

Attachment and Resilience:

I believe the most successful people have discovered the power of being able to consciously: bond, detach, grieve over a relationship and dare to bond again.

Attachment is the unconscious way in which people determine proximity and distance, or seek safety with others. Each individual's attachment style is based upon their experiences of security and availability with their initial attachment figures and can be improved upon if desired. Intimacy: the art of daring to be vulnerable, to verbalise internal processes and to distinguish yourself in relationships can also be learned in order to improve relationships and autonomy.

A secure base is a person, place, purpose, or object that provides a sense of protection, security, and care and provides a source of inspiration and energy for courage, exploration, risk-taking, and challenge-seeking. (ref. George Kohlrieser in: Care to Dare)

Developing our attachment style also shapes our "resilience," that is our ability to deal with setbacks and disappointments. There is a dialogue with each other that is part of the search for and allowing intimacy. See the "Emotional Intelligence" page. Within the Rachamim practice, I can assist you in growing the dialogue which facilitates improved intimacy and better attachment through conscious connection with yourself and others.

Without a welcoming there is no contact, without contact there can be no reception. These are fundamental and inextricably linked.

How were you received into the world? Welcomed? How were you held? Did you experience being seen and heard? Were your basic needs met: in the womb and as a baby and toddler? Was it safe? Predictable? Was there a sense of security? What did you feel in the eyes and nervous system of your mother? Your father's hands? Are you highly sensitive yourself? Do you experience being cherished? Was there drama or distress in the family? Was there unresolved trauma, abuse, psychological problems, fears or violence?

Did you experience being central, was it really about you? Or did you have to care for yourself? Even stronger, demand care! However it went, you survived. What strengths and decisions did you use then? Do they still serve you? Or are your current relationships failing due to those early decisions and coping? Is your brain still focused upon threat?

Every new contact we make refers us back to our very first contact. That contact therefore also refers to the first welcome and how we experienced it. Being received, being welcomed, forms the basis for every relationship and mutual interactions. In fact, we now know that babies are very smart and sensitive. If there's something going on in the parent that the parent does not attend to themselves, that baby is going to do their best to fix it for the parent.

Are you still, unconsciously, resolving things in another instead of doing your own intimate work?

Within Praktijk Rachamim, I work with the Regulation, Relationship, then Rationality principle. First we ensure that your nervous system is regulated, whilst we build a relationship and then we can work with your thoughts and attachment style. Moving together to improve emotional intelligence.

Which attachment style do you currently have? - A new one can always be learned!

See <https://youtu.be/2s9ACDMcpjA>

There are many interfaces between TA and attachment theory. TA is essentially about attachment.

Psychotherapists who work with TA use TA to support their clients to develop more capacity and to deal better with specific psychological problems. To support clients in their ability to be who they want to be. And to heal ourselves by recognising old self-limiting or damaging patterns and taking new decisions.

