

# Pathways to Healing Partnership: Preventing Transmission of Intergenerational Trauma through Attachment

Jan Ference

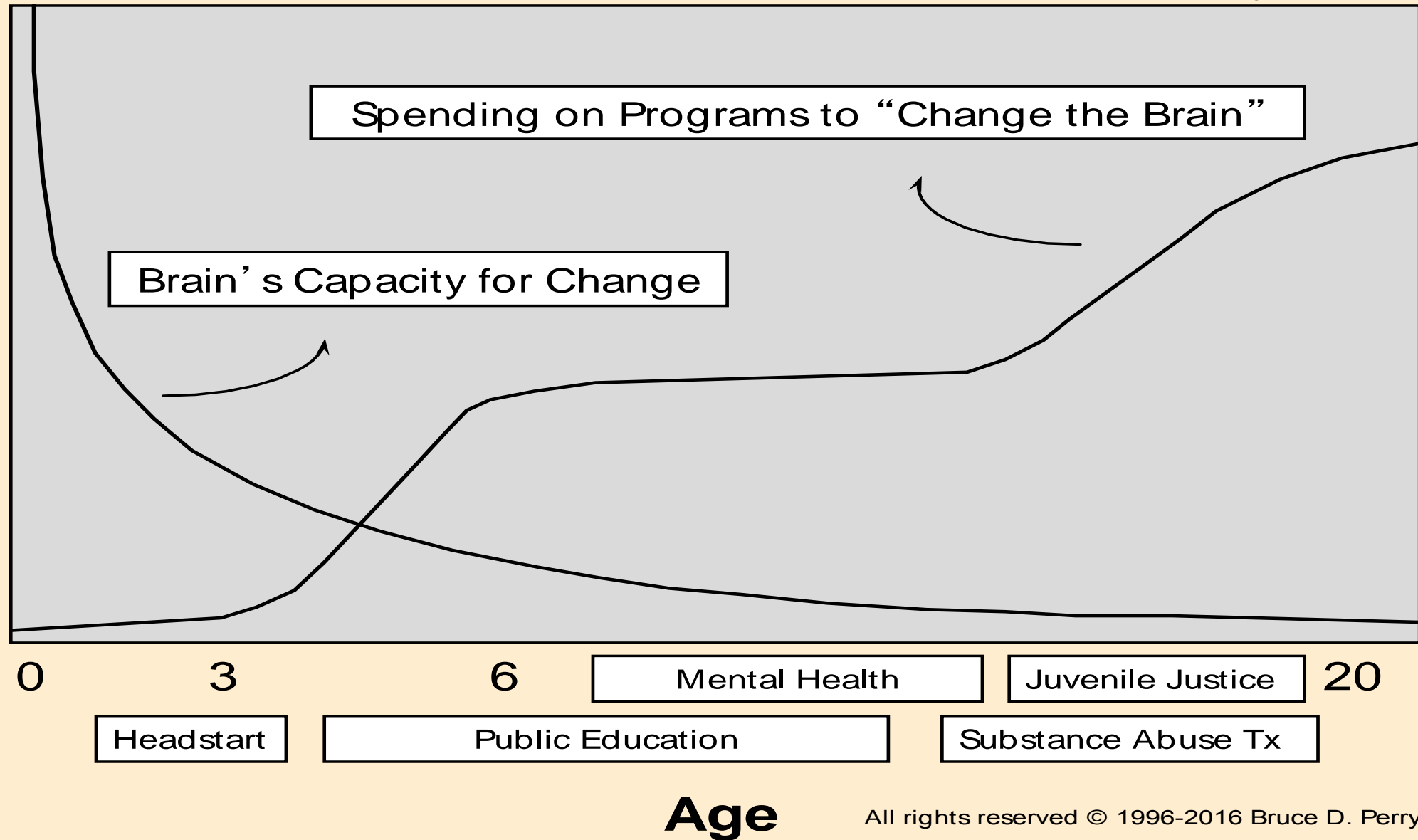
**HOW WONDERFUL IT IS THAT  
WE NEED NOT WAIT A SINGLE  
MOMENT BEFORE STARTING  
TO CHANGE THE WORLD.**

