



# Attachment, Trauma, and Healing: Understanding and Treating Attachment Disorder in Children, Families and Adults

By Michael Orlans, Terry M. Levy

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**Attachment, Trauma, and Healing: Understanding and Treating Attachment Disorder in Children, Families and Adults** By Michael Orlans, Terry M. Levy

Now in a fully updated and expanded edition, Levy and Orlans' classic text provides a comprehensive overview of attachment theory, how attachment issues manifest, and how they can be treated.

The book covers attachment-focused assessment and diagnosis, specialised training and education for caregivers, treatment for children and caregivers and early intervention and prevention programmes for high-risk families. The authors explain their unique models of 'corrective attachment therapy' and 'corrective attachment parenting', and provide practical guidance on goals and techniques for clinicians who work with maltreated and attachment disordered children and families. This second edition incorporates advances in the fields of child and family psychology that have occurred since the book first published in 1998, with substantial new sections on interpersonal neurobiology, adult and couple treatment, the application of positive psychology.

Clear, authoritative and skills-oriented, this is the essential guide to attachment for psychologists, social workers, clinicians, as well as foster and adoptive parents.

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### Editorial Review

#### Review

The journey that readers are taken on reflects the long path to healing that children with attachment disorders and their families must tread. Drawing on their decades of experience, Levy and Orlans offer a foot-sure route map to the challenging and arduous road along which attachment therapists can walk families as they search for attachment security, wellbeing and resilience. --Caroline Archer, adoptive parent, Therapeutic Parent Mentor and author of Reparenting the Child who Hurts: A Guide to Healing Developmental Trauma and Attachment, First Steps in Parenting a Child who Hurts: Tiddlers and Toddlers 2nd Edition

#### Review

This updated second edition of Attachment, Trauma, and Healing provides invaluable, specific information for both parents and professionals. Levy and Orlans methodically move through what early childhood maltreatment causes, assessment, treatment processes, and parenting strategies and interventions. This book will be useful for pre-adoptive families as well as for families who already have a child who has a trauma history. It will be, without question, an important resource for professionals who work with families who are helping their child heal, and professionals will also find the extensive bibliography helpful. If you are considering adopting, have adopted, or are a professional, this should become part of your library. (Gregory C. Keck, Ph.D., Founder/Director of the Attachment and Bonding Center of Ohio, co-author of Adopting the Hurt Child, Parenting the Hurt Child, and author of Parenting Adopted Adolescents)

It is said that therapy is both a science (based on proven theories) and art (creative use of therapist's self). Dr. Levy and Mr. Orlans' newly revised book talks a great deal about underlying theories to their therapy, based on new brain research. Making these theories come alive, however, and using them effectively to treat those suffering families IS ART! This book provides numerous clinical examples of healing interventions with children, parents, adults and couples. It is written in a clear and practical way, and offers hope to all professionals and parents striving to help wounded individuals and families. (Sumiko Tanaka Hennessy, Ph.D., ACSW, Director, Crossroads for Social Work, LLC)

Parenting children who have experienced early relationship trauma is especially challenging. It takes a resilient parent with an appropriate level of support to help the children feel secure, and emotionally connected. Only with this secure base in place can the children experience healing from their past experience. In this second edition of Attachment, Trauma and Healing Terry Levy and Michael Orlans have provided comprehensive guidance for all those supporting children with attachment difficulties. This is underpinned by up-to-date research and evidence. This book is a tour de force exploring theory, assessment and therapy for children, couples and the whole family where lives are touched by attachment difficulties stemming from early abuse, neglect and trauma. (Kim Golding, Clinical Psychologist with Worcestershire Health and Care NHS Trust)

The book (...) present the authors' model of Corrective Attachment Therapy and provides the reader with a thorough understanding of the theoretical and treatment issues and its methods and interventions... this book linked the theories of attachment and trauma beautifully... would be an essential read for any professional working within the trauma field. It should also be an essential read for counsellors, social workers or family intervention workers. (Alison Smyth/Counsellor and clinical supervisor *BACP Children & Young People*)

#### About the Author

Terry M. Levy, Ph.D., D.A.P.A., B.C.F.E. is a psychotherapist, trainer, supervisor, and consultant with over forty years of experience. Dr. Levy previously founded and directed the Family Life Center (Florida) and the Miami Psychotherapy Institute. He was also co-founder and past president of the board of directors for the Association for Treatment and Training in the Attachment of Children (ATTACH). Dr. Levy is currently co-director of the Evergreen Psychotherapy Center and the Attachment Treatment and Training Institute in Evergreen, Colorado, USA.

Michael Orlans is a Certified Master Therapist with forty years of clinical experience working with children, adults, and families in public mental health, the criminal justice system, and private practice. He is an internationally renowned author and trainer who has taught throughout the United States, Canada, Great Britain, and Japan. Mr. Orlans is also a co-founder and a member of the founding Executive Board of Directors of ATTACH. Together with Dr. Levy, he is co-director of the Evergreen Psychotherapy Center and the Attachment Treatment and Training Institute.

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