

R.A.V.E.N RESPITE PROJECT NEWSLETTER

*R.A.V.E.N. Respite,
A project of Alaska Attachment and Bonding Associates (AABA)
Wasilla, Alaska 99654*

Attachment vs. Bonding - Differentiation Bernading Janzen, MS, LPC

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There continues to be some confusion with professionals and parents about the difference between attachments versus a bond. I hope I can clarify the difference and give guidance to those working with and for families and their children who come from trauma. M.H and P.H. Klaus state, in their 1998 publication, that, "attachment is meant to relate to an infant and primarily their birth mother." It can also be an attachment between a birth mother, father and baby. It is the enduring emotional and neurological connection between caregivers and the child beginning before the child is born and later characterized by the development of trust, security, and the desire for closeness, particularly when the child is under stress. Dr. Daniel Seigel states in his book, *The Developing Mind*, that the inborn system of brain development during incubation and 3 years after birth: "attachment establishes an interpersonal relationship that helps the immature brain use the mature functions of the parent's brain to organize its own processes. It influences and helps organize motivational, emotional, and memory processes with respect to significant care giving figures". Research shows that if this process does not happen in a healthy manner early in a baby's life, he may develop a weak or insecure attachment.

Bonding is defined as the physical and psychological connection between two or more people developed when a significant event occurs over any extended period of time which brings the individuals together after a traumatic event. A neonatal experience of a positive close relationship establishes bonds; smell, smiles, touch, eye gaze, tone of voice and movement are all part of the bonding process for infants after their first traumatic experience of birth and continues through the cycle of need with their care givers. Good examples of an adult bond are war veterans and firefighters. These individuals do not have to explain or even communicate the event they endured.....it seems to be a.... empathic experience. Being in each other's presence creates a sense of comradry, understanding and being connected in an intense way that others do not otherwise comprehend. Bonding in this manner often exists forever for the individuals and may explain that trauma victims have an empathic response (negative or positive) to other individual who has experienced similar traumas.

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Services to set the whole
Family free!

Current Services Offered

Reactive Attachment Disorder Workshop, Sponsored by AABA will be offered Feb. 23rd and 24th, 2008.

Contact AABA at 907-376-0366 or register online at:

www.akattachment.org

Parent Advocate with ATTACH

MANDT Certified Trainer

Mom2Mom

Share and support another mom while making crafts!

Join in on the FUN !!
Call: 376-0506

Respite Design Workshops

Feel free to contact Melissa with any thoughts or ideas on what you feel is important to further design the Project!

Check often for the next workshop!!

Parent Support Phone Line:
907-373-6937

Online parent support and chat group. To sign up visit:

http://health.groups.yahoo.com/group/RAVEN_RESPITE

Resource Information
Alaska Attachment & Bonding Associates (AABA) - Support and Advocacy.
Call:
907-376-0366

Attachment vs. Bonding - Differentiation, continued from page 1

Jean MacLeod & Sheena Macram discuss part of the lengthy bonding to a traumatized child is open sharing of the emotional grief and loss of the child's birth parent, the grief of the new parents, of not having been there to protect the child from the traumatic loss, and other losses the new parents have experienced when bringing the new child into their home. This open sharing of pain lays a foundation of trust and honesty for a deeper connection with the child. Cline/Helding discuss the bonding cycle for new parents in their book, Can this Child Be Saved, as re-experiencing of the bonding cycle: need, distress, gratification and resolution. Most often, it is many negative experiences the new family has of tension, release of the tension, relaxation and trust building that creates a strong bond. Levy & Orlans state, "that parents who adopt toddlers or older children, especially with a history of separations and loss, must help them overcome attachment fears and disorders. It is not possible for attachment or bonding to develop in months but through years of consistency and hard work".

With repair of the neurological wiring of the child's brain through years of bonding work, the youth may relearn new ways of coping with internal stresses. The repeated bonding experiences, empathy building and consistency of the new caregiver can bring the entire family to better attunement.

Bernadine Janzen,

www.tattac.com

Hello~

Just a short note to let you know the lending library is now being handled by AABA. They have a new office with more room than I have. In the future any books you would like to check out please email Laura@akattachment.org or give her a call 376-0366. Any books that you have now will be returned to AABA 619 S. Knik Goose Bay Rd # J Wasilla AK 99654. Thanks,

Melissa

"Strengthening Families through Adoption"

Date: Thursday, March 6th from 6:00 to 9:00 pm and

Saturday, March 8th from 9:00 a.m. to 5:00 pm

Where: ACRF Wasilla office in the Brentwood Plaza off the Palmer-Wasilla Hwy

Presenter: Betsy Woodin

What: A free workshop for pre-placement parents or those who already have adoptive parenting experience. The informal training will include lecture, a birth parent speaker and adoptive parent panel discussion if possible. Participants will have the opportunity to explore the following topics: " Meeting Birth Parents" "Grief and Loss in Adoption" "How a Child Forms Attachments" "Issues in Transracial Adoption" "Talking to Your Child about Adoption"

We will have snacks and drinks available throughout the workshop, but ask that you bring a sack lunch for Saturday since we will be working through lunch.

