

**Relationship Based Family
Treatment for Adolescents who
experienced trauma and abuse
Session One**

Haruv-USA at OU-Tulsa

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What Makes Attachment So Important?

- Facilitates Development Skills:
 - 1. Satisfying Reciprocal Relationships
 - 2. Regulation of Emotions
 - 3. Reflective Functioning
 - 4. Relationship Repair

The Polyvagal Theory & Safety

- ✦ **Open-Engaged or Defensive: Evokes same**
- ✦ **Open-Engaged from Acceptance**
- ✦ **Defensive from Evaluation**
- ✦ **Acceptance from rhythmic, modulated expressions/Defensive from monotones, serious, statements.**
- ✦ **Story-Telling Voice**

INTERSUBJECTIVITY

Synchronised Bodily (Nonverbal) Communications

Matched Affect:

Intensity, Rhythm, Beat, Contour, Duration, Shape

Joint Attention:

Light to Fully Engaged Focus

Clear Intention:

**From Sense of Gentle,
Compassionate, Enquiry to
Sense of Urgency to
Understand & be Helpful**



INTERSUBJECTIVE DISCOVERY of Self

LOVABLE

COMPETENT

RESILIENT

ENJOYABLE

DELIGHTFUL

PERSISTENT

WORTHWHILE

HONEST

SMART

COURAGEOUS

HOPEFUL

DEVELOPING

PACE

- **Playfulness: A light, hopeful, open and spontaneous**
- **Acceptance: Unconditionally directed at all of the experience of the other**
- **Curiosity: Nonjudgmental, not-knowing, active interest in the other's experience**
- **Empathy: Felt sense of the other; actively experienced and communicated.**