

## IASA's 10-Year Celebration

Florence, June 12 - 14, 2018

### **Two different interventions with two children who have opposite strategies, but similar psychological traumas.**

Verter Pregreffi (Italy)  
[verterpre@gmail.com](mailto:verterpre@gmail.com)

Topic: Clinical practice

Two children were followed with two different attachment/adaptation configurations but a similar parental context for separation. The Luigi's parents (10 years, Utr (p) separation parents C1-2), bring us a situation of concern for the management of the child and some of his behaviors with "excessive fears" (to enter school in the morning, to break away from their mother to go to their father) who took over, in their opinion, particularly after their separation, 8 months ago. With Luigi after having explored other evolutionary issues (less frightening than the trauma), the topic of separation is subsequently addressed. The concept of style of attachment/adaptation and trauma is progressively returned to the parents.

The Davide's mother (12 years, Dp, Utr (ds ..) separation parents, A +), asks for advice to manage and help the child. She sees difficulties with respect to relationships with his classmates, unsafe, and teased. It may happen that Davide does not want to go out in the afternoon and that in the evening he shows sudden rage during the moments of the meal all together (with him, his mother and two sisters). The learning level is okay, but as a result of these difficulties with the classmates, the mother decided to change school. She believes that Davide is missing the male figure (his father has been absent for 3 years). Davide shows a low initial activation, the number of words used in the session is low, the latency times in answering are quite long.

#### **How it used the DMM**

We know that among the first goals of the DMM therapeutic approach there are the work on broken strategies and the resolution of past dangers that are not yet resolved, in a context of proximal development zone, both with the little patient and with his family. How can modulate these goals in session so that the therapist is progressively perceived as a transitional attachment figure? How to decide when to enter the trauma and/or the strategist modifier?

#### **What it can contribute to the DMM**

With Luigi, who presents a basically functioning strategy, the relationship with the therapist is "warm" on the emotional level and after having explored the themes related to the different evolutionary skills expected, guiding him a bit with respect to the time sequences, we can afford to enter more directly on the topic of unresolved trauma for the separation of parents. The procedural is spontaneous and lively and it initially activates the therapist and the child (proximal zone). The therapist at some point decides to direct more towards the exploration of the trauma. They are ready. With Davide, who instead presents a partly "broken" strategy, it takes more time and more initial attention on the procedural level from the therapist, compared to Luigi. It is not possible to "heat up" the relationship immediately, (this is dangerous!), nor to show yourself too close, emotionally, with respect to the theme of separation or the lack of a father figure. Only later, when routines have been created in the taking of the shift of communication, becoming these habitual in their sequences (proximal zone), describing everyday situations, and gradually exploring the underlying emotions, it is possible to direct the young patient to goals more related to Trauma. This mental conditions predisposes to a proximal work with the patient.