

To Be Met as a Person.

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A Theory of Attachment Based Exploratory Interest Sharing

A psycho-social-biological understanding of human
behaviour

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We are born with the expectation
of being met as a person

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Primary intersubjectivity: A
Goal-Corrected Partnership

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We need this experience to have continued long
enough to have integrated the knowledge of a
supportive companionable other at the core of
our being

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Affect attunement assuagement and regulation
are at the core of self other relations

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And at the core of our confidence that a person will stay with us, long enough, to understand and regulate the state we are in

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Consider the impact on this baby if he were to lose his mother temporarily or permanently, ditto for her.

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Sustaining vitality is crucially dependent on the availability, when necessary of a fear free caregiver

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Infants are responsive to facial expression of affect

Infants' arousal levels are affected by the interaction between them and either an attuned and emotionally available care-giver or an emotionally absent or non-attuned caregiver.

Segal et al 1995 and Stern 1985

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They signal their intentions through the communication of affect

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Cohn, (1987)

Face to face interactions between infants and caregivers are bi-directional (mutually regulated) at 3 months

Infants respond to turn taking signals cued by their care-giver

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Cohn, (1987)

This mutually regulated interaction is described by observers as “reciprocal, synchronous or coherent

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The infant is dependent on the adult caregiver to accurately pick up and regulate their affect in order for them to have a comfortable sense of themselves in their own body

Tronick, (1980), summarized his observations of infants who chronically experienced miscoordinated interactions....

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.... (they) repeatedly engaged in self regulating behaviours - they turned away, had dull looking eyes, lost postural control, orally self comforted, rocked and self clasped

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Other-directed and self directed regulatory behaviours are part of the infant's normal repertoire for coping with sadness, uncontrolled anger, and the extremes of positive affect (Tronick, 1989)

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Cohn and Tronick, 1990 7 month infants

- Mothers who were disengaged had infants who expressed more protest
- Mothers who were intrusive had infants who tended to look away more
- Mothers who were positive had infants who expressed more positive affect

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Infants who were frightened and abused by their caregivers

- Suffer disorganisation and a host of other traumas

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Tronick, 1989

'Misattuned' infant care-giver interactions:

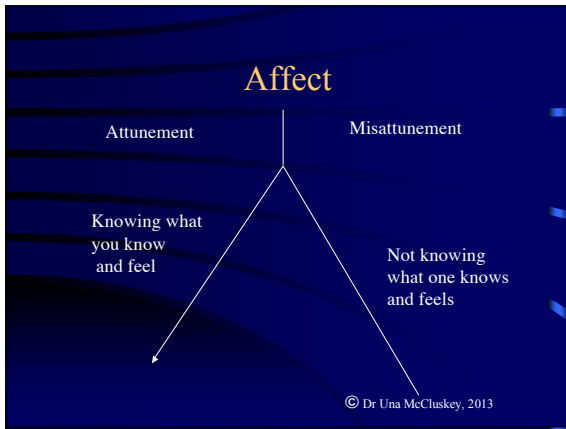
"the participants are stuck in affectively negative miscoordinated interactive states and their messages calling for change are disregarded".

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Internal models of the experience of relationship



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A Theory of Attachment Based Exploratory Interest Sharing

A psychosocio-biological understanding of human behaviour

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Presenting a new paradigm for the understanding of human growth and development within developmental psychology

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Places **Effective Caregiving** at the centre of Human Growth and Development

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And at the heart of the therapeutic process

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Effect caregiving is about providing support at the core of the vulnerable self

The Theory of Attachment Based Exploratory Interest Sharing

Hypothesises the development of the self in the context of a supportive relationship with a fear free exploratory caregiver who is able to respond quickly and effectively to signs and signals of distress, who takes a warm empathic interest in the person called the self, and who in time enables that person to find and engage in the world of their peers.

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Attachment Based Exploratory Interest Sharing

- The theory of TABELS was developed by Dorothy Heard and Brian Lake (1997, and Heard, Lake and McCluskey, 2009).
- It conceptualises the self as autonomous and yet embedded in relationships
- It describes a process that is activated instinctively once the person has experienced a threat to the self
- The function of the process is to survive with as much well being as possible.
- It places the caregiving relationship at the heart of survival, development, and transformation

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Attachment Based Exploratory Interest Sharing

Describes a process which consists of a dynamic interaction between four interpersonal systems goal-corrected systems and one intrapersonal goal-corrected system that operate instinctively together in the context of an internal and external supportive or unsupportive environment

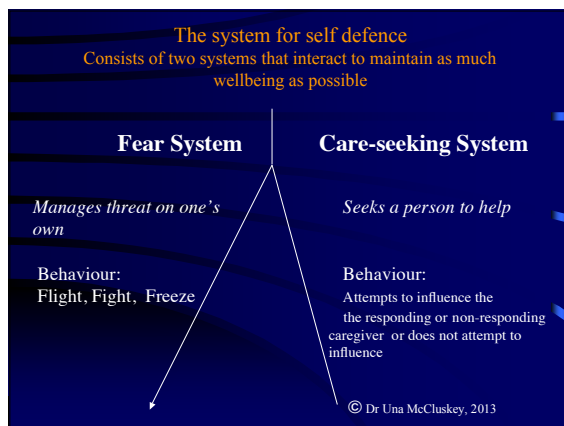
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The Theory of Attachment Based Interest Sharing

The five goal-corrected instinctive systems within the self are

- Careseeking
- Caregiving
- Interest sharing
- Sexuality
- The defensive self

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The Theory of Attachment Based Interest Sharing

The fear system coexists with the attachment system and is also involved in survival.

