

# AABA NEWSLETTER

Alaska Attachment & Bonding Associates

October/November  
2010

## Creating Capacity for Attachment

Dyadic Development Psychotherapy is an approach to treating children who have trauma-attachment disorders. It is a relationship-based approach (dyadic), and it is based on attachment theory, which is a developmental theory (developmental).

The children, teens, and youth, are those who have experienced extensive an pervasive trauma during the first few years of life. The children come through the child welfare system, private adoptions, and international adoption. While the details of maltreatment vary, a common thread is that these children have experienced some significant and pervasive disruptions in the primary caregiver-child relationship. Maltreatment has caused the primary attachment relationship to be disordered and disorganized to such an extent that these children are highly defended, difficult to reach, and have either no capacity or a limited capacity to form authentic, meaningful, affectional ties with caregivers. As a result, many usual forms of treatment are ineffective with these children. Dyadic Developmental Psychotherapy evolved as an approach to treat such "untreatable" children.

Many of these children have extensive histories of physical abuse, neglect, sexual trauma, and emotional abuse. Others experienced serious and painful medical conditions that interfered with the normal developmental process of forming attachment relationships with their primary caregivers (Minde, K., 1993). In these instances, the attachment system was disrupted by such things as prematurity that necessitated extensive stays in Neonatal Intensive Care Units and painful medical interventions during the first years of life. You read about children who were raised in orphanages and , while having all their basic needs met, did not have responsive and reciprocal affectional experiences with a primary caregiver. The effects of being raised in an institution in which the caregiver-infant ratio is 1:10 or higher are as devastating as physical abuse, maybe more so. Reactive Attachment Disorder and Post-Traumatic Stress Disorder, Complex Type, are the most common clinical diagnoses for these children. Many of these children, because of the previous neglect and lack of stimulation, may have other comorbid conditions such as Sensory-Integration Disorders and a variety of Neuropsychological dysfunctions. In addition, a significant percentage of severely maltreated children who come through U.S. foster care also have Bipolar Disorder I. Approximately 2% of the attachment disorder symptoms (Carlson, Cicchetti, Barnett, & Braunwald, 1995; Cicchetti, Cummings, Greenberg, & Marvin, 1990).

The cost to society of not treating such children is enormous. Many of the families that enter the child welfare system have extensive multigenerational histories of abuse and neglect. As known from research that a child's state of mind with respect to attachment is best predicted by the mother's state of mind with respect to attachment. If the primary care-giver has unresolved trauma or has been raised in an abusive or neglectful home, then the child is at grave risk of perpetuation this intergenerational cycle of violence.

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• Helping Families Stay Together

**Alaska Attachment & Bonding Associates** depends solely upon yearly support from the community. We are proud to recognize the following individuals, businesses, and organizations for their support through Grants and Donations.



**Lend a helping hand**

**Alaska Attachment & Bonding Associates** is eligible under AS 43.23.062 to receive charitable contributions as designated by PFD applicants on the **2011** electronic Permanent Fund Divided applications.

Program: (Pick. Click. Give.)  
Please help with our mission

**PICK. CLICK. GIVE** to:

**Alaska Attachment & Bonding Associates**



**2010**

**Sapphire Circle:**(\$6,000 to \$9,999)

Eleanor F. Oakley

**Ruby Circle:** (\$2,500 to \$5,999)

AdoptUsKids

**Emerald Circle:** (\$1,000 to \$2,499)

Totem Ocean Trailer Express, Inc

Susan Denton/BP matching

Mat-Su Health Foundation

Jim Wardman

**Platinum Circle:**(\$500 to \$999)

1st National Bank

Andy Reimer (Discretionary-MSHF)

**Gold Circle:**(\$150 to \$499)

Palmer Elks Lodge #1842

Laurence & Wilma Carr

Mark Lee, Lee Realty

Mat-Su Health Foundation (Wish List)

Diversified Tires

Teri Namtvedt (Discretionary-MSHF)

