



# Attachment and Culture

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# Attachment

- An attachment relationship is one where there is an expectation to be nurtured and to be protected
- Parents are the first attachment relationships for children, and that relationship forms the blueprint for subsequent relationships for the child



[dreamstime.com](http://dreamstime.com)

# Security

- Security for a child is achieved when a parent can consistently provide that nurturance for a child so the child doesn't need to become anxious about their next "dose" of caregiving



# Security

- Security is also provided when the parent can buffer the child from whatever stressors the parent is under, from threat and harm, so the child need not become anxious and afraid. The parent conveys to the child “I’ve got you!”

Piglet sidled up to  
Pooh from behind.  
"Pooh!" he whispered.

"Yes, Piglet?"

"Nothing," said Piglet,  
taking Pooh's paw.  
"I just wanted  
to be sure of you."



# Attachment Disruption

- When parents are under so much stress that they cannot manage, the child experiences a disruption in the attachment. We can describe or define the kinds of attachment patterns children have with their parent so we know how to nudge that dyad closer to secure

# Attachment Patterns

Secure

Insecure

- Avoidant
- Ambivalent Resistant

Disorganized



# Development of Secure Attachment



# Attachment

- Attachment is a human condition
- All our needs are universal
- Cultural influences affect the caregiving, but surprisingly have little effect on the type of attachment

We are more alike than we think



# Culturally Safe Practice

- Honouring our own culture, but not at the expense of others
- Being curious about the culture of others
- Inviting, and being receptive to learning about the cultural experiences of the other

# Small Group Exercise

- Tell your seatmates the following about you
- How you got your name
- Your cultural background
- What you do in your family during times of stress or duress

# Reasons for Migration

All have their own reasons, it is not just one single reason that induces someone to leave their home for a faraway place, but a complicated interplay of many causes.



# Reasons for Migration

Never before have there been so many people living far away from their native countries. All these factors play their part:

- Poor living conditions
- Growing gap between rich and poor countries
- Violence and armed conflicts
- Environmental changes
- Lack of economic opportunities
- Global mobility
- New media

# STRESS OF MIGRATION

Long way to New  
Home







## Immigration

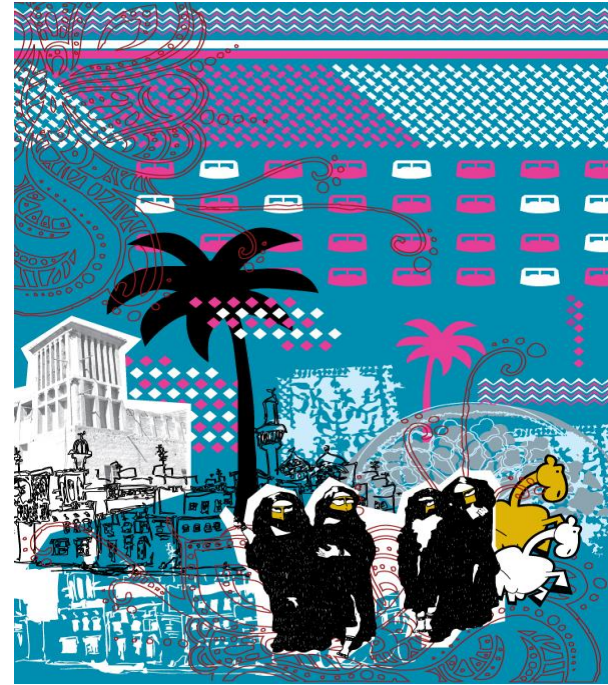
Causes stress

# Brainstorming the Stressors

- Not all the family members immigrate at once
- Who is left behind?
- New languages, food, weather, customs
- Often parents are starting over at the bottom of employment hierarchy
- Encountering racism

# Culture Shock

- This is the confusion one feels when experiencing a different way of life.



- It takes time to change and adapt. Sometimes we need to remember we cannot expect to learn everything all at once.

