INTRODUCTION

“Vulnerable attachment (VA) is important because a mother’s bond to their child shapes a child’s brain, which influences their self-esteem, expectations of others, and the ability to attract and maintain successful relationships.”

WHOSE AT RISK FOR VA?

- Children & Adults
  - Individuals who have been placed in foster care.
  - Individuals whose parents were incarcerated.
  - Individuals diagnosed with a mental health illness.

RESULTS

Vulnerable Attachment Style Questionnaire
(VASQ; Prof. Antonia Bifulco 2012)
Participants answered each item on a 5-point linker-type scale.

I strongly-disagree-5 strongly-agree

The VASQ focused on the factor of insecurities, based on emotions and behaviors, determined by participants answers.

- The sum above 30 indicated a high level of vulnerable attachment.

The highest score totaled 45
The lowest score totaled 40

Emotional Regulation Questionnaire
(ERQ; Gross and John, 2003)
Participants answered each item on a 7-point linker type scale.

I strongly-disagree - 7 strongly-agree

(1) COGNITIVE REAPPRAISAL
Changing the way one thinks about a stressor and the way they respond to the stressor. These individuals can downregulate their emotions. Cognitive reappraisal is a healthier response than ES.

Questionnaire response 64%

(2) EXPRESSIVE SUPPRESSION
A response focused strategy that intervenes with an emotion. An attempt to hide, inhibit or reduce ongoing emotion in expressive behaviors.

Questionnaire response 36%

CONCLUSION

There are theories and concepts, joining within the state, to further support adults and children who suffer from attachment issues. Unfortunately there is little to no research within the state of New Mexico. It is hoped that research continues to develop on this issue, to build mindfulness, awareness and programs, to better serve the community members, who are in great need of healing. Program awareness is also key to reducing transgenerational trauma, that’s produced through vulnerable attachment.

Creating awareness provides a hopeful future for adults and children

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