— ANNE FRANK

# Pathways to Healing Partnership; Vancouver Island Demonstration Project

- ❖ Funded by the Children's Health Foundation of Vancouver Island, Island Health and MCFD
- ❖ Small caseload of complex families
- ❖ Grounded in Dr. Bruce Perry's Neurosequential Model of Therapeutics and Touchpoints
- ❖ Facilitate system change through the experiences of our clients
- ❖ Working intensely, sometimes daily, with each family, building a therapeutic web of care.
- ❖ Reduce stress, increase supports to expose caregiver strengths.
- ❖ Maintain and support healthy dyads.
- ❖ Educate community partners who are supporting family.

# Mismatch between Investment and Opportunity



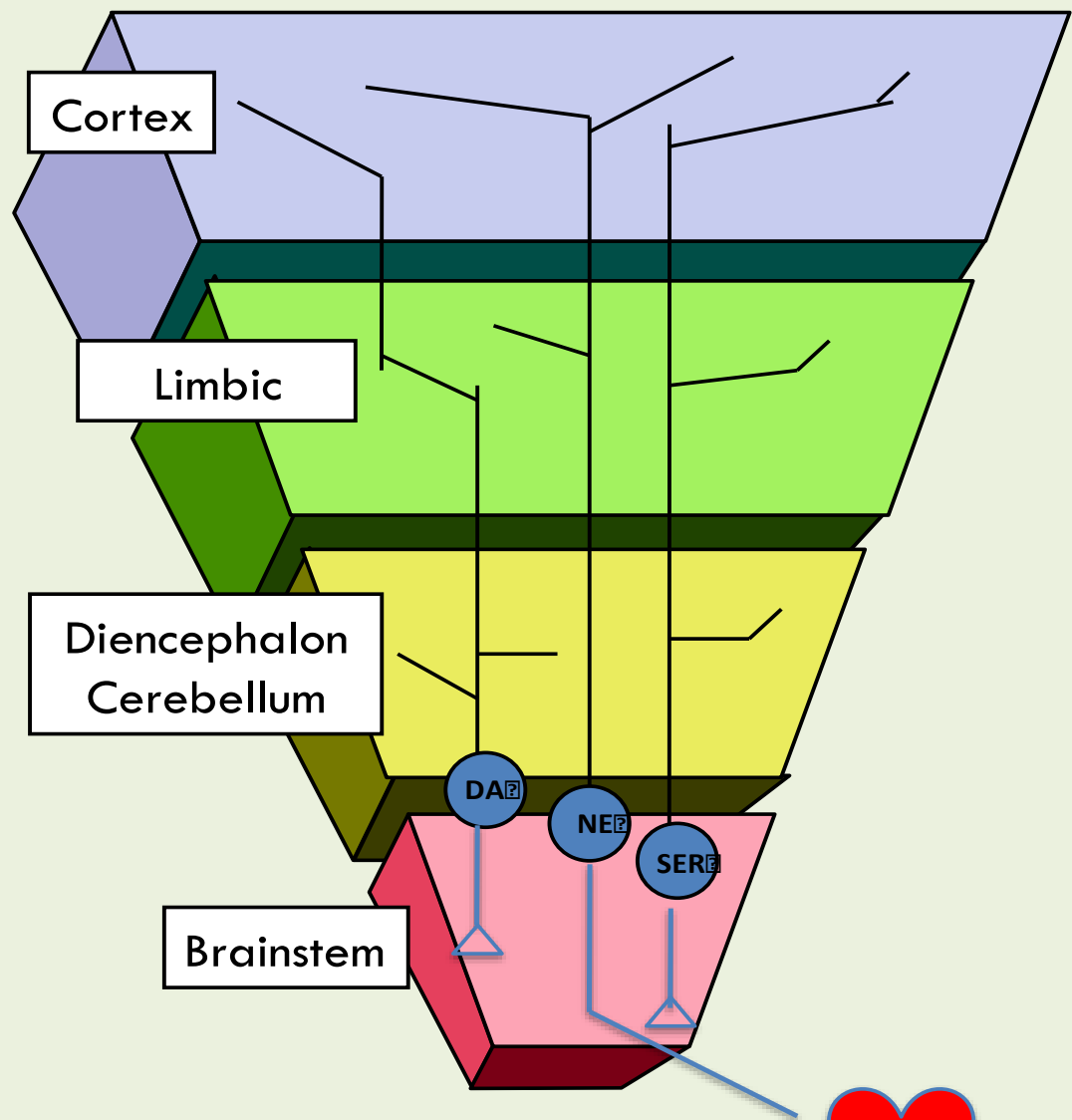
## Six Months in a Life: The Relative Impact of Experience

