

WORKING WITH DIFFERENT ATTACHMENT ORGANIZATIONS

Psychobiological Approach to Couple Therapy®

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It's All About Threat!

Small "I"

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THREAT

NICE GOVERNMENT YOU GOT HERE.
SHAME IF ANYTHING HAPPENED TO IT.

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The Matter of Threat

- One of the biggest predictors of relationship failure is the matter of threat
- The reason for this has to do with how our brain works
- There are several regions that specialize in threat detection and response
- The brain's negativity bias
- Small "I" threat
 - Faces, voices, sounds, movements, gestures, postures
 - Not just threatening action but also inaction
 - Conflict avoidance
- Our automatic brain – fully memory-based
- The problem of verbal communication, memory, and perception – very high error rate

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Secure Functioning

- Survival-based interdependency
- Couple is the smallest unit of society
- Operates on principles of social justice
- Fairness, justice, sensitivity

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What is Secure Functioning?

Interdependency based on mutual survival and thriving

Two-person psychological system

It's the same as what you learned in kindergarten

- Cooperation, collaboration, fairness, sensitivity

Shared principles of governance

Quick repair/amends/error correction

It's being an adult

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Allostatic load

Cardiovascular

Metabolic

Autoimmune

Inflammatory

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Q & A

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Attachment

If it's not one thing, it's your mother

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Organized Attachment

Insecure

Secure

One-Person System

Two-Person System

Unfair

Unjust

Insensitive

Fair

Mutual

Sensitive

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SIGNAL RESPONSE SYSTEM

Signal

Response

Consequence

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Avoidant

Secure

Angry Resistant

Distancing

Auto Regulation

Clinging

External Regulation

Regulation of Caregivers

Aggrandized Abilities

Anticipation (allergies and addictions)

Expressiveness

Thought Process

Speech Pattern

State Shifting

Openness

Movements

Meta Complaint

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Conclusion

- Working with islands and waves require different approaches, particular when gaining a therapeutic alliance.
- Islands are more vulnerable to exposure, shame, and attack.
- Waves are more vulnerable to criticism of their handling of the relationship.
- All insecure are operating as a one-person psychological system that is too unfair, too unjust, and too insensitive, too much of the time.
- Islands do better with cross-interpretation of their vulnerability.
- Waves do better with supportive confrontation in a direct manner.
- Going down the middle is the safest way to confront the couple regardless of their attachment organization.


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WE DO

SIZING UP
TO A
RELATIONSHIP
OF DEPTH, TRUTH,
CONNECTION
AND ENDURING
LOVE

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THE RELATIONSHIP
RX

Insights and Practices
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