



The Attachment Network

OF NORTH CAROLINA

01/19/2024

GLIMMERS

- Term coined by Deb Dana, a psychotherapist specializing in complex trauma.
- **Glimmers** are the micro moments, situations or feelings in your day that spark a sense of joy, happiness, positively and wellbeing, even if momentarily.
- **Glimmers** tell your nervous system that you are safe and well in the world.



AGENDA | 11/17/2023

Welcome & Grounding Carine Kelleher	5 min
Introduce Reflective Supervision Evette Horton, Andi Diaz Stransky	10 min
Case Presentation with Group Reflection Amanda Sanders, Evette Horton	40 min
Breakout Rooms	10 min
Survey and Reflection Karen Burns	5 min
Data Blitz Andi Diaz Stransky	10 min
Announcements & Goodbyes	5min

THE
REFLECTIVE
POOL



THE REFLECTIVE POOL: BACKGROUND

- Originated from Narrative Therapy (see references)
- Introduced to North Carolina by Miriam Lieberman to the first cohort of **Child Parent Psychotherapy (CPP)** trainees.
- Has since been adapted and adopted by CPP trainers as a tool for group case reflective supervision.
- Today, adapting for Attachment Network



THE REFLECTIVE POOL: GUIDELINES

- Take a not-knowing position
- “No fixing, no saving, no advising, no setting each other straight: (Hester & Walker-Jones, pg. 37).
- Contrary to the tone or goal of other group supervisions where we assume the role of experts who know what to do, the goal of this time together is to be present for the Presenter.
- “Avoid a deficiency-oriented stance and instead maintain a relentless optimism.” (Hester & Walker-Jones, pg. 35).
- **Question: Are you willing to try this new reflective process?**



THE REFLECTIVE POOL: ROLES

- **Presenter:** shares about an experience with a client/case; usually linked to a specific session or moment but may also be related to broader themes if relevant (*today Amanda*)
- **Listener:** engages in dialogue with the Presenter, asking clarifying/probing questions when appropriate (*today Evette*)
- **Timekeeper:** person in charge of tracking time to facilitate structure of the reflective pool (? *Andi or Karen?*)
- **Reflective Pool Observers:** reflect silently, attending to their internal experiences while listening to discussion by Presenter/Listener and Reflective Pool. Provides reflection using the following guidelines (*Attendees*)



THE REFLECTIVE POOL: SCHEDULE

Minutes	Activity
15	Presenter tells Listener story of case
1	Silence
12	Reflective observers share with each other. Listener and presenter silent.
6	Presenter and Listener respond to what they've hear. Observers silent.
6	Boundary removed.ALL talk together about case.





**QUESTION:
ARE YOU
WILLING TO
TRY THIS NEW
REFLECTIVE
PROCESS?**

THE REFLECTIVE POOL: SCHEDULE

Minutes	Activity
15	Presenter tells Listener story of case
1	Silence
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THE REFLECTIVE POOL: DEBRIEF IN BREAKOUT ROOMS

What was the reflective pool
process like for you?



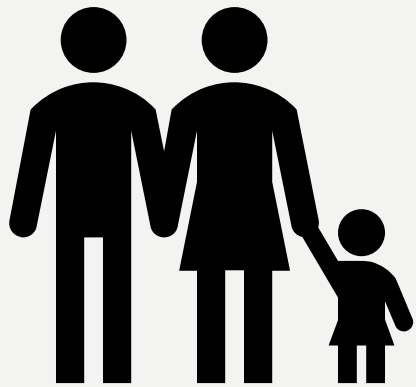
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- miriam.lieberman@integralcounselingservices.com.
<https://integralcounselingservices.com/>




SURVEY

DATA BLITZ



20 years later

- Changes in parenting
- Changes in socialization with peers
- Challenges for parents as a couple



**HOW WILL CHILDHOOD
CANCER IMPACT THIS
CHILD'S
RELATIONSHIPS IN THE
FUTURE?**

WHAT LIES AHEAD?

