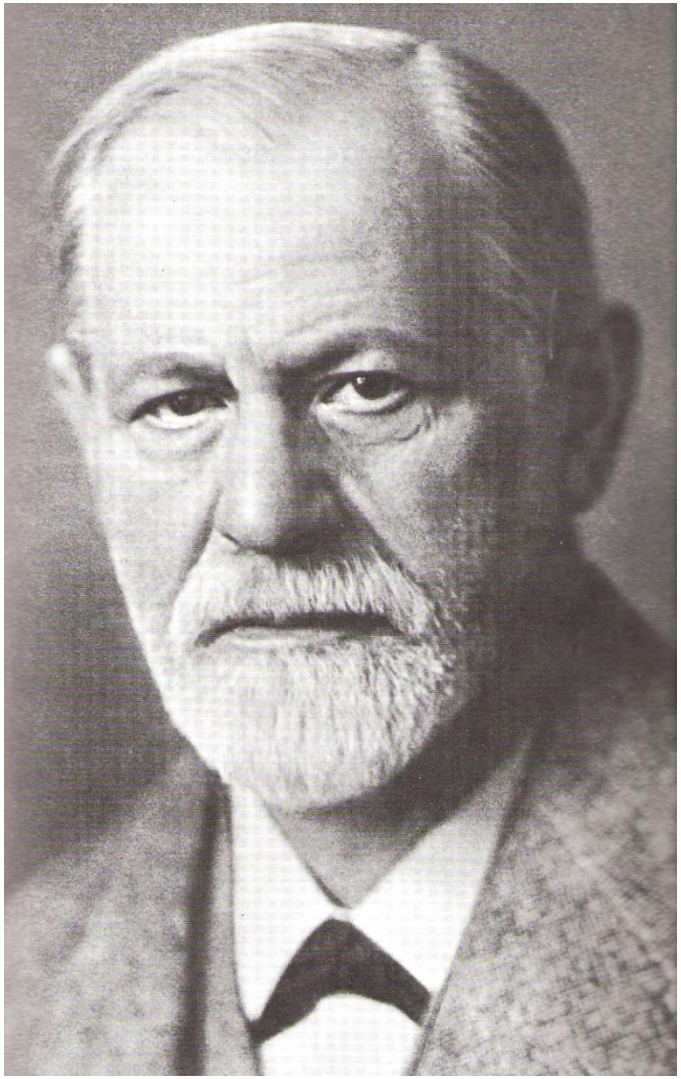
Prof. Dr. Eva Rass 12.07.2019

dgkjf-Symposium München

Wie sehr schadet die Kinderkrippe?
Neue Forschungsberichte

Gesundheit und Krankheit: Entwicklungspsychologische Entstehungsbedingungen aus der Sicht der Bindungs- und Affektregulationstheorie



