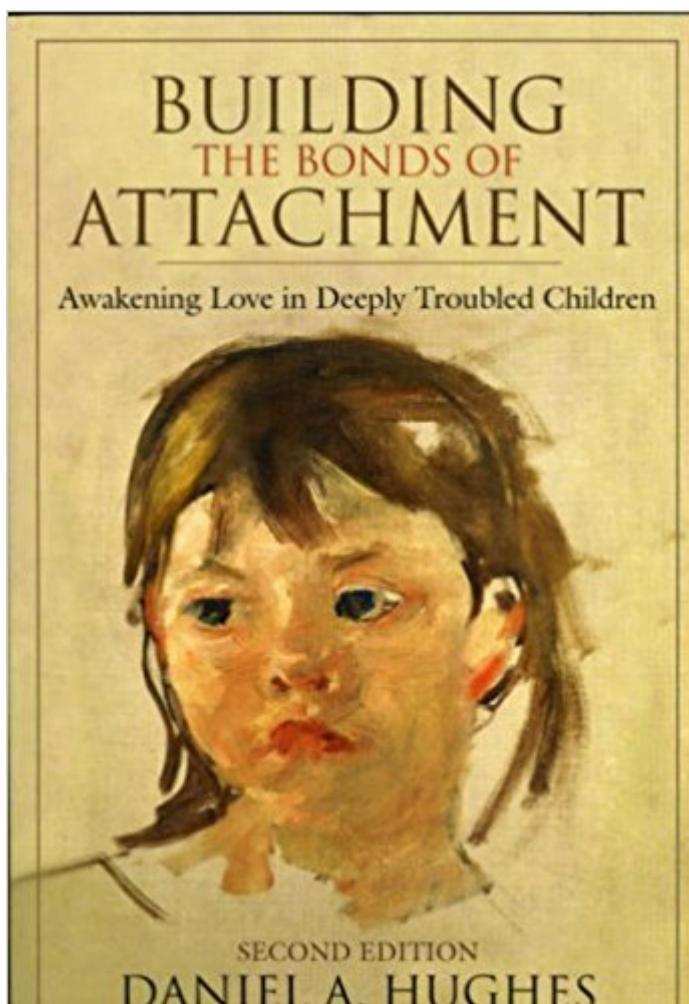


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# Building The Bonds Of Attachment: Awakening Love In Deeply Troubled Children



## Synopsis

Building the Bonds of Attachment is the second edition of a critically and professionally acclaimed book for social workers, therapists, and parents who strive to assist children with reactive attachment disorder. This work is a composite case study of the developmental course of one child following years of abuse and neglect. Building the Bonds of Attachment focuses on both the specialized psychotherapy and parenting that is often necessary in facilitating a child's psychological development and attachment security. It develops a model for intervention by blending attachment theory and research, trauma theory, and the general principles of parenting, and child and family therapy. This book is a practical guide for the adult "whether professional or parent" who endeavors to help such children. The second edition of this widely popular book will present the many changes in the intervention model over the past 8 years. These include many changes in both the psychotherapist's and parent's interventions. The attachment history of the adults is made more relevant. There is greater congruence between attachment theory and research and the interventions being demonstrated as well as greater reference to this theory and research.

## Book Information

Paperback: 304 pages

Publisher: Jason Aronson, Inc.; 2nd edition (August 8, 2006)

Language: English

ISBN-10: 0765704048

ISBN-13: 978-0765704047

Product Dimensions: 6.1 x 0.6 x 9.2 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 122 customer reviews

Best Sellers Rank: #97,224 in Books (See Top 100 in Books) #12 in Books > Parenting & Relationships > Family Relationships > Stepparenting & Blended Families #73 in Books > Parenting & Relationships > Adoption #79 in Books > Medical Books > Psychology > Adolescent Psychology

## Customer Reviews

Everyone's read them - those books that fundamentally change the way you look at things. Before reading Building the Bonds of Attachment, I had read a great deal on the subject. Despite recurring behavioral problems with my older child, I thought I was on the right track. Then I read Hughes's

book and finally understood what I had to do help my daughter. This is the book I'd recommend to every adoptive parent. (Ann Keisling Adoptive Families Magazine)I thought the first edition of Building the Bonds of Attachment a magnificent book and recommended it to everyone I knew. The changes in the second edition make it even more essential reading for all who care for and work with children who have suffered neglect, loss, and trauma, and therefore haven't a clue about how to love and connect with others. This beautifully realized story of a young girl's struggle to learn how to love makes gripping reading and will be an inspiration for all those who care for troubled children. In dramatized form the book presents a model both for the kind of therapy and the equally important kinds of parenting, that are needed to awaken love in deeply troubled children. The approach, which is securely founded in the very latest research about trauma, attachment and brain development clearly lays out the kinds of care that a child needs in order to overcome the scarring effects of early neglect and frightening physical abuse. An important new emphasis is on the crucial importance of caregivers' understanding and coming to terms with their own early attachment experiences. This is a must read book that will have a profound influence on the whole field of treatment of troubled children. (Phyllis B. Booth, MA, LCPC, LMFT, RPT/S, director of training at the Theraplay Institute)Daniel Hughes has once again proven his keen insight into the psyches of unattached children. This book is filled with gems of wisdom about the therapeutic parenting of wounded children and the often counterintuitive ways one has to respond to their behavior. Through the voices of a foster mother, psychotherapist, and social worker, Hughes creates a pattern for understanding, empathizing, and treating these vulnerable and provocative children in a manner than can bring true healing, not just temporary relief. In this edition, Hughes has added the importance of having the mother look into her own attachment issues to ensure that the child can feel safe enough to relinquish control to her, an essential step toward self-regulation. This book is a must-read for all adoptive and foster parents and the professionals who work with them. (Nancy Verrier, adoptive mother, psychotherapist, and the author of The Primal Wound and Coming Home To Self)Dr. Hughes has done the impossible: take the gold standard in practical texts for both the clinician and the foster or adoptive family, and make it better, by nearly any measure. Where would we have been without the first edition of this clear-headed, practical, clinically sound book? And now Dr. Hughes has taken the courageous step of modifying some of his own ideas and recommendations, in accord with new research, and the honing of his own views through continued clinical practice. (Michael Trout, author of The Jonathon Letters, Director of The Infant-Parent Institute, Inc)I thought the first edition of Building the Bonds of Attachment a magnificent book and recommended it to everyone I knew. The changes in the second edition make it even more