Anonymous

**Silver Circle:**(\$50 to \$149)

Karen Howes

Gorilla Fireworks

**Bronze Circle:**(\$25 to \$49)

Weldin Construction

**Aluminum Circle:**(\$1 to \$24)

**In-kind Circle:**

City of Houston

Rosemary Burnett

Millers Market-Houston

Mary Kay-Quinell Lynn

Pampered Chef- Karen Howes

Spenard Builders Supplies (Houston)

Trudy Visker

Traighli Hardy

Fred Meyers

Carrs

**Volunteers**

Eleanor Oakley,

Jim Wardman

Dianne Ferguson,

Wanda Thomas

Karen Howes,

Laura Wagner

Brittany Blawn

Rosemary Burnett

**Special Thanks to**

*Mr. Howes* for donating his time.

*Karen Howes* for helping with Pampered Chef Fundraisers.

*And thanks* to: all the Board Members and volunteers.

*And thanks* to: Bingo Mania for using our Gaming permit.





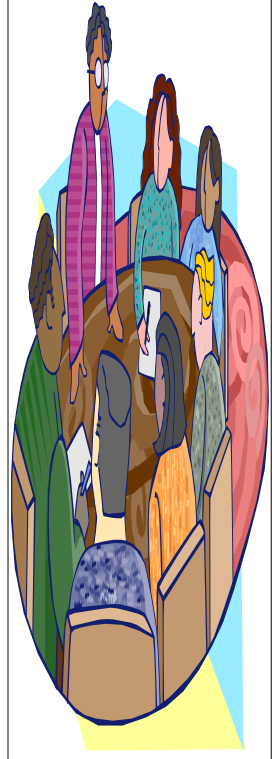
Thank you ! AdoptUSKids for the Raven Respite Project Grant.

## WOW !!!! “Another New One-day Workshop”

### “Flirting with Disaster but coming out Ahead”

#### Living and Loving the Reactive Attachment Disorder Child

- *Date: November 13, 2010*
- *Time: 8:45 am to 5:30 pm*
- *Where: Central Fire Department 61; training room #2*
- *101 W. Swanson Ave, Wasilla AK*
- *Cost: \$150*
- *Provided: continental Breakfast, Lunch, Snacks*
- *CEU's available*
- *When Available: Scholarships for caregivers & their natural supports*



Workshops  
Are a fun way to  
learn!



### Resources and Links

TATTAC Bernadine Janzen, MS, LPC;  
Tattacbsj@gmail.com

Attachment Disorder Network for parents;  
www.radzebra.org

Alaska Parent Line; 1-800-643-5437

Alaska Center for Resource Families;  
www.acrf.org

Alaska Children's Trust;  
www.alaskachildrenstrust.org

Families & Professionals resources for the  
first three years of life;  
www.threetozero.org

American Family Advocacy Center;  
www.profane-justice.org

For Grandparents raising grandkids;  
grands@voaak.org 1-888-522-9866

RAVEN Respite Parent Support Group, subscribe at; www.subscribe@yahoogroups.com  
(To sign up for Online support group: call 907-357-6263 or Email: princessbutercupp@yahoo.com) you will receive easy instructions on how to get on the site.

RAVEN Respite Support Melissa Jessup;  
zeusl@mtaonline.net  
princessbutercupp@yahoo.com

Court Appointed Special Advocates;  
www.alaskacasa.org

Attachment Disorder support group;  
www.adsg.org

Child Welfare Information Gateway;  
www.childwelfare.gov

RAD Kid Organization; www.radkid.org  
[www.sociallearning.com](http://www.sociallearning.com).<http://www.fosterparentcollege.com/>

<http://thursdaygroup.blogspot.com>

### Visit the AABA

web-site  
for  
information on  
upcoming  
workshops.

