



# Attachment Parenting: Developing Connections and Healing Children

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**Attachment Parenting: Developing Connections and Healing Children** From Jason Aronson, Inc.

*Attachment Parenting* describes a comprehensive approach to parenting children who have a history of neglect, abuse, orphanage care, or other experiences that may interfere with the normal development of attachment between parent and child. Grounded in attachment theory, *Attachment Parenting* gives parents, therapists, educators, and child-welfare and residential-treatment professionals the tools and skills necessary to help these children.

With an approach rooted in dyadic developmental psychotherapy, which is an evidence-based, effective, and empirically validated treatment for complex trauma and disorders of attachment, Arthur Becker-Weidman and Deborah Shell provide practical and immediately usable approaches and methods to help children develop a healthier and more secure attachment. *Attachment Parenting* covers a wide range of topics, from describing the basic principles of this approach and how to select a therapist to chapters on concrete logistics, such as detailed suggestions for organizing the child's room, dealing with schools' concerns, and problem-solving. Chapters on sensory integration, art therapy for parents, narratives, and Theraplay give parents specific therapeutic activities that can be done at home to improve the quality of the child's attachment with the parent. And chapters on neuropsychological issues, mindfulness, and parent's use of self will also help parents directly. The book includes two chapters by parents discussing what worked for them, providing inspiration to parents and demonstrating that there is hope. Finally, the book ends with a comprehensive chapter on resources for parents and a summary of various professional standards regarding attachment, treatment, and parenting.

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### Editorial Review

#### Review

The heart and soul of a literary gem in our field is the extent to which the authors demonstrate, at every step, the connection between what they recommend and a clear developmental principle. This connection is made with compassion and precision throughout Becker-Weidman and Shell's book. Hungry and struggling parents will find this extraordinary book nutritious, practical, clear, and principled. (Michael Trout, PhD, director of the Infant-Parent Institute)

This is a very readable, easily digestible book offering a diverse smorgasbord of intervention strategies for parents of children struggling with attachment/trauma issues. Devoid of psychobabble, caregivers will find the chapters to be a fast read?insightful and user-friendly. (Steven G. Gray, PhD, diplomate, American Board of Pediatric Neuropsychology, and author of *The Maltreated Child: Finding What Lurks Beneath*)

The old adage is that it takes a village to raise a child. If that is true, then it takes a special village to raise a child with special needs. The collected wisdom of the contributors to *Attachment Parenting* weaves together an integrated approach to helping children heal from the effects of early attachment-related traumas. At the center of this special village is the critical role of the parent as the primary catalyst for and creator of experiences of healing. The concepts of Dan Hughes' Dyadic Developmental Therapy model provide the unifying principles, which continually foster empathic connection with the child and promote real healing. This lovely book offers both pragmatic suggestions and inspiration for hope. (Vicky Kelly, PsyD, LCSW, co-editor of *Attachment-Focused Therapy* and past president of the Association for Treatment and Training in the Attachment of Children (ATTACH))

#### About the Author

**Arthur Becker-Weidman**, PhD, is director of the Center for Family Development in Williamsville, New York and the coeditor of *Creating Capacity for Attachment: Dyadic Developmental Psychotherapy in the Treatment of Trauma-Attachment Disorders*, 2005.

**Deborah Shell**, MA, LCMHC, is adjunct professor in the Masters in Counseling Graduate Program at Johnson State College and the coeditor of *Creating Capacity for Attachment: Dyadic Developmental Psychotherapy in the Treatment of Trauma-Attachment Disorders*, 2005.

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