

ATTACH: ST. LOUIS, MISSOURI 2016

**WOULD HAVE, COULD-HAVE,
SHOULD HAVE:**

INTRODUCTION

- ▶ Chester Smith, M.Ed., LPC
- ▶ Psychoanalyst/Psychotherapist
- ▶ Private Practice: St. Louis, MO
- ▶ Director of Training: Schiele Clinic Practicum Program, St. Louis Psychoanalytic Institute
- ▶ Faculty: St. Louis Psychoanalytic Institute

INTRODUCTION

- ▶ Michael Blugerman
- ▶ President, ATTACH
 - ▶ President: Canadian Association of Psychoanalytic Child Therapists (CAPCT)
- ▶ Faculty:
 - ▶ Canadian Institute for Child, Adolescent, Youth Psychoanalytic Psychotherapy (CICAPP)
 - ▶ China American Psychoanalytic Alliance (CAPA)

AGENDA

- ▶ 1) Evaluate the role of loss, shame and mourning in this area of work
- ▶ 2) Identify concepts such as container-contained, the holding environment, attachment and mentalization
- ▶ 3) Explain the intersections among neuroscience, psychoanalysis and attachment focused theories;
- ▶ 4) Utilize different and competent strategies in assisting clients to achieve self-competence and satisfaction in their role as parents or in helping their child become the child they can be

INTRODUCTION

- ▶ one person model or dyadic or relational model
- ▶ pre- and perinatal connections
- ▶ 'still face" - Tronick
- ▶ ten years later 'Dr. Phil'

ATTACHMENT

- ▶ Genetic tendency for a child to seek the protection of a stronger object in the face of fear or loss
- ▶ AND
- ▶ A Complimentary tendency for the stronger object to respond in a caring, protective manner.

WHAT HAPPENED?

- ▶ The image of the child is developing in the mind of the mother (and father) while the child is in utero
- ▶ The formation of the person of the child post birth is shaped by the child and caregiver seeing each other in each other's eyes.
- ▶ Abandonment? Adoption, foster care.
- ▶ Permanence?

INTERGENERATIONAL TRANSMISSION

- ▶ Attunement
- ▶ Inner Working Model
- ▶ Mentalization
- ▶ Affective Reflective dialogue

LOSS HISTORY

- ▶ Infertility
- ▶ Childlessness
- ▶ case example
- ▶ Complex mourning

TRAUMA HISTORY

▶ case example:

RESOURCES

- ▶ Fonagy, P (2001). Attachment Theory and Psychoanalysis. New York: Other press
- ▶ Gabbard, GO, Westen (2003). Rethinking Therapeutic Action. International Journal of Psycho-Analysis 84:823-841

THANK YOU

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