# Window of Tolerance – Capacity to Cope

## Autonomic Nervous System Arousal

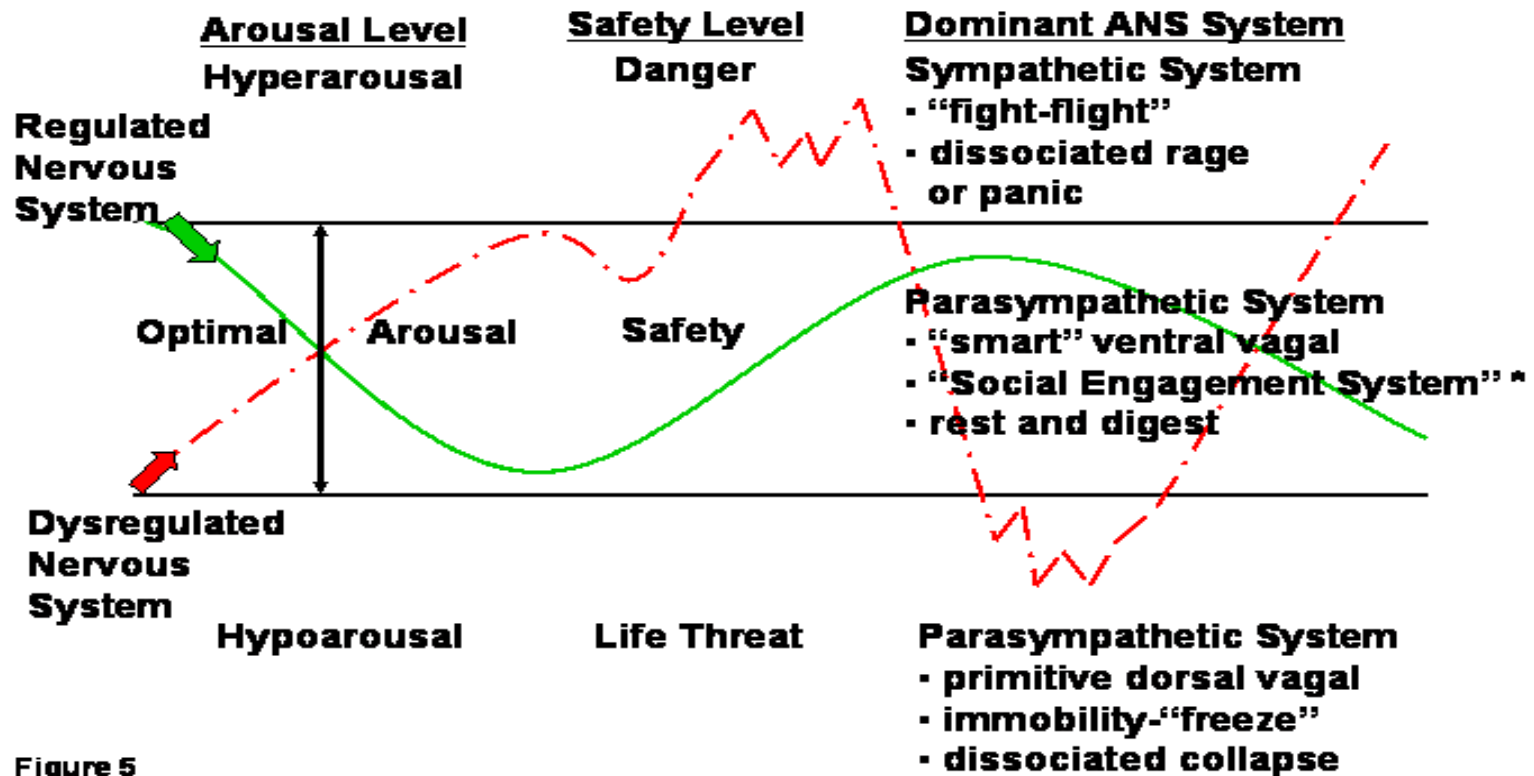


Figure 5

Adapted from Levine, Porges\*, & Ogden in Wheatley-Crosbie, 2006

# RESOURCES

- DANCING    SHARING    COOKING
- PRAYING    TEA CEREMONY    DRUMMING
- EXERCISING    SLEEPING    EXERCISING
- LISTENING TO MUSIC    MEDITATION
- PLAYING MUSIC
- READING HOLY SCRIPTURES
- WRITING
- SINGING

# Being With Exercise

## **6 core emotions of humans**

- Anger
- Shame
- Curiosity
- Fear
- Joy
- Sadness

# The Beauty of 'Being With'

