

Contents

Preface

xi

PART I MAKING LOVE *Kate Cairns* A story of creation and destruction

1	In the beginning	3
2	Attachment	6
	Affective attunement	6
	Rage	11
3	Trauma	16
	Fear	16
	Grief	22
4	Resilience	26
	Solitude	26
	Compassion	31
	Tranquillity	33

PART II MAKING SENSE *Kate Cairns* Theory, research and practice

5	About feelings	41
	Themes of shared humanity	41
	The search for common ground	42
	Starting with feelings	44
	Self-assertiveness and self-transcending emotions	46
6	Attachment: formative experience	49
	Feeling good, being good: affective attunement and reintegrative shame	49
	<i>What happens?: thinking about attachment</i>	49

<i>What do we observe?: life with the child</i>	62
<i>What can we do?: approaches to living and working with children with unmet attachment needs</i>	73
Relating to self and others: rage, reflection and reciprocity	85
<i>What happens?: theory and research about rage and anger</i>	86
<i>What do we observe?: signs and indicators of rage, reflection and reciprocity</i>	91
<i>What can we do?: approaches to helping children regulate rage</i>	100
7 Trauma: transformative experience	106
Fear	106
<i>What happens?: theory and research about traumatic stress</i>	107
<i>What do we observe?: signs and indicators of disorder</i>	115
<i>What can we do?: approaches to living and working with traumatised children</i>	131
Grief	145
<i>What happens?: thinking about loss and grief</i>	145
<i>What do we observe?: life with the grieving child</i>	148
<i>What can we do?: approaches to living and working with grieving children</i>	150
8 Resilience: affirmative experience	153
Solitude	153
<i>What happens?: thinking about the development of personal resilience</i>	153
<i>What do we observe?: life with children who are developing personal resilience</i>	156
<i>What can we do?: promoting personal resilience with children who find solitude difficult</i>	159
Compassion	162
<i>What happens?: thinking about the development of social resilience</i>	162
<i>What do we observe?: life with children who are developing social resilience</i>	165

<i>What can we do?: promoting social resilience with children who find compassion difficult</i>	167
Tranquillity	174
<i>What happens?: thinking about the development of transpersonal resilience</i>	174
<i>What do we observe?: living with children who are exploring tranquillity</i>	175
<i>What can we do?: promoting transpersonal resilience</i>	177

PART III PROMOTING TRANSPERSONAL RESILIENCE

Brian Cairns

Health	181
Education	187
Identity	195
Family and social relationships	203
Social presentation	211
Emotional and behavioural development	216
Self-care skills	223
In conclusion	230
References	231
Glossary	235
Index	239