www.akattach  
ment.org

“RAVEN  
Respite Striving to make a  
Difference for families in the



**(Continued from Page 1    Creating Capacity for Attachment**

Children who have experienced maltreatment are also at grave risk of developing severe personality disorders. Many of these children are violent (Robins, 1978) and aggressive (Prino & Pyrot, 1994) and as adults are at risk of developing a variety of psychological problems (Schreiber & Lyddon, 1998) and personality disorder, including antisocial personality disorder (Finzi, Cohen, Sapir, & Weizman, 2000), narcissistic personality disorder, borderline personality disorder, and psychopathic personality disorder (Dozier, Stovall, & Albus, 1999). Neglected children are at risk of social withdrawal, social rejection, and pervasive feelings of incompetence (Finzi et al., 2000) Children who have histories of abuse and neglect are at significant risk of developing Post-Traumatic Stress Disorder as adults (Allan, 2001; Andrews, Varendin, Rose, & Kirk, 2000). Children who have been sexually abused are at significant risk of developing anxiety disorders (2.0 times the average), major depressive disorders (3.4 time average), alcohol abuse (2.5 times the average), drug abuse (3.8 times average), and antisocial behavior (4.3 times average) (MacMillian, 2001).

These children present with a variety of symptoms and behavior patterns. Generally, these are children who do not trust because their experiences have taught them that adults are not reliable caregivers and that the world is chaotic, unpredictable, and nonresponsive. Most of the symptoms presented by these children can be seen as expressions of this working model of the world and relationships.

Dyadic Developmental Psychotherapy has as its core the maintenance of a reciprocal, responsive, and affectively attuned relationship between therapist and child, between caregiver and child, and between therapist and caregiver. This is the central therapeutic mechanism and is essential for treatment success.

Dyadic Developmental Psychotherapy is based on attachment theory and is attachment-facilitation and attachment-based treatment. Dyadic Developmental Psychotherapy was developed to heal children who are largely unresponsive to usual treatment approaches, such as nondirective play therapies, behavioral therapies, cognitive-behavioral therapies, and other family and individual therapies. These are the children who often are misdiagnosed with multiple conditions such as Oppositional Defiant Disorder, Conduct Disorder, Attention Deficit/Hyperactivity Disorder, and who have been unresponsive to treatment. Dyadic Developmental Psychotherapy focuses on maintaining an affective connection with the child. Through an authentic emotional tie with the child and with empathy, the clinician helps the child face and integrate the emotions, memories, and meanings of experiences that traumatized the child. That which is split off is integrated and loses its power to corrupt and distort relationships in the present. Dyadic developmental Psychotherapy is an experiential approach that focuses primarily on process.

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## R.T.C. Spot Light



**Cedar Springs  
Behavioral  
Health System**

Cedar Springs Hospital is at the foot of beautiful Cheyenne Mountain in Colorado Springs, Colorado. The campus itself was originally constructed as a private hospital in 1924 and retains much of that cozy charm and character today. Cedar Springs Hospital provides both inpatient and outpatient psychiatric treatment for individuals of all ages.

### Connections Residential Program

Reactive Attachment Disorder (RAD) Residential Treatment

The Connections program treats children up to age 12 who suffer from reactive attachment disorder while also emphasizing family education and training workshops



**Cedar Springs Hospital**  
**2135 Southgate Road**  
**Colorado Springs, CO 80906**  
**709-633-4114 or 800-888-1088**  
**Www.cedarspringsbhs.com**

### A Word from our CEO/President

Hope everyone has had a delightful summer!!! Fall has been pretty good so far, not too much rain and a lot more sunshine than summer. But it looks like winter is creeping upon us fast~~~~the mountains look beautiful with all the snow glistening on them, soon we will have all that beauty in our own back yards, then everything will look nice and clean. Holiday's are also coming fast, Halloween, Thanksgiving, Christmas and New Year's, please be safe and enjoy them all.

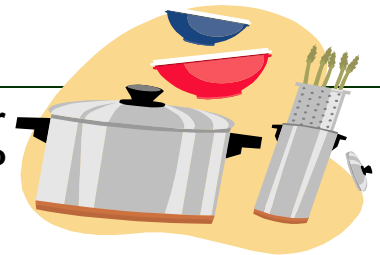
Eleanor Oakley



### Pampered Chef is taking orders for the Christmas Holiday "Pampered Chef Consultant- Karen Howes"

You may order on-line at [www.pamperedchef.biz/karenh](http://www.pamperedchef.biz/karenh) anytime or request a catalog from Karen, at 315-1425 or email request to [karenh@gci.net](mailto:karenh@gci.net).