Age (years)	Percent of Total Life	Proportional Rate of Change in Brain*	<i>IMPACT FACTOR:</i> Six Months
1 year	50	5000	250,000
3	16.6	1000	16,600
10	5	500	2500
40	1.2	50	60

*\* Estimated from rates of neuronal migration, neuronal differentiation, myelination, synapse formation and modification as well as rates of acquisition of brain-mediated cognitive, social and emotional skills during life.*

**Impact Factor** is a crude comparison of the proportional impact of six months of experience on the individual. Theoretically, then, six months in the life of a one-year-old child has a 4,166 fold-greater impact than six months in the life of a 40-year-old (250,000 compared to 60)!

# Efferent Distribution of Primary Regulatory Networks

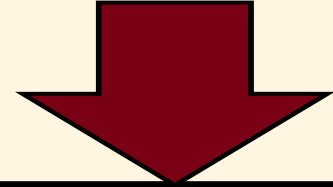


- Abstract & Reflective Cognition
- Concrete Cognition
- Affiliation
- Attachment/Reward
- Sexual Behavior
- Emotional Reactivity
- Motor Regulation
- Arousal
- Appetite/Satiety
- Sleep
- Blood Pressure
- Heart Rate
- Body Temperature



ANS - body





<b>Ages</b>	30 ← 15	15 ← 8	8 ← 3	3 ← 1	1 ← 0
<b>Developmental Stage</b>	Adult Adolescent	Adolescent Child	Child Toddler	Toddler Infant	Infant Newborn
<b>Primary secondary Brain Areas</b>	NEOCORTEX Subcortex	SUBCORTEX Limbic	LIMBIC Midbrain	MIDBRAIN Brainstem	BRAINSTEM Autonomic
<b>Cognition</b>	Abstract	Concrete	Emotional	Reactive	Reflexive
<b>Mental State</b>	CALM	ALERT	ALARM	FEAR	TERROR