JOURNAL OF ADOLESCENT AND YOUNG ADULT ONCOLOGY

Volume 6, Number 1, 2017

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Memories of Parent Behaviors and Adult Attachment in Childhood Cancer Survivors

Vicky Lehmann, PhD,^{1,2} Mariët Hagedoorn, PhD,³ Cynthia A. Gerhardt, PhD,^{1,2}
Madelaine C. Keim, BSc,¹ Lory Guthrie, RN,⁴ Robbert Sanderman, PhD,³ and Marrit A. Tuinman, PhD³

Lehmann, Vicky & Hagedoorn, Mariët & Gerhardt, Cynthia & Keim, Madelaine & Guthrie, Lory & Sanderman, Robbert & Tuinman, Marrit. (2016). Memories of Parent Behaviors and Adult Attachment in Childhood Cancer Survivors. *Journal of Adolescent and Young Adult Oncology*. 6. 10.1089/jayao.2016.0033.

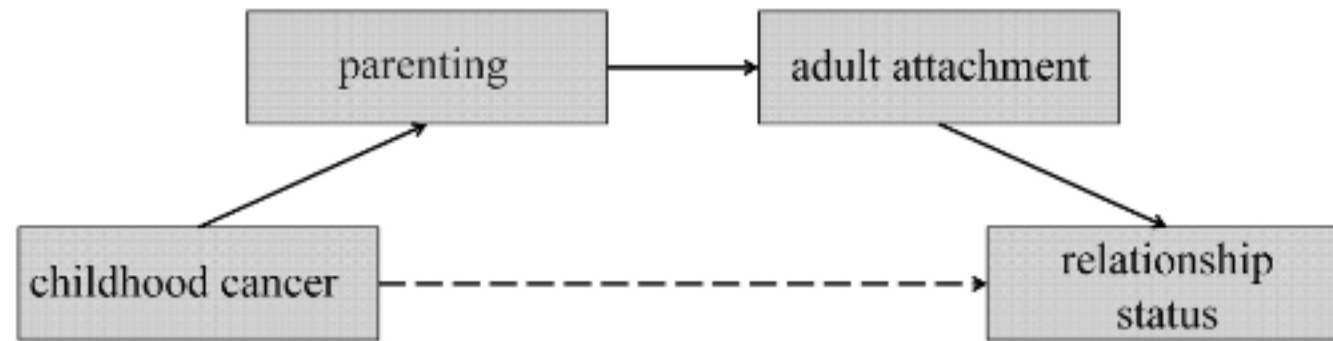
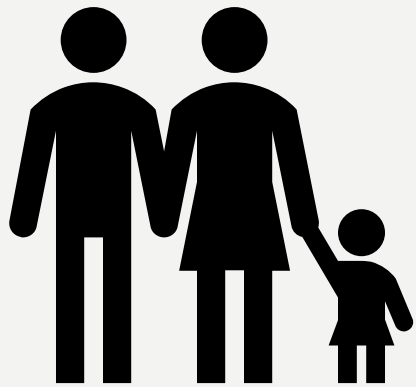
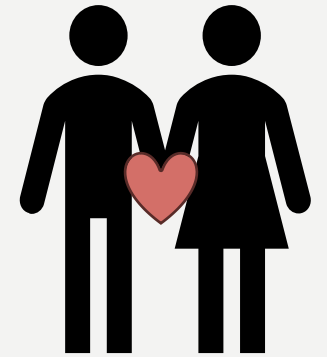
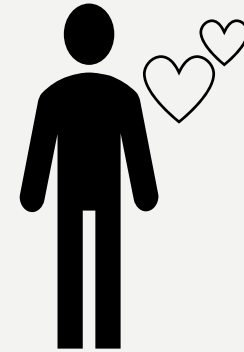


FIG. 1. Hypothesized model of childhood cancer indirectly influencing survivors' relationship status in adulthood, through parental behaviors and survivors' adult attachment.