Call Karen to find out what the guest special is or go on line.



Lending Library Located at: 619 S. Knik Goose-Bay Road, Suite J, Wasilla, AK 99654

Open: 8:00 a.m. to 4:00 p.m. - Monday though Friday

Books are listed on AABA's web-site: [www.akattachment.org](http://www.akattachment.org)

Please come in and browse, check some books out, to read at home at your leisure, then either bring them back or mail them in. If you cannot get to the lending library call and request the books you would like to read, and we will mail them to you.

Please call Laura at 907-376-0366 with any questions.

## Continued from pg 4    **Creating Capacity for Attachment**

### A few Definitions:

**Attachment** is a general term that describes the state and quality of an individual's emotional ties to another.

**Attachment behavior** is any type of behavior that causes a person to attain or to retain proximity to a preferred individual and that results in an increased sense of safety and security. It is initiated by a perceived separation or a perceived threat of separation from the attachment figure.

**The attachment system** is an internal working model or blueprint of the world in which the self, significant others, and their relationships are represented and which are then acted upon.

**Trauma-attachment disorder** is a term used to describe the multiple and complex effects of early chronic maltreatment (physical and emotional neglect; physical, sexual, and emotional abuse) on the developing child. The continuing effects of early maltreatment operate on many domains including cognitive, emotional, psychological, and neuro-biological.

### Information is from:

The book "Creating Capacity for Attachment" Dyadic Developmental Psychotherapy in the Treatment of Trauma-Attachment Disorders. Page's 1, 2, 3, 4, 7, 8.

Editors: Arthur Becker-Weidman, PhD. MSW and Deborah Shell, MA, LC mhcc

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Center For Family Development  
5820 Main Street, suite 406  
Williamsville, NY 14221

### Who holds the copyrights:

716-810-0790

[www.Center4FamilyDevelop.com](http://www.Center4FamilyDevelop.com)

Newest book, Attachment Parenting, edited by Arthur Becker-Weidman & Deborah Shell, 2010, Jason Aronson, Lanham, MD .

Alaska Attachment & Bonding Associates has "Creating Capacity For Attachment" in the Lending Library....This is a great book.....



# R.A.V.E.N. Respite Support Group:

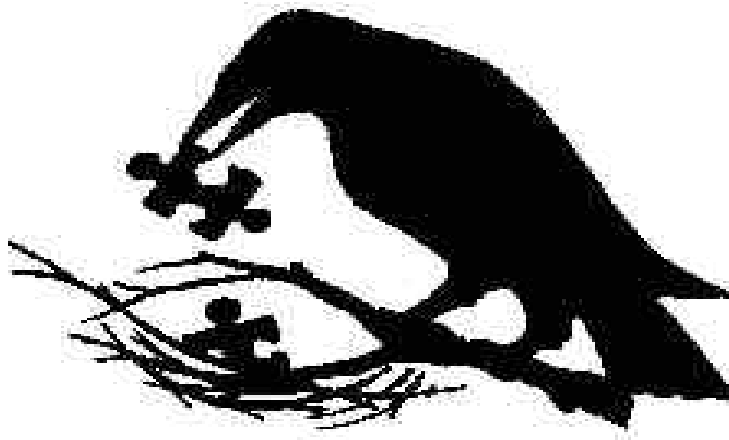
R.A.V.E.N. Respite support group is for more than respite support, Melissa can also answer some of your questions about Attachment Disorder.

You can ask your questions through e-mails at princessbutercupp@yahoo.com (which is the fastest) or by phone 907-357-6263. (please leave message and Melissa will return your calls)

For parents security: to sign up for R.A.V.E.N. Respite support group: Call 907-357-6253 or email: princessbutercupp@yahoo.com, you will receive easy instructions on how to get on the support site.