# *States become Traits*

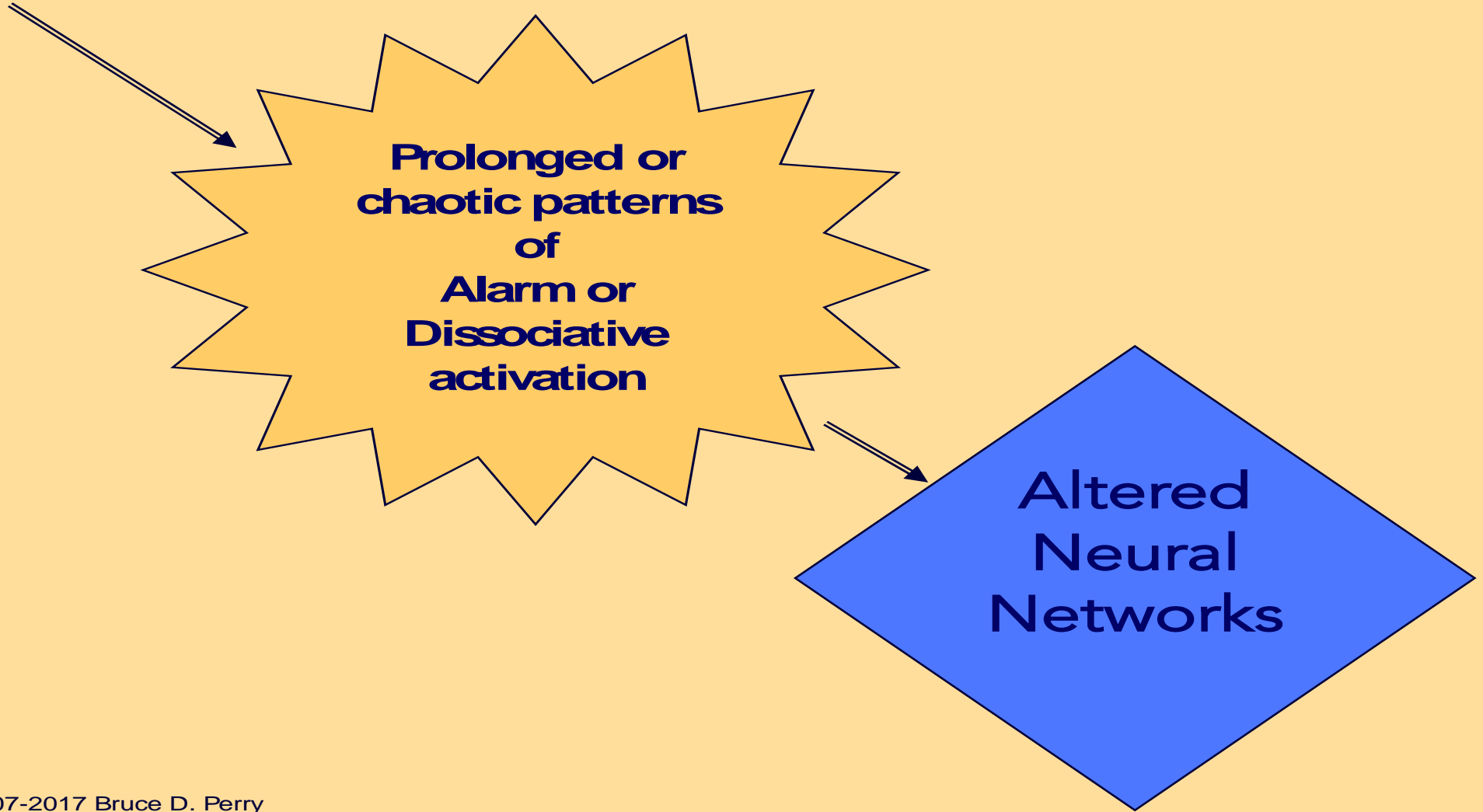
Persisting or 'sensitizing' patterns of activation of the neurophysiology of threat "re-sets" homeostats

*Persisting hyperarousal = altered noradrenergic systems (among others)*

*Persisting dissociation = altered vagal, opioid and dopaminergic systems (among others)*

