Parent Journal For Core Attachment Therapy©

**Introduction to Core Attachment Therapy©**

The adventure we are about to embark on together to help your child achieve secure attachment will be at times very painful. Healing your child’s emotional wounds will allow your child to experience for possibly the first time what emotional comfort is. We will see that moment in front of us, when your child turns towards you instead of away from you. Then we are off and running.

The following is a synopsis of the process we will be doing for approximately 8 weeks.

Core Attachment Therapy© address the internal and external emotional needs at the core level of the adopted child. The internal core need being that of attachment. The external core need being that of safety and security in order to attach. In other words, before a child can securely attach, there needs to be safety and security in the home. Those of us who have raised foster children/adopted children know firsthand the chaos they create in the home. This chaos keeps the trauma alive and delays any secure attachment from developing because the home is on their terms. For secure attachment to occur, the children need to relinquish this control to their adoptive parents.

In comes Component 1 of Core Attachment Therapy© which is the Nurtured Heart Approach (NHA)®. The adoptive parents are trained in The Nurtured Heart Approach® to till the soil for the seeds of attachment to take root. NHA® helps children with attachment/behavior issues understand that pleasing parents is a good thing because it gives them the benefits of life. They will learn to relinquish control of their parents. Once they start allowing themselves to please and succeed, then the seeds of attachment get planted by beginning Component 2 of Core Attachment Therapy©.

*With each session, you will need to have with you for your child bite sized pieces of food, a drink in a sports bottle and hand lotion.*

**Week 1**

Warm up notes

Are you Home notes

Greatness Stories

**Week 2**

Warm up notes

Are you Home notes

Keeper/Wipers notes

Greatness Stories

**Week 3**

Warm up notes

Are you Home notes

Keepers/Wipers notes

Count my Spots notes

Greatness Stories

**Week 4**

Warm up notes

Are you Home notes

Keepers/Wipers notes

Count my Spots notes

Catch the Feather notes

Pop the Bubble notes

Greatness Stories

**Week 5**

Warm up notes

Are you Home notes

Keeper/Wipers notes

Count my Spots notes

Catch the Feather notes

Pop the Bubble notes

Safe from the Storm notes

Greatness Stories

**Week 6**

Warm up notes

Are you Home notes

Keepers/Wipers notes

Count my Spots notes

Catch the Feather notes

Pop the Bubble notes

Safe from the Storm notes

Greatness Stories

**Week 7**

Warm up notes

Are you Home notes

Keepers/Wipers notes

Count my Spots notes

Catch the Feather notes

Pop the Bubble notes

Safe from the Storm notes

Gingerbread Cookie notes

Greatness Stories

**Week 8**

Warm up notes

Are you Home notes

Keepers/Wipers notes

Count my Spots notes

Catch the Feather notes

Pop the bubble notes

Safe from the Storm notes

Gingerbread Cookie notes

Funny Face notes

Greatness Stories