( You have to be invited to get on the site)

[http://health.groups.yahoo.com/group/RAVEN\\_RESPITE](http://health.groups.yahoo.com/group/RAVEN_RESPITE).





# **Alaska Attachment & Bonding Associates: Workshops**

**November 13, 2010**

**“Flirting with Disaster But coming out Ahead”**

**Living and Loving the RAD Child**

**Will cover: 1. Little Guys with Attachment Problems: Ages 0-5**

**2. Children with Attachment Problems: Ages 5-10**

**3. Reactive Attachment Disorder: Ages 11-14**

**4. Reactive Attachment Disorder: Ages 14-18**

**Where: Central Fire Department 61; Training Room #2; 101 W. Swanson Ave, Wasilla AK**

**Time: 8:45 am to 5:30 pm**

**Cost: \$150**

**Provided: Continental Breakfast, Lunch, Snacks**

**CEUs Available**

**REGISTRATION REQUIRED**

**Register by Phone: 907-376-0366 Fax: 907-376-0966**

**online registration @ [www.akattachment.org](http://www.akattachment.org)**

**(will not work with web based email addresses, such as hotmail, g-mail, yahoo)**

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## **Upcoming Resource Family Training: Oct-Dec 2010**

Licensed Foster Homes are required to have 15 hours of training per licensing year for a two parent home and 10 hours for a single parent home. Please register for any of the following events by contacting Betsy at the Alaska Center for Resource Families Mat-Su office at 376-4678.

### **Core Training:**

Core for Relatives- Oct 6<sup>th</sup>, 13<sup>th</sup> and 20<sup>th</sup> 9:00-12:00, must attend all 3 classes for 9 hrs total

Core for Seasoned Foster Parents- Dec 6<sup>th</sup>, 8<sup>th</sup> and 10<sup>th</sup>, 9:00-12:00, must attend all 3 for a total 9 hrs

### **Adopting through the Office of Children's Services:**

Thursday Oct 7<sup>th</sup> from 6:00-9:00 PM

### **On-Site ACRF Training and Support:**

Fri Oct 1<sup>st</sup>, Video Day, films on Childhood Trauma, 9:00-3:00. May attend any part of the day.

Thurs Nov 4<sup>th</sup>, Video Day, films on Adoption, 9:00-3:00. May attend any part of the day.

Tues Dec 7<sup>th</sup>, Discipline in Foster Care, noon-1:00 (also telephonic)

Classes meet in the ACRF office, 5050 Dunbar Sr., Ste. A2 off the Palmer-Wasilla Hwy, Brentwood Plaza unless otherwise noted. Call Betsy 376-4678 or [bwoodin@nwresource.org](mailto:bwoodin@nwresource.org) mandatory pre-registration.

### **Rural Teleconference Training and Support:**

Tues Oct 5<sup>th</sup>, The Effects of Neglect in Early Childhood, Trainer: Aileen Mcinnis, noon-1:00

Wed Oct 13<sup>th</sup>, Changing Families: Helping Children Transition, 7:00-8:00 PM

Tues Nov 2<sup>nd</sup>, Cultivating Connections/ Fostering Familiarity for Fost/Adopt Children, noon-1:00

Wed Nov 10<sup>th</sup>, Fostering the Sexually Abused Child, Pt 1, Setting Up Your Home, 7:00-8:00 PM

Tues Dec 7<sup>th</sup>, Discipline in Foster Care, noon-1:00

Wed Dec 8<sup>th</sup>, Fostering the Sexually Abused Child Pt 2, Dealing with Sexually Acting out Behavior, Trainer Aileen Mcinnis, 7:00-8:00 PM

The monthly Rural Teleconference is intended for anyone living outside of Anchorage, Fairbanks, Juneau, Wasilla or Palmer although we can allow others to participate. Families may participate by dialing 1-888-626-7441 and when asked enter the code: 9939775#. If you phone in before the group leader you will hear music, please stay on the line. For more information contact [bwoodin@nwresource.org](mailto:bwoodin@nwresource.org) or call our toll-free number 1-800-478-7307.