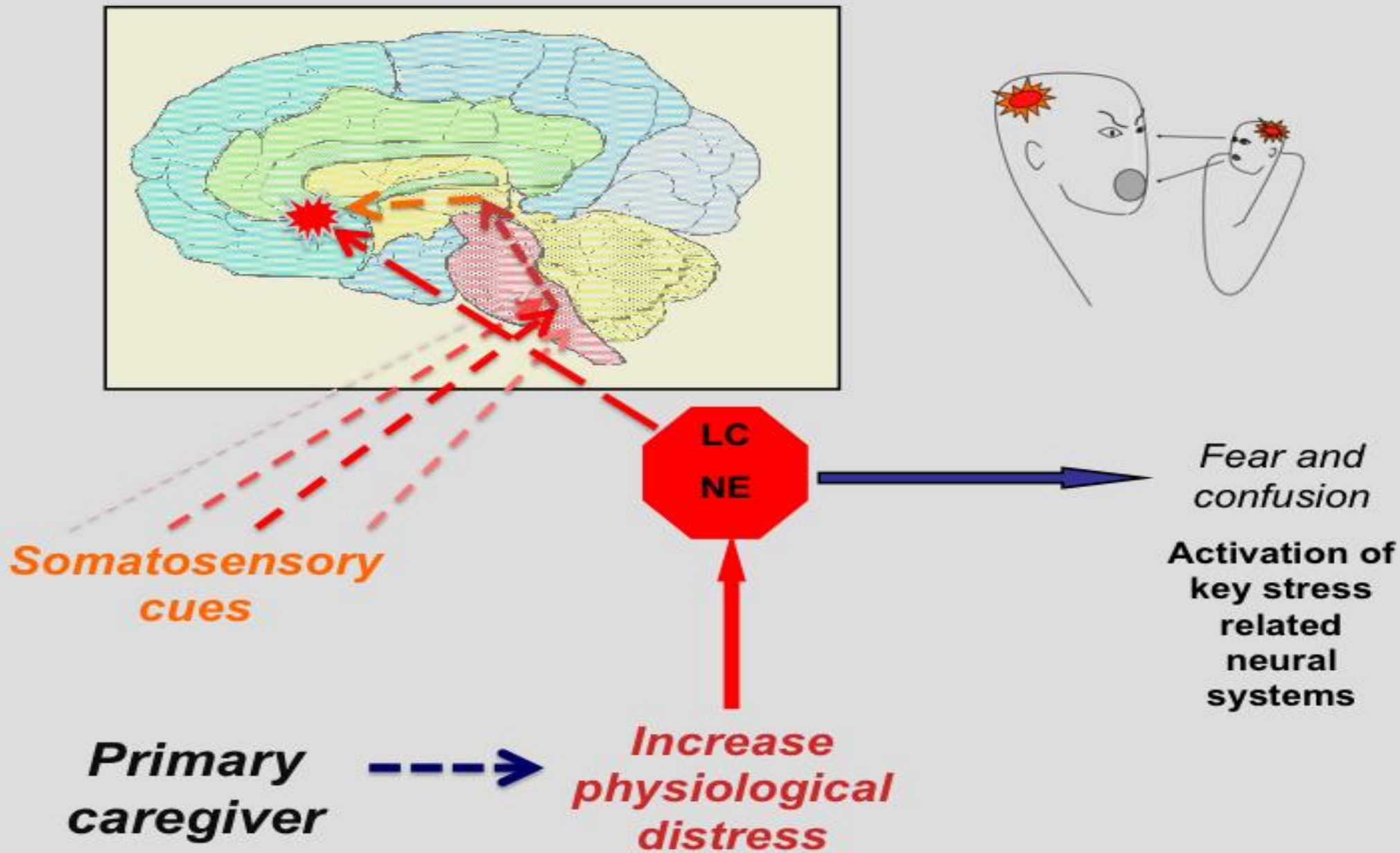


**Overwhelming  
Experiences**



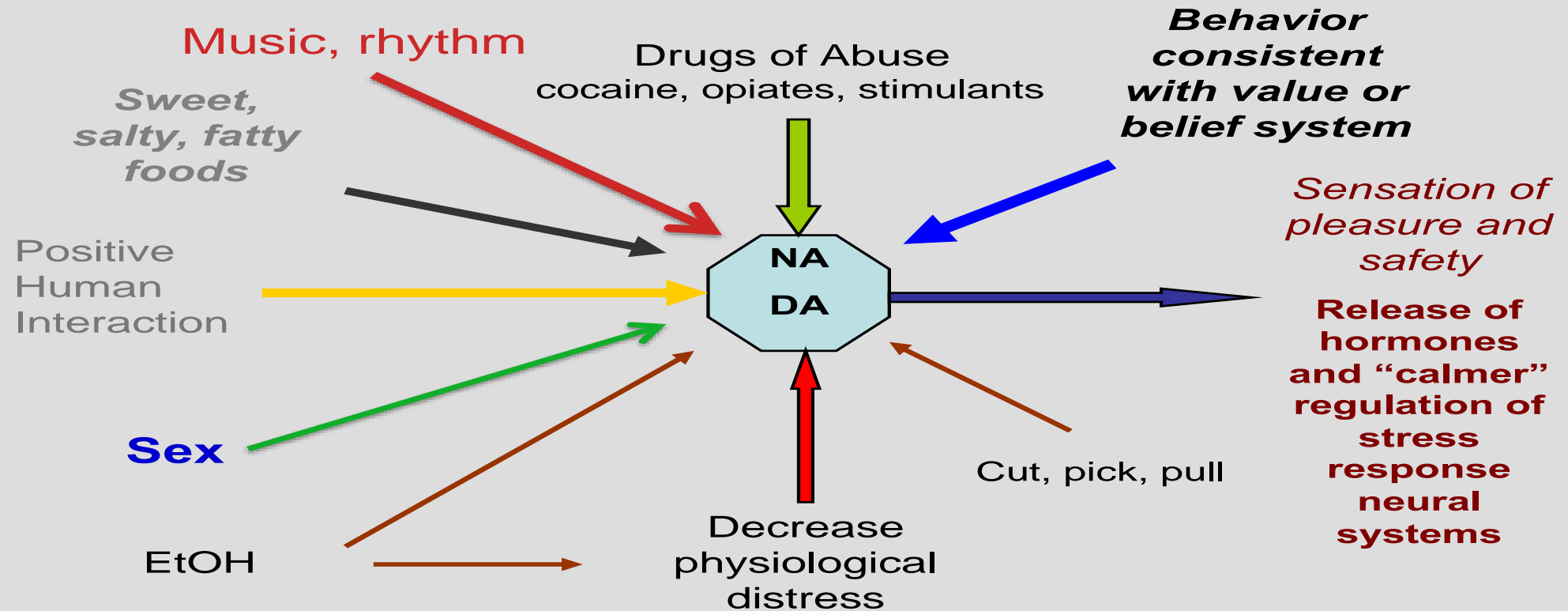
<b><i>SPHERE OF CONCERN</i></b>	<b>WORLD</b>	<b>COMMUNITY</b>	<b>FAMILY</b>	<b>SELF</b>	<b>BODY INTEGRITY</b>
<b>Primary secondary Brain Areas</b>	<b>NEOCORTEX</b> <i>Subcortex</i>	<b>SUBCORTEX</b> <i>Limbic</i>	<b>LIMBIC</b> <i>Midbrain</i>	<b>MIDBRAIN</b> <i>Brainstem</i>	<b>BRAINSTEM</b> <i>Autonomic</i>
<b>Cognition</b>	Abstract	Concrete	Emotional	Reactive	Reflexive
<b>Mental State</b>	<b>CALM</b>	<b>ALERT</b>	<b>ALARM</b>	<b>FEAR</b>	<b>TERROR</b>

<b>Social-Environmental Pressures</b>	<b><i>Resource-surplus Predictable Stable/Safe</i></b>	<b><i>Resource-limited Unpredictable Novel</i></b>	<b><i>Resource-poor Inconsistent Threatening</i></b>
<b>Prevailing Cognitive Style</b>	Abstract Creative	Concrete Superstitious	Reactive Regressive
<b>Prevailing Affective 'Tone'</b>	CALM	ANXIETY	TERROR
<b>Systemic Solutions</b>	INNOVATIVE	SIMPLISTIC	REACTIONARY
<b>Focus of Solution</b>	FUTURE	Immediate FUTURE	PRESENT
<b>Rules, Regulations and Laws</b>	Abstract Conceptual	Concrete Superstitious Intrusive	Restrictive Punitive
<b>Childrearing / Staff Practices</b>	Nurturing Flexible Enriching	Ambivalent Obsessive Controlling	Apathetic Oppressive Harsh