- Survey of cancer survivors during adulthood (149 and 149 matched controls)
 - Relationship status, Standardized questionnaire re: memories of upbringing (EMBU) and Adult Attachment (Experience in Close Relationships Scale ECR)
- Results:
 - Adult survivors remembered parents who were emotionally warmer and mothers as less rejecting than controls; lower attachment-related avoidance and greater likelihood of being in a relationship
 - Adult attachment was similar between survivors and controls
 - Partnered survivors reported lower attachment-related anxiety



20 years later



- Changes in parenting
- Changes in socialization with peers
- Challenges for parents as a couple



RELATIONSHIP BETWEEN PARENTS OF CHILDREN WHO SURVIVED CANCER

WHAT LIES AHEAD?

PAPER

WILEY

Relationship status and quality of the partner relationship in parents of long-term childhood cancer survivors: The Swiss Childhood Cancer Survivor Study-Parents

Luzius Mader^{1,2}  | Katharina Roser¹  | Julia Baenziger¹ | Janine Vetsch^{3,4}  |
Jeanette Falck Winther^{2,5}  | Katrin Scheinemann^{6,7,8} | Gisela Michel¹ 

- Parents of children who had cancer before age 16
- Questionnaires to parents of survivors at diagnosis and 20 years later
 - “Relationship-Specific Attachment Scale for Adults”
- Compared 784 parents of 512 survivors to 471 parents of healthy children

- Parents of survivors:
 - Similar security as controls
 - Higher dependency
 - Less often divorced or separated (9 vs 17.5%)
 - More often in a partner relationship (90vs 85%)



**NUANCES IN CHILDREN
WITH OTHER MEDICAL
CHALLENGES**




Journal of Pediatric Psychology, 2023, **00**, 1–14

<https://doi.org/10.1093/jpepsy/jsad069>

Original Research Article



Mother–Infant Dyadic Synchrony and Interaction Patterns After Infant Cardiac Surgery

Stephanie Tesson ^{1,2,3} MCLINPSYCH, PHD, Dianne Swinsburg,^{1,3} MCLINPSYCH, Claudia Nielson-Jones,^{1,3} MCLINPSYCH, Daniel S. J. Costa,^{2,4} PHD, MPH, David S. Winlaw,^{5,6} MBBS, MD, Nadia Badawi,^{7,8} MB, BCH, DCH, MSc, PHD, Gary F. Sholler,^{1,7} MBBS, Phyllis N. Butow ^{2,9} MCLINPSYCH, MPH, PHD, and Nadine A. Kasparian ^{5,6,10,*} PHD, MAPS

[Mother–
Infant Dyadic Synchrony and Interaction Patterns After Infant
Cardiac Surgery](#)

Stephanie Tesson and others

Journal of Pediatric Psychology, jsad069, <https://doi-org.proxy.lib.duke.edu/10.1093/jpepsy/jsad069>

Published: 23 October 2023

ATTACHMENT IN DYADS OF CHILDREN WITH CONGENITAL HEART DISEASE

- Prospective, longitudinal study of dyads of mothers + infants who required surgery before 6 months of age, compared to sex- and age-matched controls
- Compared (110 dyads of mothers + infants who had CHD) vs. (85 dyads of mothers + healthy infants)
- Controlled for: maternal trait anxiety/depression, maternal attachment style, parenting confidence, sociocontextual factors, infant birth and clinical factors, infant temperament
- Measured:
 - Maternal sensitivity
 - Infant cooperativeness
 - Instead of “difficultness (heightened arousal/irritability), compulsiveness (fear/compliance) and passivity (affectless/withdrawn)”
 - Maternal synchrony
 - Mother-infant dyadic synchrony (free-play observation to measure ‘Child-Adult Relationship Experimental (CARE) Index)
- Results:
 - Dyads of children w cardiac surgery had lower maternal synchrony
 - Overarching pattern of maternal unresponsiveness and infant passivity

ANNOUNCEMENTS



SAVE THE DATE

Next meeting:

Friday, March 15, 2024 @ 1pm

attachmentnetworkknc.org/