

| Early Development Parent-Child Communication by Dominant Attachment Strategies Impact on Reflective Function* | | | |
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| Secure 55%-65% | Avoidant 20%-30% | Ambivalent-Anxious 5%-15% | Disorganized 20-40% |
| <p>Cooperative Pattern:</p> <p>Parents are sensitive to their child's signals & responds to the child.</p> <p>The dyad creates a mutual rhythm.</p> <p>Builds strong reflective function. The child learns to integrate effective self-soothing-regulation</p> <p>High trust in self & other</p> | <p>Non-cooperative Pattern:</p> <p>Parent is unavailable and unresponsive to the rhythm of the child. There is limited responsive communication.</p> <p>Reflective function is not well developed because mother does not provide self-soothing regulation for child. Children learn to soothe themselves with a self-reliant, more isolationist pattern. Children have less options available to them because they were unable to internalize good self-regulation from the caregiver.</p> <p>High Self Trust- Low trust Other</p> | <p>Inconsistent/Intrusive Pattern:</p> <p>Parents are inconsistent in parenting communication and unresponsive to the rhythm of the child. May be intrusive out of their own anxiety.</p> <p>Reflective function is impaired. Children are excessively responsive to their inconsistent attachment figures and are unable to soothe themselves.</p> <p>Children develop approach-withdrawal cycle that leaves them in distress. Tend to cling to others and remain distressed.</p> <p>Low Self Trust-High Trust Other</p> | <p>Chaotic Pattern:</p> <p>Parents are inconsistent & fragmented. Children develop fragmented self-organization patterns</p> <p>Reflective function greatly impaired. Children have great difficulty achieving a coherent state of mind under high stress where they experience risk of threat or separation</p> <p>Fragmented communication patterns shape the child's mind.</p> <p>Low Trust Self & Other</p> |

**Communication Patterns by Predominant Attachment Strategy
Childhood & Adult***

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| <p>The pattern is one of mirroring, listening, and being available and sensitive to the other.</p> <p>At the same time the pattern allows for freedom so the system (or dyad) gives each other considerable freedom to interrupt, change, modify, etc. without losing touch with one another.</p> <p>This pattern allows a broad band of tolerance, flexibility, and adaptability for one another in relationship.</p> <p><i>* Adapted from The Developing Mind...Siegel</i></p> | <p>The pattern shows a marked independence of communication signals between a dyad. Each member communicates almost as if the other has not been heard. Individuals can talk over each other, not listen to the other, and generally not get in tune with the other individual.</p> <p>This pattern allows a broad band but connection is limited or easily lost. They just may not connect and stop trying, believing it is unnecessary or it will add little value.</p> <p>Individuals may be experienced as unaware of the other, aloof, and insensitive, with apparent low dependence on the other.</p> | <p>The pattern includes an excessive dependence on matching each others pattern.</p> <p>These individuals are extremely sensitive to others verbal and non-verbal response to them. Each person acts as a "tightly bound mirror of the other"</p> <p>They are easily injured when they believe the other is not attending to the communication in sensitivity, appropriate ways.</p> <p>This pattern allows a narrow band of tolerance and flexibility in communication to be satisfying and supportive of self-soothing. Individuals are exquisitely responsive to the most subtle nuances of others signals (yawn, glance, concerned look,) high dependency on other's response.</p> | <p>More erratic, unpredictable communication pattern.</p> <p>May lose coherence and lose connection with the other or may be very uncommunicative.</p> |
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