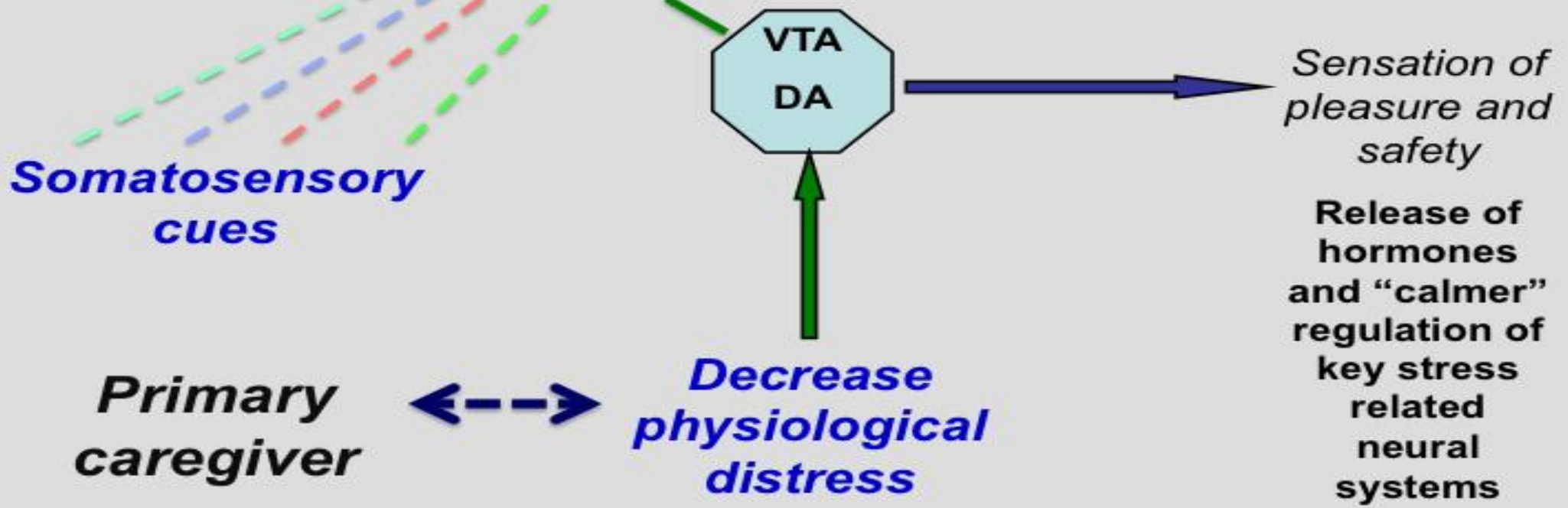
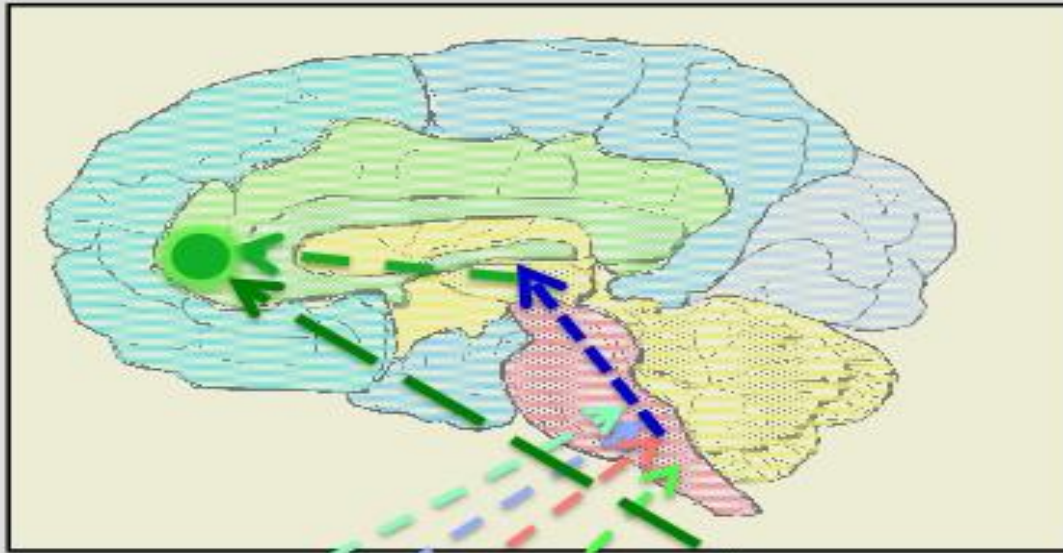
# Neurobiology of reward

## Stimulation of “Reward” Neural Systems in the Human Brain: *Multiple Mediators*



# Bonding Behaviors Decrease when the Caregiver is Overwhelmed or in Distress

With increasing threat and distress, an individual's capacity to "give" to others is diminished.



**I may be  
small  
but I feel it  
all...**

