

Intergenerational Cycles of Trauma: An Attachment Perspective

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- Why attachment theory?
- What is attachment theory?
 - A biologically-based bond
 - A model of emotion regulation
 - A model of cognition
- Strange Situation
- Attachment patterns
 - Secure attachment
 - Avoidant (dismissing) attachment
 - Anxious/ambivalent (preoccupied) attachment
 - Disorganized (unresolved) attachment
 - Parent-child role reversal
 - Dissociation
 - Violence
- Families of Creation
 - Choosing a partner (assortative mating)
 - Dual-trauma couples
 - Dual-trauma parents
 - Parent-child effects

- Implications for intervention
 - Trauma survivors have family histories
 - Current trauma may trigger past trauma
 - Aggressors were (usually) also victims
 - Trauma survivors often have partners
 - Source of support or source of stress?
 - Trauma survivors often have children
 - Reducing trauma in parents → preventing trauma & violence in children
 - Attachment & resilience
 - Other attachment figures → earned security
 - Safety first!
 - Emotion regulation
 - Making meaning of past trauma
 - Focus on interpersonal relationships vs focus on symptoms
 - Self-care of professionals

- We can all make a difference!

Intergenerational Cycles of Trauma & Violence: An Attachment & Family Systems Perspective.
(2015). New York: W. W. Norton.

<https://wwnorton.com/books/9780393707182/about-the-book/reviews>