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Building the Bonds of Attachment

Awakening Love in Deeply Traumatized Children
Third Edition

By Daniel A. Hughes

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“The third edition of *Building the Bonds of Attachment* should be vital reading for as many parents and parents-to-be as possible, not only for foster and adoptive parents. If far more parents read this book and put its teachings to practice, we would start to have a warmer, kinder world. With often breath-taking beauty, Dan Hughes conveys how connection with reflective, warm, playful, emotionally regulated attachment figures can heal children who’ve been so badly psychologically scarred.

— Dr. Margot Sunderland, Director of Education and Training at the Centre for Child Mental Health London

“[A] must-read for foster carers, adopters, social workers, and therapists who seek to understand how early trauma impacts the minds and hearts of children, and how they as care providers can help. Through the story of Katie, Dan Hughes shows us how dyadic developmental psychotherapy (DDP), his deeply compassionate approach to therapy and therapeutic parenting, can help children learn to trust and to discover connections that heal. This third edition brings the latest learning in neurobiology and integrates this research with DDP and PACE, illustrating how to facilitate safety in relationships and create an environment in which children and young people can begin to feel safe to trust and make use of the help that is on offer to them.

— Deborah Page, Child and Adolescent Mental Health Services

An invaluable resource for students and professionals as well as parents, this text offers a composite case study of one child’s development following years of abuse and neglect. Blending theory and research into a powerful narrative, Hughes offers effective strategies for facilitating attachment in children who have experienced serious trauma. The third edition features: Coverage of the greater preparation given to both the therapist and parent before treatment and placement; introduction to the concept of blocked care; expanded coverage of intersubjectivity; enhanced covered of PACE; and updated examples of the components of DDP and the tie to interpersonal neurobiology.

Daniel A. Hughes, PhD, is a clinical psychologist who specializes in child abuse and neglect, attachment, foster care, and adoption. He actively trains other therapists in the model of treatment known as Dyadic Developmental Psychotherapy, both within the United States and in other countries.

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