

Attachment Institute of New England

Two Person Model Rationales

We work with the family unit in context which gets very complicated since not only do the parents who we work with have trauma but they usually also become traumatized by the child's behavior. The use of two clinicians enables us to help maintain their regulation of both the parents and the child while addressing highly charged conversations. Parents can be at risk for secondary trauma while exploring their child's experiences. The goal of the second partner is to aid in helping the family members maintain regulation, while also providing support to their clinical partner.

We also use two partners to model healthy relationship and parenting during session.

Children with Reactive Attachment disorder are highly manipulative and commonly make false allegations against the adults in their life. The second partner provides some defense against that behavior.

The majority of the clients we work with have a long history of failed treatment attempts without the benefit of long-term success. In traditional treatment, the child learns to become accustomed to the 50-minute model and uses their ability to predict the session as a way of controlling it. Having a two-hour model, gives us the time to gain access to the trauma, process it, and offer the closure needed to ensure the child leaves in a regulated state.

The two partners pace the session so the child's limbic system is activated to a productive amount. Too much and the child shuts down and too little the processing would be ineffective. The child is not able to predict the clinical team, which often decreases the extensive use of the child's defenses like (shutting down, being aggressive, and manipulation).

Finally, the two-person model offers twice the direct on-call support. Since the team is responsible for both the client and the parent's treatment there is minimal opportunities for miscommunication or for professionals or inconsistencies in treatment.