061 477 8480
admin@rootedcare.co.za
www.rootedcare.co.za
28 Solomon Mahlangu Dr, Monument Park, Pretoria

# Attachment Therapy Information Leaflet

Thank you for choosing Rooted Assessment and Therapy Centre to support the process of attachment therapy between you and your child. We would like to provide you with important information about what attachment therapy entails and outline the process that we will follow.

## Parental Consent Requirement

In accordance with the **Children's Act**, both parents are required to give written consent for any form of therapeutic intervention and/or assessment involving a minor. Therefore, we are unable to proceed with attachment therapy unless both parents have signed the necessary documentation.

## Purpose of Attachment Therapy

The primary goal of attachment therapy is to strengthen and nurture the emotional connection between a parent and their child. Our role is to support and facilitate the development of a healthier, more secure relationship by guiding both the parent and child through structured therapeutic sessions.

## Process Overview

Attachment therapy at Rooted Centre typically consists of 8 to 12 sessions, depending on the specific needs of the child and family. The process is divided into four key components, beginning with preparatory work with the parent(s).

### Phase 1: Initial Attachment-Focused Parental Guidance Sessions

Before beginning the attachment therapy sessions with the child, we conduct four or more parental guidance sessions with the following aims:

- To help parents develop an *attachment mindset*—understanding the principles of secure attachment and how to foster it in their relationship with the child.
- To enhance the effectiveness of the therapy by preparing the parent emotionally and practically.
- To serve as a screening process to determine:
    - Whether intensive attachment therapy is appropriate at this stage.
    - Whether the parent may benefit from individual therapeutic support prior to engaging in parent-child therapy.

This process starts off with an **Interactional Analysis**, during which we observe parent-child interactions to:

- Identify relationship strengths and challenges.

- Inform and tailor the parental guidance sessions.
- Shape the structure of the upcoming attachment therapy based on the specific dynamics observed.

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**Phase 2 : Parent-Child Attachment Focus Therapy Sessions**

**Step 1: Building Safety and Emotional Awareness**

- Creating a sense of emotional and physical safety
- Supporting emotional expression and regulation
- Engaging in child-centred play

**Step 2: Strengthening Connection**

- Encouraging calming behaviours and co-regulation
- Fostering nurture, intimacy, and emotional attunement
- Introducing gentle challenge and boundary-setting

**Step 3: Integration and Family Bonding**

- Integrating insights and relational changes into daily life
- Establishing or reinforcing family rituals and traditions
- Strengthening long-term connection and resilience

Although Step 1 to 3 of the parent-child attachment therapy sessions are typically conducted over 6 to 8 sessions, the pace of progress depends on the unique relational process of each parent and child. A key factor that influences the speed and depth of therapeutic progress is the extent to which parents actively participate in between-session tasks, including completing reflection exercises, applying therapeutic strategies, and integrating insights into their daily interactions with their child. Consistent and intentional engagement outside of sessions significantly enhances the outcomes of attachment therapy.

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**Court-Mandated Attachment Therapy and Feedback**

In cases where attachment therapy has been mandated by a court and feedback to the court is required, the therapeutic process will conclude with a follow-up Interactional Analysis. This final observation session is used to assess and document changes in the parent's behaviour, relational dynamics, and the overall parent-child interaction following the therapy process. The purpose of this analysis is to provide an objective summary of progress made, highlight areas of improvement, and inform the court about the extent to which therapeutic goals have been achieved.

Please feel free to ask your therapist any questions or raise concerns at any point during the process. Your active involvement and emotional presence are key to the success of the therapy.

*We look forward to walking this journey with you and your child.*