- The fear system is quite separate from the attachment system
- TABELS hypothesises that effective caregiving will temper the fear system so that the person will generally seek help and support from another person

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The Theory of Attachment Based Interest Sharing

The theory would suggest that as the person experiences effective caregiving (which supports exploratory interest sharing with peers) the fear system will, in the main, be overridden in times of stress

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The Theory of Attachment Based Interest Sharing

Without the fear system infiltrating the different aspects of the self, the dynamic process involved in well being (which includes vitality and creativity) will function optimally provided the self has available an empathic caregiver who is willing and able to respond in times of crisis

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TABEIS The Person and the Self

We experience the 'self' when alone

We become a 'person' to ourselves and other people when we interact and respond to others

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TABEIS The Person and the Self

The experience we have as a person interacting with others has a direct and immediate impact on the 'self'

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TABEIS The Person and the Self

The self, as we know, is our whole cognitive emotional spiritual and physiological being

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TABEIS The Person and the Self

Resilience, vitality and well being are affected by the way in which the experience one has as a person interacting with others and one's cumulative experience as a competent person socially and practically impacts on and changes the self

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TABEIS The Person and the Self

It follows that positive experience of interacting with others and positive experience of managing the practicalities of life will have a positive impact on the self (which one can access in times when alone).

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TABEIS The Person and the Self

The connection between one's experience of oneself as a person experienced by others and one's experience of one's self by oneself will be more or less integrated depending on one's exposure to dominant submissive or supportive companionable caregiving.

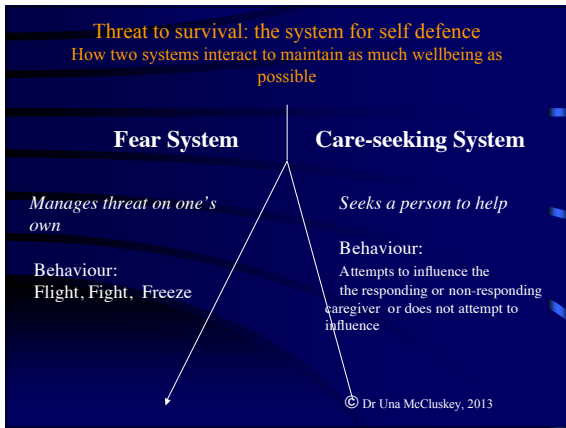
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TABIS The Person and the Self

The more experience one has of dominant submissive relationships from early on and throughout one's life the harder it is to trust in the experience of supportive companionable empathic relating and to allow that experience to impact on the kind of person one experiences oneself as being -

The kind of person one envisages one can become and one's fundamental core - the self.

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A mixture of dominant vs submissive and supportive companionable relating

Goal-corrected empathic attunement

As a result of a series of planned experiments latterly guided by extended attachment theory (Heard and Lake, '97) I have developed the concept of *goal-corrected empathic attunement* (McCluskey, 1999) to describe the process of interaction between a care-seeker and a care-giver where they each meet their complementary but separate biologically based instinctive goals.

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Attachment based exploratory interest sharing and vitality affects (Heard, Lake and McCluskey)

The goal of care-seeking is not only protection but support for exploration - lively engagement with one's personal and social environment in such a way that develops and builds competence

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Instinctive systems

- Care-seeking is activated by specific internal or external information
- Care-giving is aroused in response to care-seeking
- Both remain active until their respective goals have been met

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Infiltration of one system by another for the purpose of self regulation

Care-seeking can be infiltrated by defensive care-giving
Care-giving can be infiltrated by care-seeking.
Both can be infiltrated by the sexual system
Care-seeking can be infiltrated by interest-sharing
All can be infiltrated by the instinctive system for flight and fight and all can be expressed in a dominant submissive or supportive companionable mode

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Meeting or not meeting instinctive goals

Success or failure to meet instinctive goals is subjectively experienced and is visible in the level of vitality that is expressed or not expressed. It is also visible in defensive, self regulatory or exploratory behaviours.

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Psychotherapy eliciting the dynamics of attachment

- Affect associated with meeting the goal of care-seeking
- Affect associated with not reaching the goal of care-seeking
- Affect associated with exploration

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Goal-Corrected Empathic Attunement

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Typical care-seeking approaches

- (i) Wants to discuss feelings, conflicts and concerns
 - (ii) Is reluctant to discuss feelings, conflicts and concerns
 - (iii) Brings in issues they are concerned about but tangle the care-giver when they try to help
 - (iv) Brings in issues they are concerned about but dismiss the care-giver when they try to help
 - (v) Are overwhelmed incoherent and disorganised in their presentation of feelings conflicts and concerns
- See McCluskey, U. (2005) 'To Be Met as Person: The dynamics of attachment in professional encounters' Karnac Books

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Typical care-giver responses

- (i) Attunes to care-seeker affect, regulates it (through purposeful effective misattunement) and attends to care-seeking goals
 - (ii) Avoidance of care-seeker affect and attempts to deflect care-seeker from exploring it (through purposeful ineffective misattunement)
 - (iii) Avoids engaging with affect, becomes disorganised, then focuses on affect, regulates it and attends to care-seeker's goals (non-attunement, attunement, effective purposeful misattunement)
 - (iv) Avoids engaging with care-seeker affect becomes immobilised
 - (v) Misattunes to affect, becomes disorganised
- See McCluskey, U. (2005) 'To Be Met as Person: The dynamics of attachment in professional encounters' Karnac Books

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Patterns of effective and ineffective care-giving

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Beginnings of exploration

(activation of the interest-sharing system)

Moments later. Care-seeker is beginning to open to take something in from the care-giver

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A new form of practice
based on the concept of responsive interaction
and effective caregiving

Exploratory Goal-Corrected Psychotherapy

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