essential reading for all who care for and work with children who have suffered neglect, loss, and trauma, and therefore haven't a clue about how to love and connect with others. This beautifully realized story of a young girl's struggle to learn how to love makes gripping reading and will be an inspiration for all those who care for troubled children. In dramatized form the book presents a model both for the kind of therapy and the equally important kinds of parenting, that are needed to awaken love in deeply troubled children. The approach, which is securely founded in the very latest research about trauma, attachment and brain development clearly lays out the kinds of care that a child needs in order to overcome the scarring effects of early neglect and frightening physical abuse. An important new emphasis is on the crucial importance of caregivers' understanding and coming to terms with their own early attachment experiences. This is a "must read" book that will have a profound influence on the whole field of treatment of troubled children. (Phyllis B. Booth, MA, LCPC, LMFT, RPT/S, director of training at the Theraplay Institute)

**SPEICAL FEATURES:** --Comprehensive model of treatment for high-risk, traumatized, children and youth --Application of attachment theory and research for psychotherapy and parenting --Narrative format for a detailed description of the model and interventions --Applicable for both professional and lay readership

This extremely valuable book serves as a superb introduction to the seemingly incurable problems of recognizing and treating developmental trauma and reactive attachment disorder (RAD) in children. Written in the style of a novel, Dr. Hughes presents a painfully accurate portrait of what RAD looks like in everyday life, as both parents and therapists struggle to cope with the baffling behaviors of an intellectually precocious child suffering from RAD. *Building the Bonds...* describes RAD in clear language and with a compelling story line. Real-life parents and therapists unfamiliar with RAD, will readily recognize Hughes' description of their own exasperation as they attempt to handle the confusion and conflicts they experience with such children. Daniel Hughes is the preeminent authority on RAD, and this book helped me begin to understand the extremely complicated guidelines involved in treating RAD children.

We just brought home a tee wager from Eastern Europe. He is showing signs of past abuse although we do not know his complete story. To implement these things suggested, we would have to be far past the language barrier that we currently face. However, to know what may be happening in his kind has helped me to think outside the box on how to handle some of these meltdowns that

we experience with him. As he is too old to hold down well, it will be difficult to experience the holding aspect of this therapy. For a child Katie's age, I can see why this is so effective! Traumatic pasts are difficult to overcome at any age and therapy has to be tweaked for that child, that history, and that age group. Whatever "that" may be. Definitely a good read to gain an insight to what trauma (abuse and neglect) does to the mind of a child and how to intervene.

The most helpful information I have ever read in regard to this debilitating problem. Daniel A. Hughes really knows how to deal effectively with RAD. I would highly recommend Building the Bonds of Attachment: Awakening love in deeply troubled Children. The book is not only a case history about one little girl's journey to overcoming the effects of abuse that kept her from attaching, or having normal feelings of love and compassion for another human being. It also gives commentary from professionals chapter by chapter as the story unfolds. For one who has to deal with a child with these problems that came about through no fault of their own, this book is a must read. It explains the seemingly random acts of violence and meanness. Once the reader understands, the behavior of the child all makes sense.

This book is an essential read for anyone who works in the statutory child protection field. It contains the critical dispelling of ideas that we often feel the need to cling on to when thinking about young children and trauma: 'children are resilient'

Should be required reading for all foster and adoptive parents, BEFORE they foster or adopt.  
Should be required for child therapists and social workers.

Excellent book. It helps one better understand that there are significant reasons for troubled children to behave as they do. Society needs to implement more effective programs to help children and those around them. Otherwise, we will have a society wherein we see certain children as bad, they believe that they are bad and those who want to help are left with a dearth of resources and knowledge to make a difference.

An excellent read. The focus of the book was a single case that excellently portrayed an unattached child and the techniques, rationale and principles used in helping her heal. This book both appealed to the emotions and the intellect. The book ends explaining the clinical theories undergirding the work with these children and families. It is filled with clinical insights and describes the depth of fear

and shame these children carry in a way that I have never read before. I could not put it down!

This is a nontechnical approach to understanding the difficulties inherent in raising a child with an attachment disorder. While it's an easy read in the ordinary sense, for anyone close to a child with this problem, it is an emotionally difficult read-very heart wrenching. We have an adopted child in our family with these issues, and the author has portrayed them very accurately. So, I had to put the book down and take a break several times. However, the book does give the lay person a much better understanding of the profound problems faced in trying to raise and treat such children.

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Emotionally Focused Couple Therapy with Trauma Survivors: Strengthening Attachment Bonds (The Guilford Family Therapy Series)  
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When Love is Not Enough: A Guide to Parenting Children with RAD-Reactive Attachment Disorder  
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