Sigmund Freud

Weltbild → Neurobiologie

weg vom bösen zu zähmenden Kind

- Kind, was Abstimmung sucht

↓

negative emotions

- Anpassung an die kindliche hirnorganische Unreife

- „nicht das Kind ist böse, sondern die Welt gemein“

- Paradigmenwechsel ist unbequem

↓

Alltag als Therapie

↓

Erwachsene müssen sich anpassen – ändern

Jeder gibt das, was er hat

↓

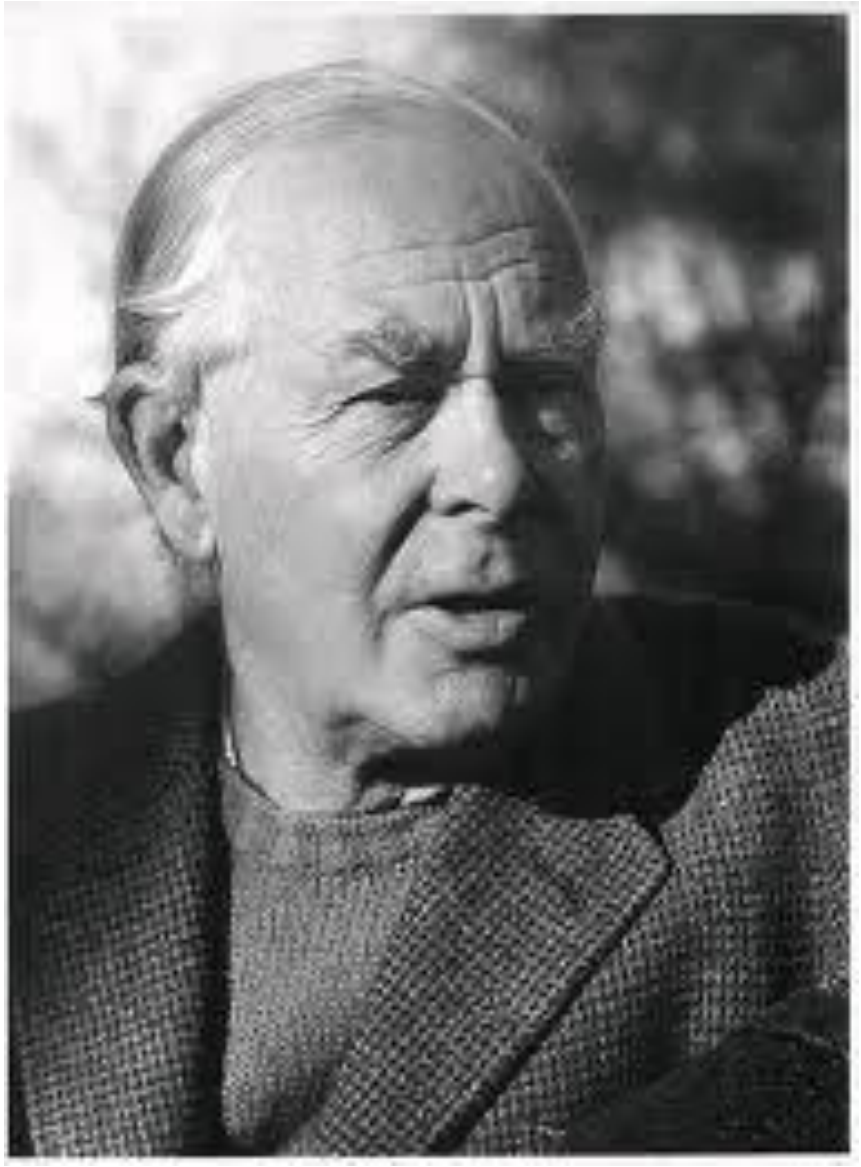
Validierung

↓

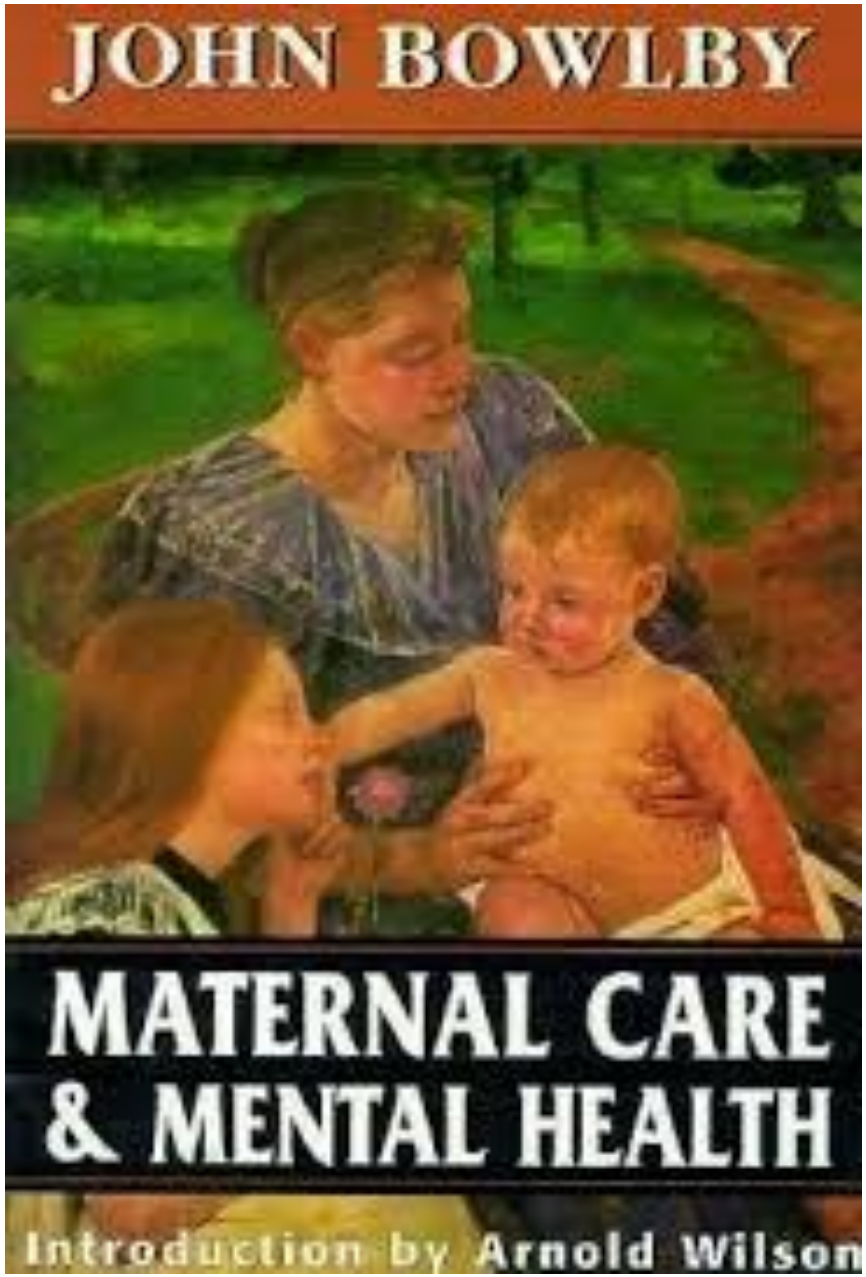
Ressourcensuche

↓

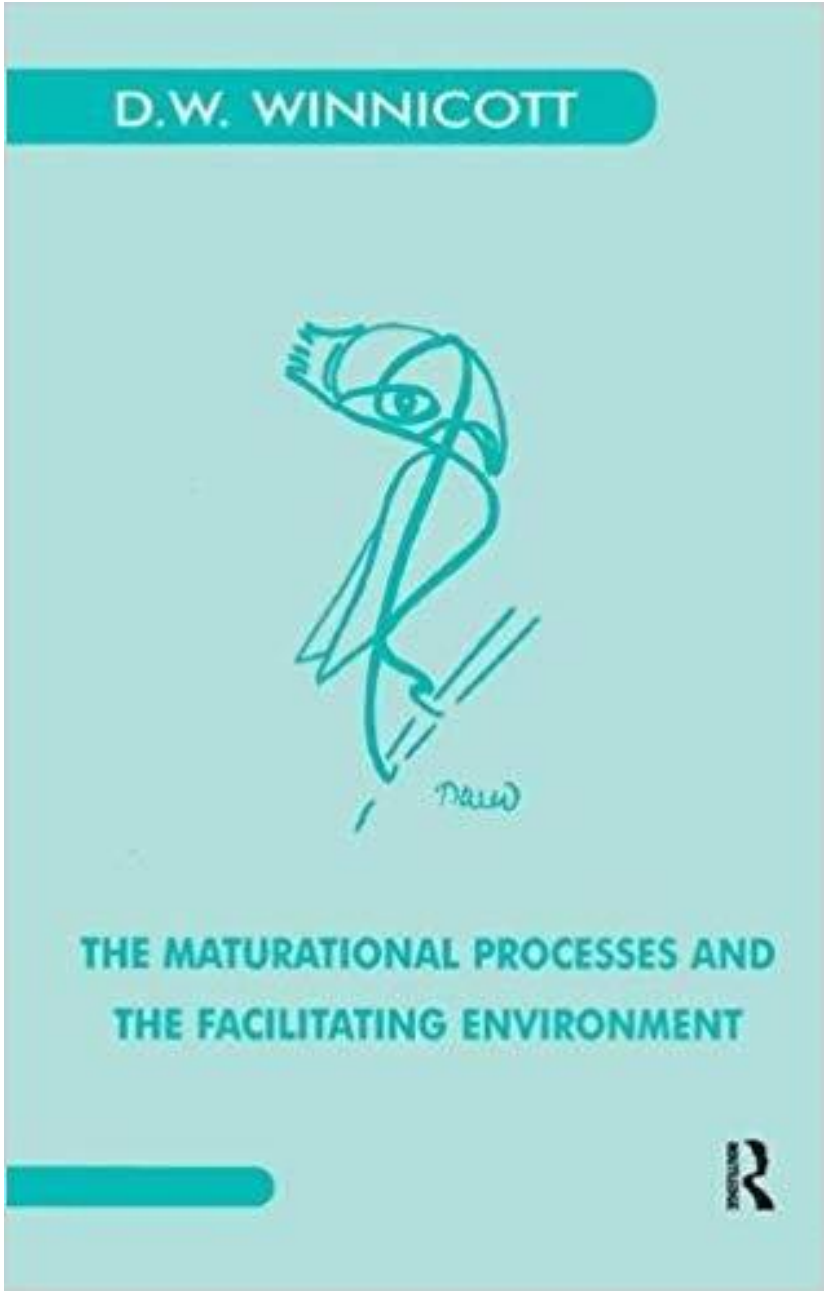
Gesprächsführung: der Ton macht die Musik