Please call the Alaska Center for Resource Families to register: 1-866-478-7307 or 279-1799 in Anchorage or 376-4678 in Wasilla or [email bwoodin@nwresource.org](mailto:bwoodin@nwresource.org).

Resources

Alaska Parent Line:

1-800-643-5437

North American Council on
Adoptable Children:

www.nacac.org

Alaska Family & Youth
Network: www.ayfn.org

Alaska Center for Resource
Families: www.acrf.org

Cheri Stone,:
www.stonesoupgroup.org

The Alaska legislature approved a measure (HB29) on Jan. 19 permitting parents to legally abandon newborn infants 21 days or younger at designated "safe haven" spots (hospitals, emergency rooms, fire and police stations) without criminal prosecution. The bill is expected to be signed by the governor by Feb. 12. To read the Alaska bill, go to: http://www.legis.state.ak.us/basis/get_bill_text.asp?hsid=HB0029A&session=25

Bernie Janzen, M.S. LPC, has added Podcasts at : www.tattac.com Here are a few of the topics available:

Building Resiliency

Therapeutic Respite Care for Attachment Disordered Kids

Development of a Therapeutic Community Program

Email: bsj@laguna.com.mx

2008 Light of Hope

Would you like to participate in the Light of Hope event for Child Abuse and Neglect Prevention month this April? You can set up an information table (no fee) and can also be on the planning committee if you want. We will meet at Bagels Alaska on Fri the 31st at 11:30. If not we can put out your flyers and pamphlets at the event, but I would love to have you join the planning committee. Right now we have the GAL, CASA, The Children's Place, Alaska Center for Resource Families, Links, Alaska Family Services, Big Brothers Big Sisters, and OCS. It is a good group.

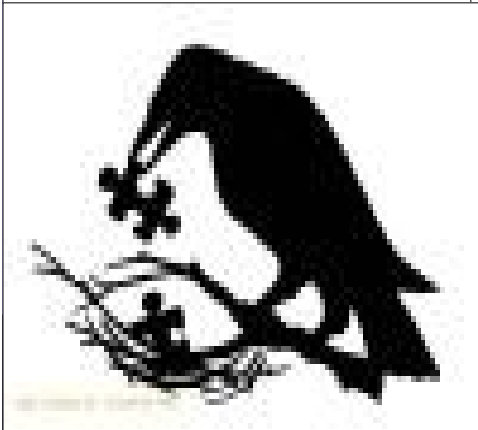
Betsy Woodin, ACRF, 376-4678





R.A.V.E.N. RESPITE,
A PROJECT OF ALASKA
ATTACHMENT AND
BONDING ASSOCIATES

*Providing Solutions
Finding Hope*



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Beyond Consequences

Do you have a story of hope and healing you'd like to share with other families about your journey using the Beyond Consequences approach?

We're working to compile stories from families just like yours to help others understand what it is like to raise children with trauma histories using a love-based parenting approach that not only creates more connection, but also creates healing for our children, ourselves, and our families. You've struggled, you've cried, you've probably tried "everything else and nothing worked!", but you've also seen the benefits of this way of parenting. Share it with others. We want to help you tell your story!

Join us on the forums at The Consciously Parenting Project to learn more about submissions and to share your story. Visit

<http://www.consciouslyparenting.com/forums>.

You'll need to register for the forums to post your story (which is easy and free), but the information will be viewable simply by visiting the forums page. Scroll down until you see "Beyond Consequences: Our Stories." We've provided several options to make submitting your story easy. If you have any questions, feel free to e-mail Rebecca Thompson at: rebecca@consciouslyparenting.com.

SPOTLIGHT FEATURE: Jonny

My son (10) Jonny and I were scheduled during school vacation to attend one of Nancy Thomas's Attach camps (Idaho) and unfortunately attendance was low and they had to cancel. I am seeking ideas for an alternative therapeutic environment (anywhere in the country) such as day programs, camps, or Family respite, for Feb 16th to the 20th. I'm hoping to find a situation that has therapeutic support to enhance our bonding (which is progressing nicely), and provide an added break for me, with another RAD parent to support and talk with .

Are there any programs for kids and parents like this?

If there was a compatible Mom-child (age appropriate) to even go sit out by a pool and let the kids play, that would be great! I am "toying" with traditional respite ideas and speaking with providers, but am still trying to find my comfort with the entire process, and hoping to find something that can be balanced with true fun.

Any thoughts or resources would be greatly appreciated!

Thanks, Maura and Jonny, age 10