**“Bingo Mania” supports “non-profits” by using their gaming permits.**

**(Non-profits are Alaska Attachment & Bonding Associates & Big Lake Lions Club)**

**Closed: Monday; Tuesday**

**Opened: Wednesday: one session starts @ 6:30 p.m.**

**Thursday: one session starts @ 6:30 p.m.**

**Friday: two sessions starting @ 6:30 & 10:30**

**Saturday: two sessions starting @ 6:30 & 10:30**

**Sunday: one session starting @ 6:30**

**6445 E. Blue Lupine Drive Wasilla, Alaska 99654,**

**Phone: 907-376-4816**

**(Located on Parks next to Alaska Sales and Service).**



**“Free Dinner at 5:00 p.m. on Friday’s”**

Every Friday we cook a free dinner for all our loyal customers to show our appreciation. I have come to realize that a lot of people come in on Friday nights to enjoy that free dinner. Some of these people only come to Bingo Mania on Friday nights and play a \$5.00 package. This is unfair to Bingo Mania and the people that come here to play bingo. So effective immediately, in order to enjoy a free dinner at Bingo Mania you have to buy a \$20.00 package. This is to service the customers that are here not only for the dinner, but to play bingo. Of course the only exception to this rule is our special needs people who come in to play bingo.

We appreciate your business and it is not my intention to upset anyone, but I also don't want to be taken advantage of by people that just come in for a free meal and not play bingo.

If anyone has any concerns, please let me know.

Owner: Trudy Visker

376-4816

## Alaska Attachment & Bonding Associates

City Center Business Park  
619 S. Knik Goose-Bay Road, Ste J  
Wasilla, AK 99654

Phone: 907-376-0366

Fax: 907-376-0966

E-mail: [laura@akattachment.org](mailto:laura@akattachment.org)



AABA

Web Site

[www.akattachment.org](http://www.akattachment.org)

### About Alaska Attachment & Bonding Associates

AABA is a non-profit organization that provides education, training, support and advocacy for kinship, adoptive and foster families who care for children with emotional disorders, such as Reactive Attachment Disorder (RAD), and professionals who work with this population of children.

AABA's area of Focus: **PREVENTION** of abuse/neglect

**PLACEMENT** information

**TRAINING** in Attachment

**COMMUNITY** Resource information

### WHAT drives AABA?

AABA is passionate about traumatized children.

AABA has first hand experience with Attachment Disorder children and knows the special care and treatment needed to help these children learn love and trust.

Left untreated, children with Attachment Disorder and other emotional disorders are often times shipped to out-of-state Residential Treatment Centers (RTC's), and are likely to become emotionally disturbed adults, unemployable, likely to be involved in drugs, alcohol or other illegal activities.

Attachment Disorder children place a huge impact in dollars, stress, crime, and livability in the Mat-Su Borough and throughout Alaska.

### WHY should you care?

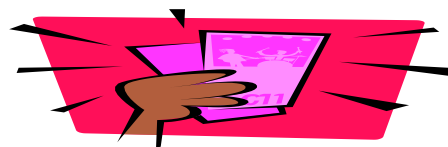
Because this is a preventable disorder and will take the community working together! AND, "**BECAUSE THIS IS YOUR HOME!**"



The Bingo Mania is a light yellow building away from all the hustle and bustle of the bowling alley. A much more pleasant and serene atmosphere. There is a Bingo Mania Deli for all the hungry Bingo people. Bring a friend and help celebrate this new kind of Bingo establishment. Bingo Mania is located at 6445 e. Blue Lupine Dr. Wasilla. 907-376-4816, On the frontage Rd by Alaska Sales & Service.



## NEW PULL TAB STORE!!!!



## “PULL TABS MANIA”

Mile 49 Parks Hwy

Meadow Lakes

Opened 11:00am to 9:00pm

(helping the non-profits)