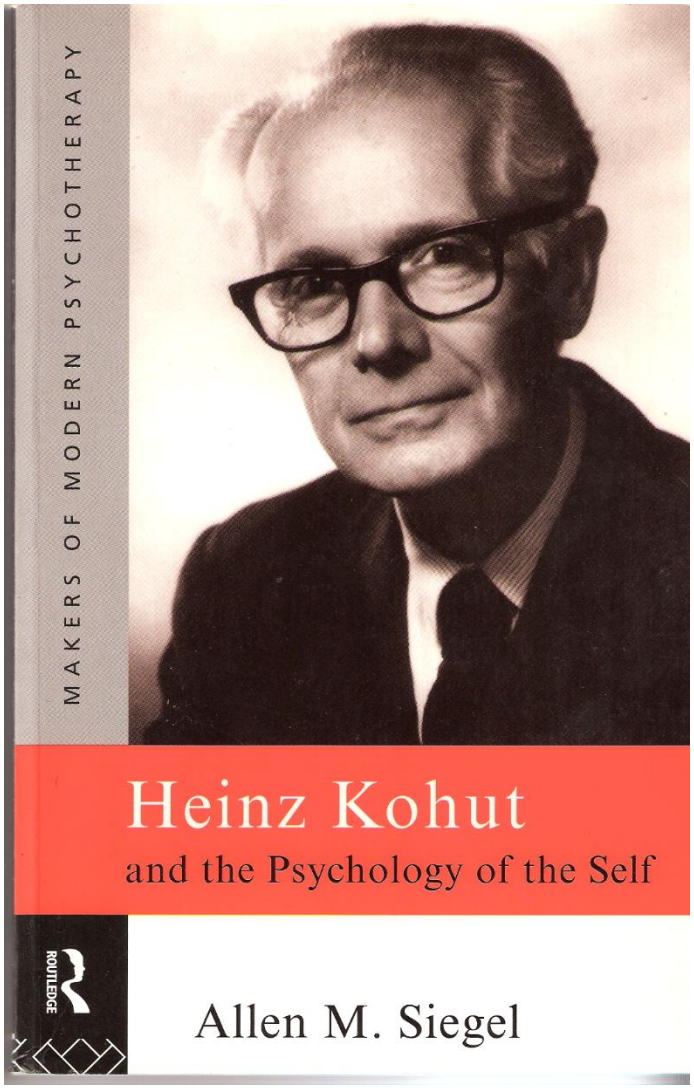


John Bowlby


JOHN BOWLBY
MATERNAL CARE
& MENTAL HEALTH
Introduction by Arnold Wilson

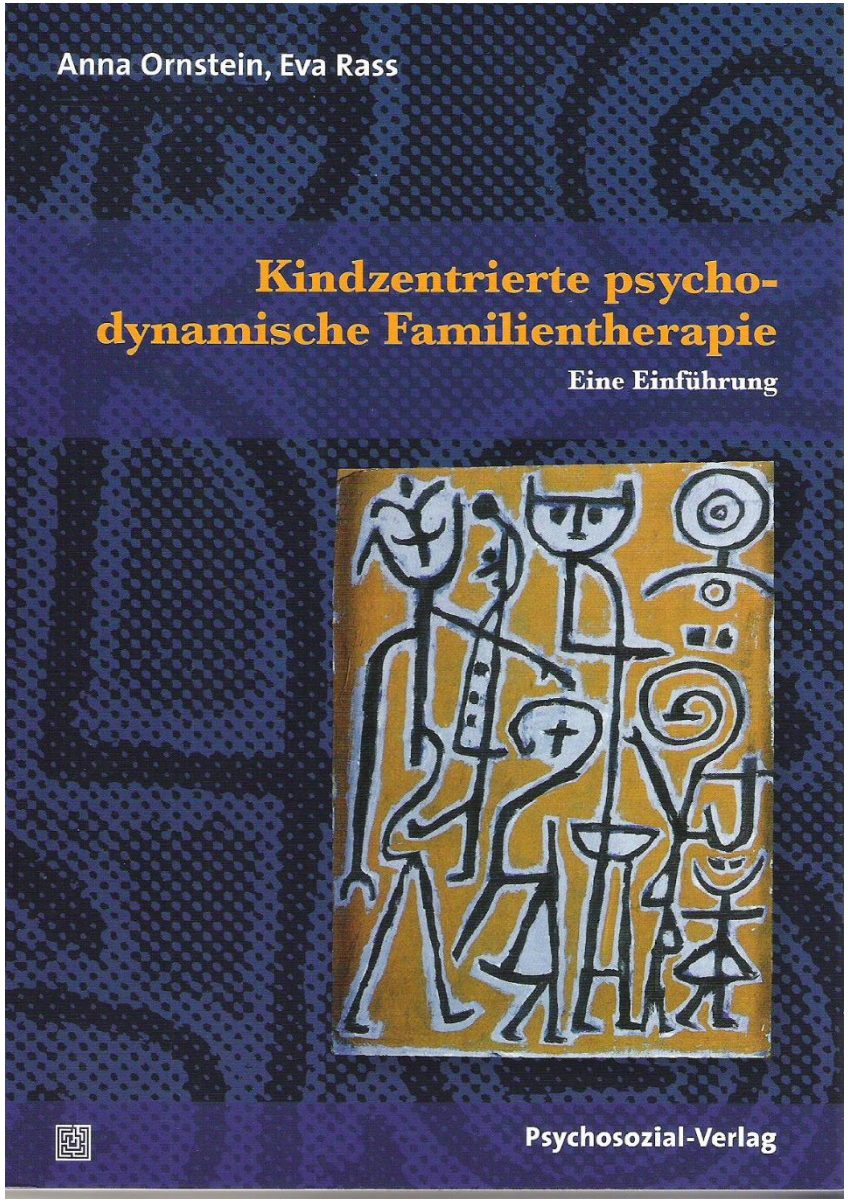
Donald D. Winnicott


D.W. WINNICOTT
THE MATURATIONAL PROCESSES AND
THE FACILITATING ENVIRONMENT

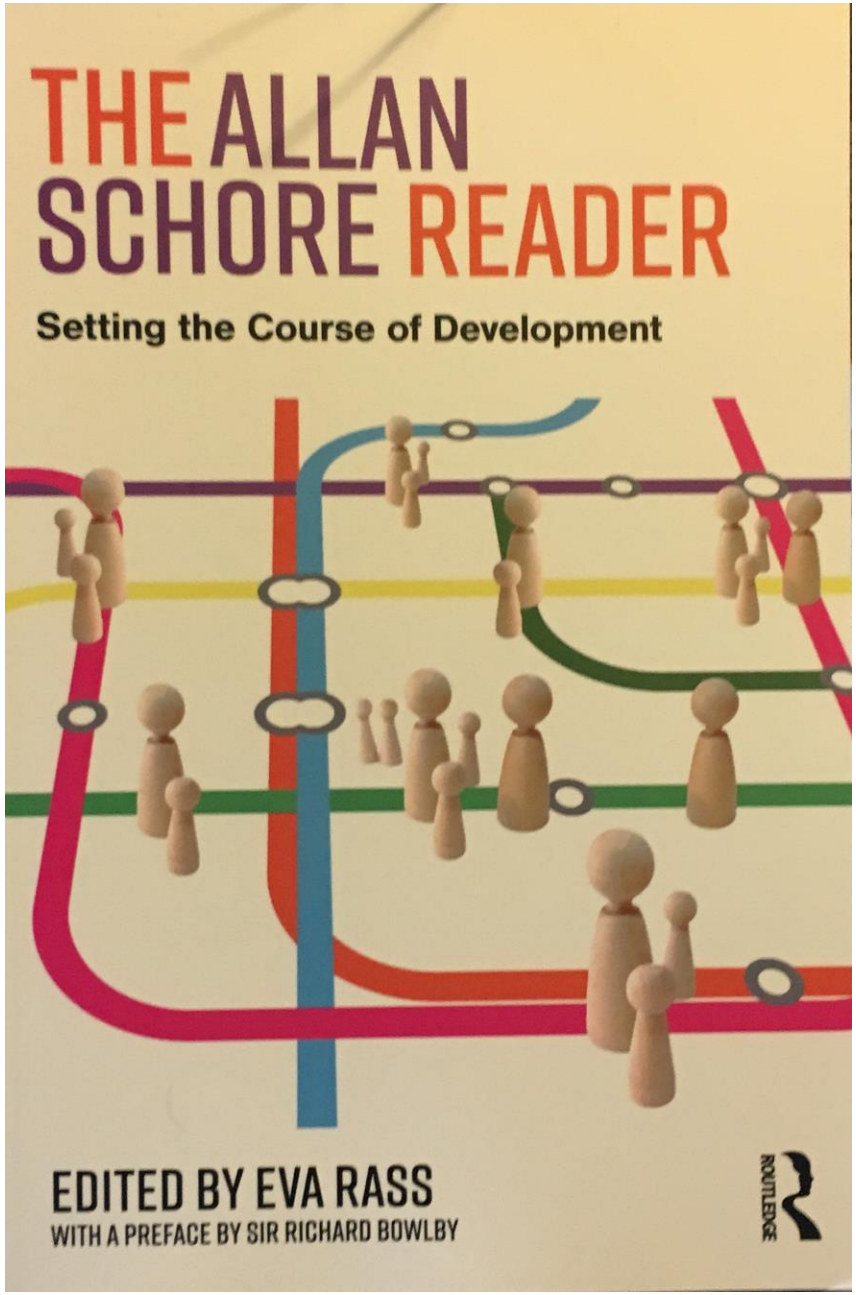

MAKERS OF MODERN PSYCHOTHERAPY
Heinz Kohut
and the Psychology of the Self
ROUTLEDGE
Allen M. Siegel

Heinz Kohut

Anna Ornstein


Anna Ornstein, Eva Rass
Kindzentrierte psycho-
dynamische Familientherapie
Eine Einführung
Psychosozial-Verlag

Allan Schore


THE ALLAN SCHORE READER
Setting the Course of Development
EDITED BY EVA RASS
WITH A PREFACE BY SIR RICHARD BOWLBY
ROUTLEDGE

„Ich vertrete ohnehin die Auffassung, dass die Neurobiologie für die Psychotherapie eine Hilfswissenschaft ist, wenngleich eine wichtige.“

