had shut down that part of herself and only could communicate through rage, hatred and manipulation. Parents were servants in her life rather the people who could be relied on and trusted.

Successive foster carers gave up or even ended up abusing her because they could not deal with her lack of reciprocal love.

The foster carers emotional health was seen as paramount if she were to maintain a healthy and positive attitude towards her foster daughter. Recovery was hard work for everyone concerned. I would highly recommend this book to anyone who works as a foster carer or has an interest in children with histories of trauma. Jan 12, Anne Snyder rated it it was amazing. What does a traumatized child feel inside? How can we respond in ways that help them learn what love is? I would recommend this book as an excellent resource for anyone who works with children who have gone through trauma or adults, for that matter. I found the most engaging areas in the language and attitude of the person engaging the child with unhealthy attachment. Sep 14, Bek Graham rated it liked it. This was my mum's book. The books examines behaviors of children who do not have a parent attachment figure. The book uses case studies to identify behaviour problems in children who have attachment problems.

Oct 12, TaraLynn Thompson rated it it was amazing. When I purchased this book I was dismayed to see how expensive it was. After I discovered that it is used as a textbook, it all made sense.

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