

The Science of Attachment

- When mom and baby first fall in love, both of their brains light up on the right front sides.
- Baby's brain follows mom's brain.
- The same is true in connected adult relationships; brains resonate with each other.



Dawson, G., Frey, K., Panagiotides, H., Yamada, E., Hessel, D., & Osterling, J. (1999). Infants of depressed mothers exhibit atypical frontal electrical brain activity during interactions with mother and with a familiar, nondepressed adult. *Child Development, 70*(5), 1058-1066.

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Right Side of the Brain

- The right hemisphere is nonverbal, spatial processing, sing song voice, face recognition, novelty, seeing the big picture
- This is the first hemisphere to develop, during the first 18-30 months after birth, and it shuts down its development as the left hemisphere comes online.
- The right hemisphere is the CEO of self-regulation and helps to calm the limbic brain.



(A. Schore, 2001)

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Brain Imaging in Therapy

Synchronization of the right temporo-parietal junction (rTPJ) was observed between clients and counsellors during psychological counselling (versus chatting).



Zhang, Y., Meng, T., Hou, Y., Pan, Y., & Hu, Y. (2018). Interpersonal brain synchronization associated with working alliance during psychological counselling. *Psychiatry Research: Neuroimaging, 262*, 103-109.

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Know Thyself



Ingredients of Personal Transformation

- Self-Awareness
- Self-Reflection
- Self-Regulation
- Conscious Choice



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Self-Regulation

- Self-regulation is about how we manage our levels of arousal.
- Heightened arousal can come from our senses, emotions, even thoughts.
- Problematic behaviours can be seen as invaluable signs that a person's arousal level is out of balance.



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Mindfulness



Similarity Between Attachment and Mindfulness

- The same part of the prefrontal cortex is activated in two conditions: when there is a loving, present and connected relationship between two people, and also when there is mindfulness practice in meditation.
- This brain part is the part of the brain responsible for self-regulation, attention span, impulse control and social engagement.



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“We don’t see things as they are,
we see things as we are”.

- Anais Nin

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Self-Care is Critical for Sustainability of Anything



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It's never about **what** you do, but
how you do it!

Thank you!

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