Deutsches Ärzteblatt | PP | Heft 10 | Oktober 2016

Gipfelstürmer brauchen ein sicherheitsgebendes Basislager

Lebensaufgaben

Krankheiten

Elternschaft

Scheitern

Verluste

Beziehungen

Berufsentwurf

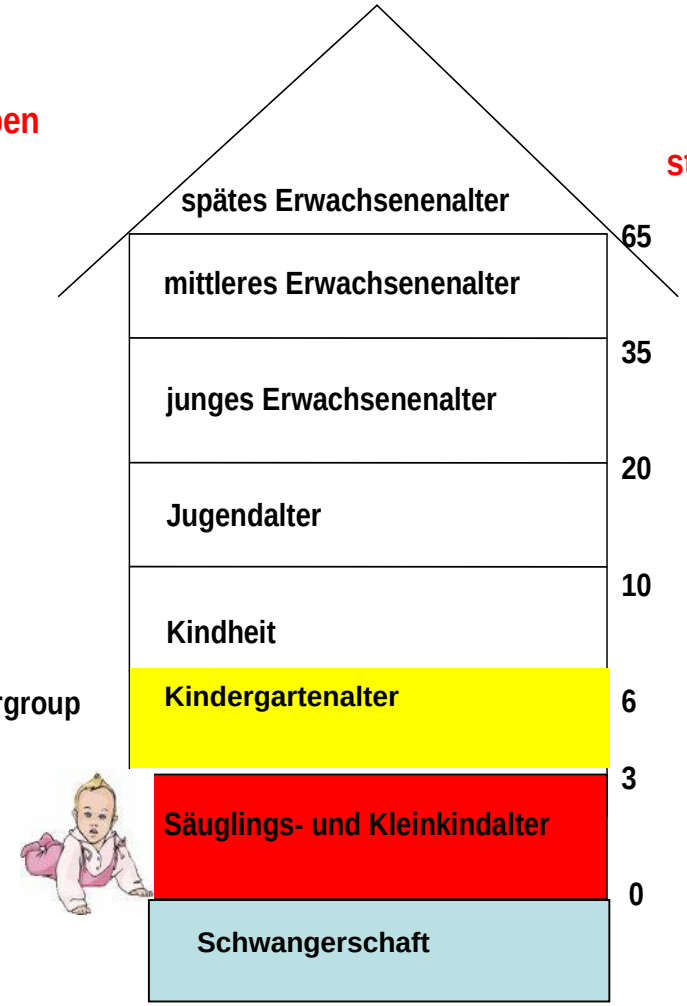
Platz in der Peergroup

Lernfähigkeit

Schulreife

Ablösung

Anbindung



strukturelle Reifungsschritte

Selbstachtung

kohärentes Selbsterleben

Werte/Ideale

Verantwortung

Affektregulierung

inneres Arbeitsmodell

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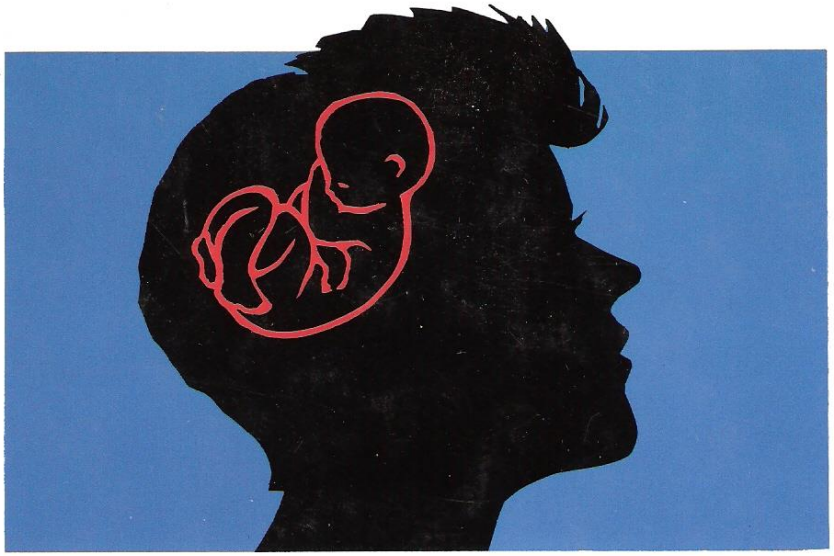


Marianne Krüll

Die Geburt ist nicht der Anfang

Die ersten Kapitel unseres Lebens – neu erzählt

Klett-Cotta

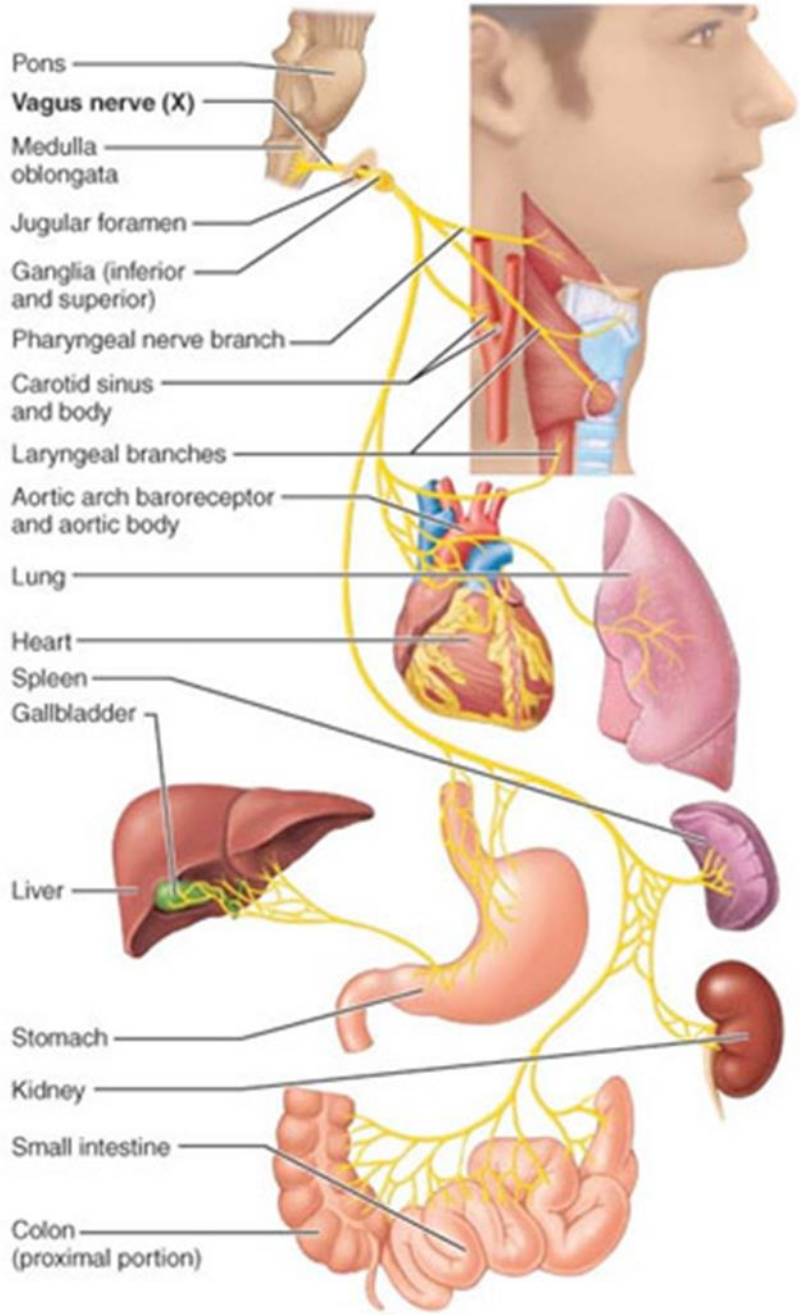
Der Übergang von einer Entwicklungsstufe zur nächst höheren ist immer mit einer Krise verbunden, welche die bisherige Stabilität auf die Probe stellt.

