Therapeutic Implications & Strategies:

Limited Reparenting – Implications for Attachment Avoidance

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Limited Re-parenting Spectrum

Attachment Avoidance

Safe Haven	Secure Base	Safe Haven Secure Base	Regulating Proximity-seeking Fostering Exploration
"Good to see you, I remember that this week was going to be a big one for you with your performance review. But what you had told me was that you were well prepared and focused 'not stressed' as you put it. So how was it? "	"It's very clear to me that you are very capable and that you've achieved a lot – much of it without the help of others. I appreciate that this is something to be proud of, and I applaud you for that."	"I know that you see yourself as having a high distress tolerance and that a strength of yours is to deal with things in a rationale way and to see the holes in other people's arguments. That makes it easy to dismiss their opinion and ideas, and I get that – you don't suffer fools lightly. But there a times when its hard for me to know how the things I point out resonate with you. You don't give much away so it seems as if you don't want my help. But here I am, I'm happy to lend an ear, I'm here to help strengthen the parts of you that you need to have strengthened. I know that you know that's why you are here. Some things are hard to do on your own, no matter how skilled. I'm not here to tear you down, I'm here to help you build yourself up."	"I know you can confidently rely on yourself for when the going gets tough. But even the best turn to people from time-to-time. You know that I am here to help you be the best version of yourself that you can be, and that also means, being okay with turning to me in supporting you to achieve that goal. It's no trouble, and it doesn't have to be seen as a big deal, just get in touch with me when you want to have a chat or let me know about something.

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

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