Therapeutic Implications & Strategies:

Limited Reparenting – Implications for Attachment Anxiety

1

Limited Re-parenting Spectrum

Attachment Anxiety

Safe Haven

"I'm really pleased to see you here, and know that I am here – present, available. I understand that you feel your hurt in a deep way and I'm here for you to share that with me"

Secure Base

"You know that I am here and you can turn to me. But what I've realised is that you are very capable. Yet, you tune in to your failings, and this colours how you view yourself and what you think others see in you. But you don't see what I see, and what others likely see… Someone who knows how to make good decisions, someone who is creative…"

Safe Haven
Secure Base

"I can see that what you've really wanted from those close to you is their approval, you want them to validate who you are, but the way you go about doing this, highlighting your inabilities to others, only feeds into you wanting more validation. I can see the frustration you experience when you're not validated or offered understanding when you tell people you can't do it. I can tell that you are getting frustrated with me, because its as if I am doing the same thing others do when you give me the reasons for why you can't engage in this task with me right now. But maybe if you told me what it is about the task you find challenging, rather than how you are incapable, then I can help, we can work together. But its hard for me to know what to say when you get frustrated and highlight to me that you 'are no good at anything'…"

Regulating Proximity-seeking Fostering Exploration

"I'm available and every time you've needed me, I've been there. But know that it's also important that you are able to draw on that side of you that can deal with things as a healthy adult, and that I, like you, need to be self-sufficient, and to know when it's the appropriate time to ask for help and when its not. Remember, its not that I don't want to be a support, but I too, need my time. Also, by working through things in an independent way I know you can gives us the opportunity to talk about your successes next we meet. And to acknowledge how you are coming along, how you are attempting things that are really hard for you."

Connection and attunement → Direction and guidance → Empathic confrontation → Limit setting

2

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