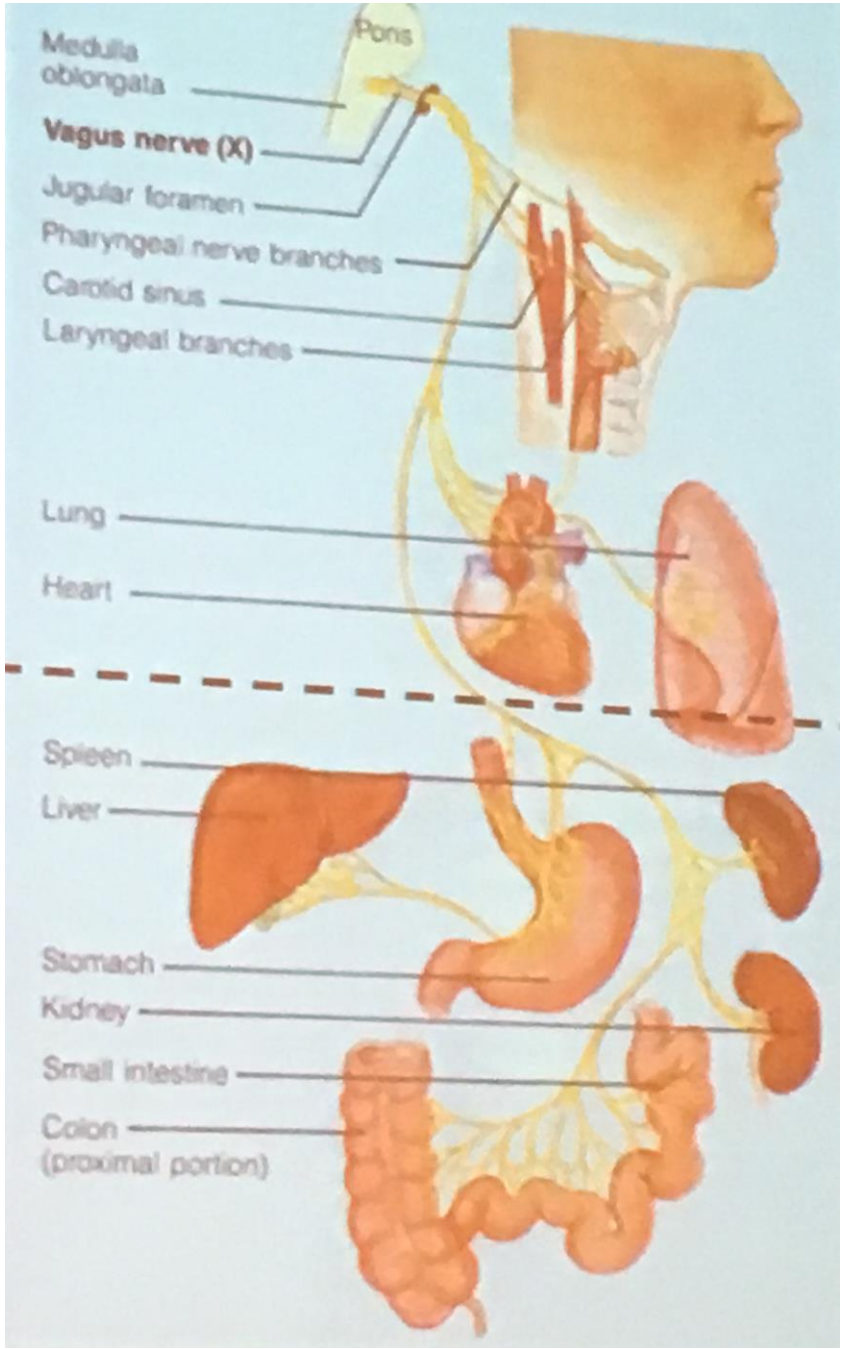
Es ist nachweisbar, dass affektive Prozesse das Grundgeschehen im tiefsten Persönlichkeitskern ausmachen, was dazu beiträgt, viele Phänomene im menschlichen Leben aus dieser Perspektive zu verstehen.

Viele experimentelle und klinische Arbeiten zeigen, dass die Reifung der Affekte *das* Schlüsselereignis im Säuglingsalter ist, und dass der Erwerb einer Kontrollfunktion für die Selbst-regulation von Affekten einen wichtigen Meilenstein in der Entwicklung darstellt. Die Entwicklung der Affektregulation ist somit ein wesentliches organisierendes Prinzip der emotionalen Entwicklung und der Hirnreifung.

Im günstigen Fall repräsentiert eine sichere Bindungsbeziehung eine entwicklungsfördernde Umwelt für die erfahrungsabhängige Reifung komplexerer regulatorischer Kapazitäten, die den Übergang von externer zu interner Regulation ermöglichen. Erregungen und Emotionen werden zunächst durch andere reguliert.

Stephen Porges


Pons
Vagus nerve (X)
Medulla oblongata
Jugular foramen
Ganglia (inferior and superior)
Pharyngeal nerve branch
Carotid sinus and body
Laryngeal branches
Aortic arch baroreceptor and aortic body
Lung
Heart
Spleen
Gallbladder
Liver
Stomach
Kidney
Small intestine
Colon (proximal portion)


Pons
Medulla oblongata
Vagus nerve (X)
Jugular foramen
Pharyngeal nerve branches
Carotid sinus
Laryngeal branches
Lung
Heart
Spleen
Liver
Stomach
Kidney
Small intestine
Colon (proximal portion)

Der Säugling ist in Erregungszuständen jeder Art auf die zustandsmodulierenden Interventionen der Pflegeperson angewiesen, um die psychobiologische Homöostase wieder herzustellen. Er ist ausgeliefert an ein Milieu, das ihm im günstigsten Fall Erfahrungen liefert, die ihn mit einem stabilen psychobiologischen Fundament ausstatten. Im ungünstigen Fall hinterlassen sie aber eine Vulnerabilität, und dieses Fundament ist dann eher ein brüchiges, was wenig Ressourcen zum progressiven und positiven Meistern anstehender Lebenskrisen besitzt.

Die Spannweite der individuellen Affekttoleranz ist in großem Ausmaß das Resultat des frühen unaus-löschlich eingeprägten emotional geladenen Bindungsdialogs.

Wenn während der Kindheit voraus-sagbar und verlässlich immer wieder eine Spannungsregulierung erlebt wird, bleibt dieses Erleben während des ganzen Lebens als eine Säule psychischer Gesundheit bestehen. Wenn umgekehrt die Selbstobjekte der Kindheit aber versagen, dann werden die daraus resultierenden Defizite und Verzerrungen eine lebenslange Bürde bleiben (Schore 2003; Kohut 1984).

Dies zeigt die Bedeutung der elterlichen Unterstützung bei der Zustands-regulierung, was maßgeblich entscheidend dafür ist, ob das Kind lernen kann, wie aus negativen Affektzuständen eines übererregenden Protestes oder übererregender Verzweiflung wieder ein positiver Affektzustand hergestellt werden kann.

