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Attachment Parenting: Developing Connections and Healing Children

ARTHUR BECKER-WEIDMAN

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Attachment Parenting: Developing Connections and Healing Children ARTHUR BECKER-WEIDMAN 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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