

## A Guilty Little Girl

**Attachment issues:** Insecure, unsafe attachment relationship with mother and father from birth. Immature parents, desertion by father, new partner who also left - drugs and emotional immaturity.

**Stages 1 and 2,** First 8 months – child in an “as if relationship” - outwardly cooperative, constantly smiling, plays and draws, **but provides no real entrance into her inner world.** With mother in the room she actively takes charge of the play while mother trails along. Mother is now in and out of hospital. Grandmother has now become the active attachment figure. She is positive, but concerned with solutions and has trouble listening to the child’s concerns. Child continues “pleasing”, trying to be good.

### Neuropsychological considerations

Danger signals –early memories of abandonment, fear,- easily triggered with rage and fight/flight reactions.

Narrow window of tolerance. A great deal of pent up rage/fear energy that demands release

### AIP Model

Therapist

Actively

Contains

And directs

The

Attachment

Relationship as the child begins to process

Traumatic memories tightly compartmentalized, stuck. Present symptoms – Adjustment difficulties at school all directly related to triggering of primitive, non adaptively stored fearful memories. Resources: Intelligence; pleasant appearance; ability to play and fight for what she needs. She sings and dances very well. Work on safety in relationship will release the connecting, reparative flow

Therapist helps

Child to

Use

grandmother

as an affect

regulator

**EMDR Protocol** –current processing only after a long period of preparation – until child felt secure enough to reveal the major trauma. (only when the child feels true safety in the relationship can he reveal his true inner self) Continuation of preparation activities to allow the expression of feeling through drawing, singing and play.

Processing in small bits.

Gently allowing memory to surface.

Grandmother in the room as an active participator.

Attention to the releasing of rage and helplessness energy

### Present Developmental level of functioning

Constantly keeping in mind the child’s level of functioning. This is an intelligent child who has achieved the appropriate ability to relate and to play with independence and initiative when her traumatic memories are not triggered **Phase 8:** Ongoing evaluation of her ability to trust, to regulate affect and to decrease her sense of guilt and shame. Evaluating her ability to function appropriately in school and with peers.