New Model

Clinical	Polyvagal State	Behavior
	Myelinated Vagus	Optimal regulation Social communication State regulation Learning
Hyperacusis Hypertension Gut problems Anxiety disorders Drug abuse	SNS	Fight/flight Hyperarousal Hypervigilance Avoidant Oppositional behaviors Social withdrawal Affect limitations Self-medication
Hypotension Vasovagal syncope Fibromyalgia	Unmyelinated Vagus	Immobilization Behavioral shutdown Dissociative states Risk of suicide

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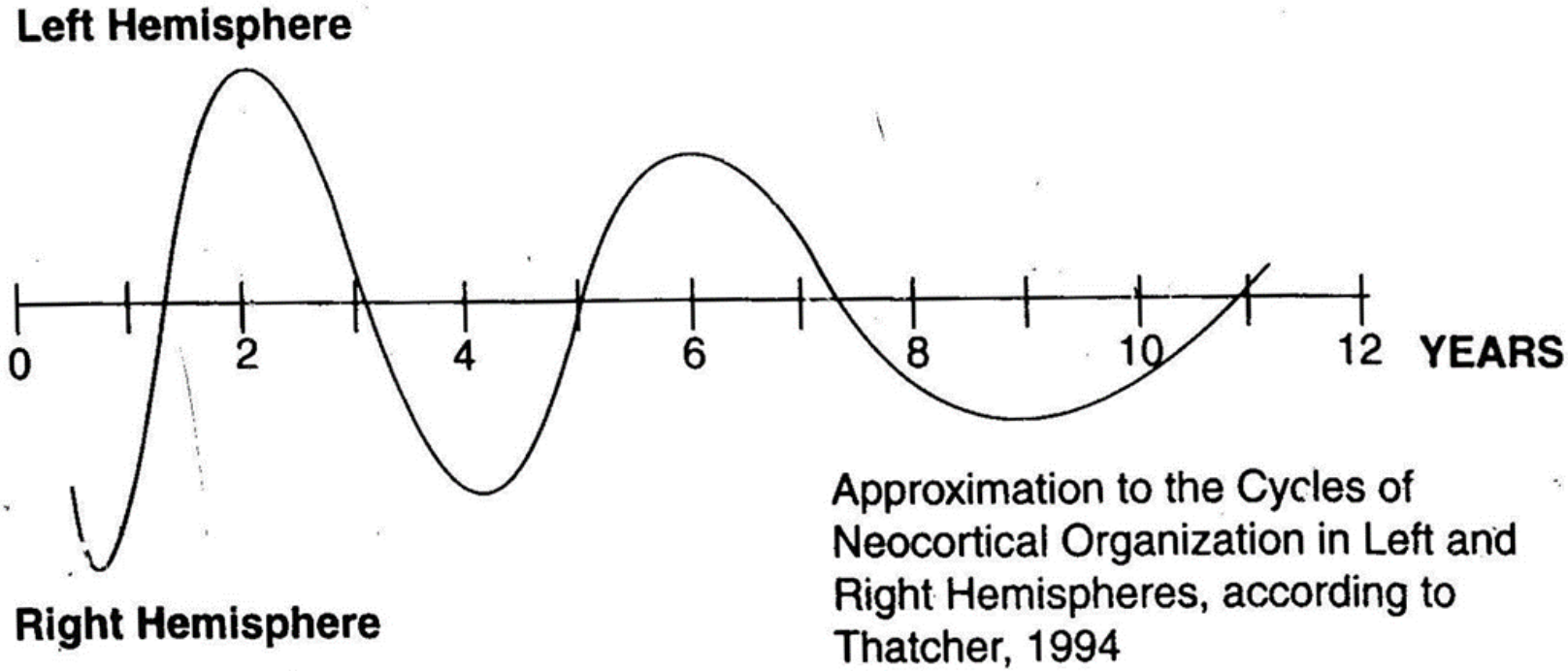
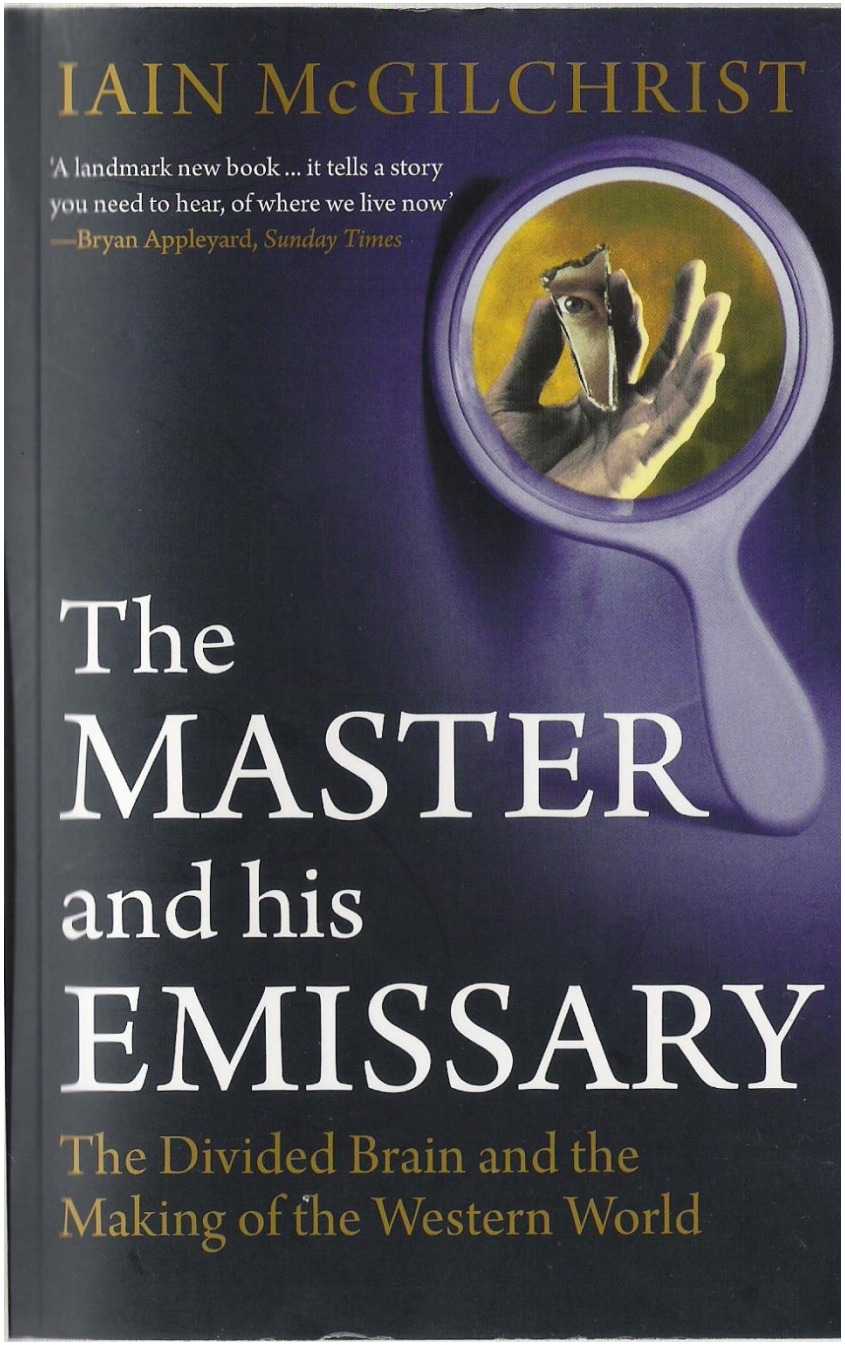


Approcimation to the cicles of neocortical organization in


IAIN McGILCHRIST
'A landmark new book ... it tells a story you need to hear, of where we live now'
—Bryan Appleyard, Sunday Times
The MASTER and his EMISSARY
The Divided Brain and the Making of the Western World

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Special Article

The Social Construction of the Human Brain

Leon Eisenberg, M.D.

Objective: The purpose of this article is to review the development of concepts about the contribution of nature and nurture to brain structure and mental function, and to derive the implications of these changing concepts for clinical practice. Method: The literature of the past five decades, as refracted by the author's personal experience in academic psychiatry during that interval, is reviewed. Results: Psychiatric theory has swung through mighty arcs in recent years but has begun to re-equilibrate. Fifty years ago, psychoanalysis dominated the academic scene; for the past two decades, reductionist biological determinism has held the fort. Neither position is tenable. To subscribe to either is possible only by ignoring conflicting evidence. Worse, it means short-changing patients, whose disorders do not come neatly packaged into "organic" and "functional" compartments. Development is neither predestined in the genome nor completely malleable to shaping by the environment. Children inherit, along with their parents' genes, their parents, their peers, and the communities they inhabit. Conclusions: Contemporary psychiatric research conclusively demonstrates that mind/brain responds to biological and social vectors and is jointly constructed by both. Major brain pathways are specified in the genome; detailed connections are fashioned by, and consequently reflect, socially mediated experience in the world. Just at the time when integration at the level of theory is coming into sight, comprehensive patient care is endangered by for-profit corporate managed care, which is transforming medical visits into commodities on a production line. Physicians and patients must join in a coalition to protect quality, ensure access, and build continuity into all of medical care.

(Am J Psychiatry 1995; 152:1563–1575)

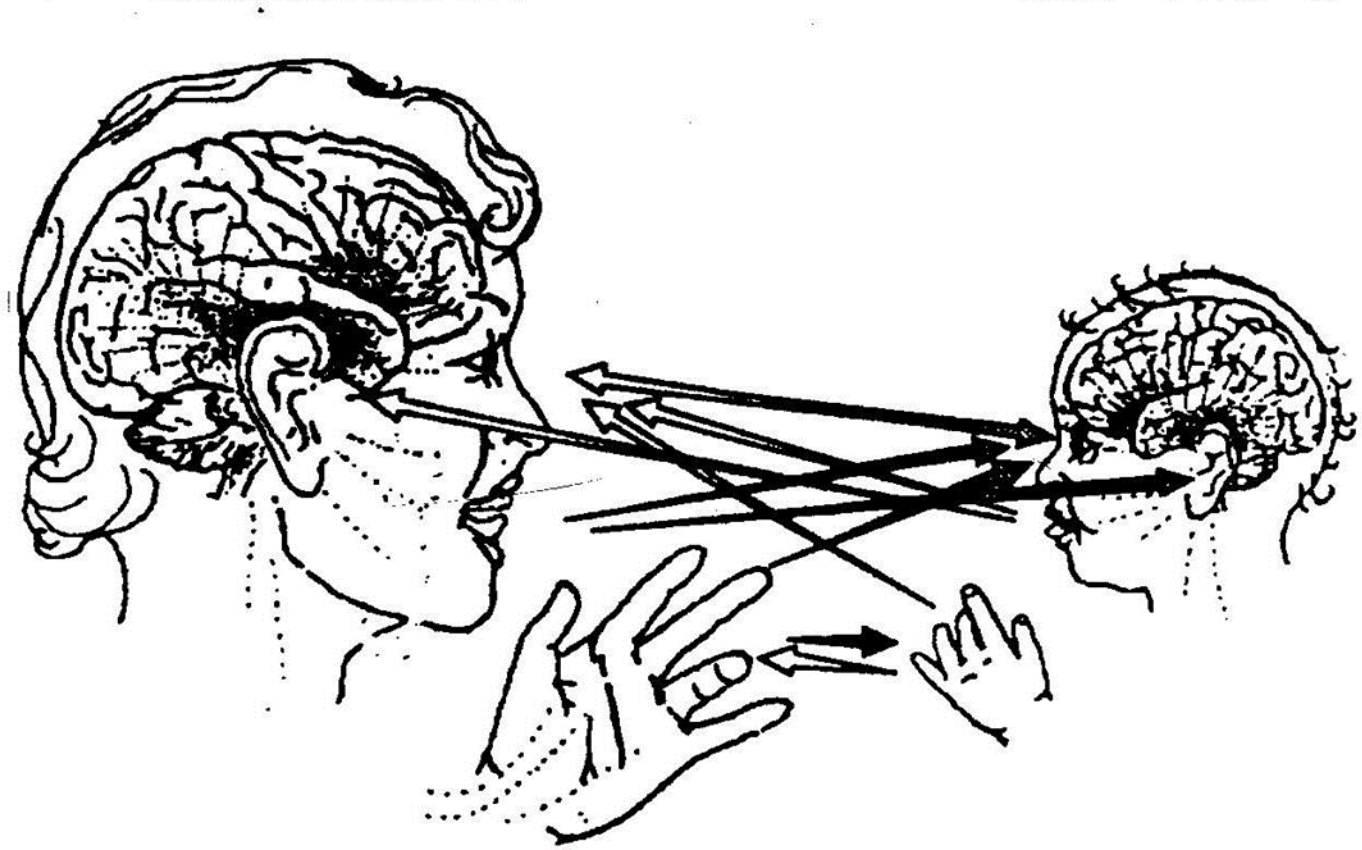
THE VILLAGE EFFECT

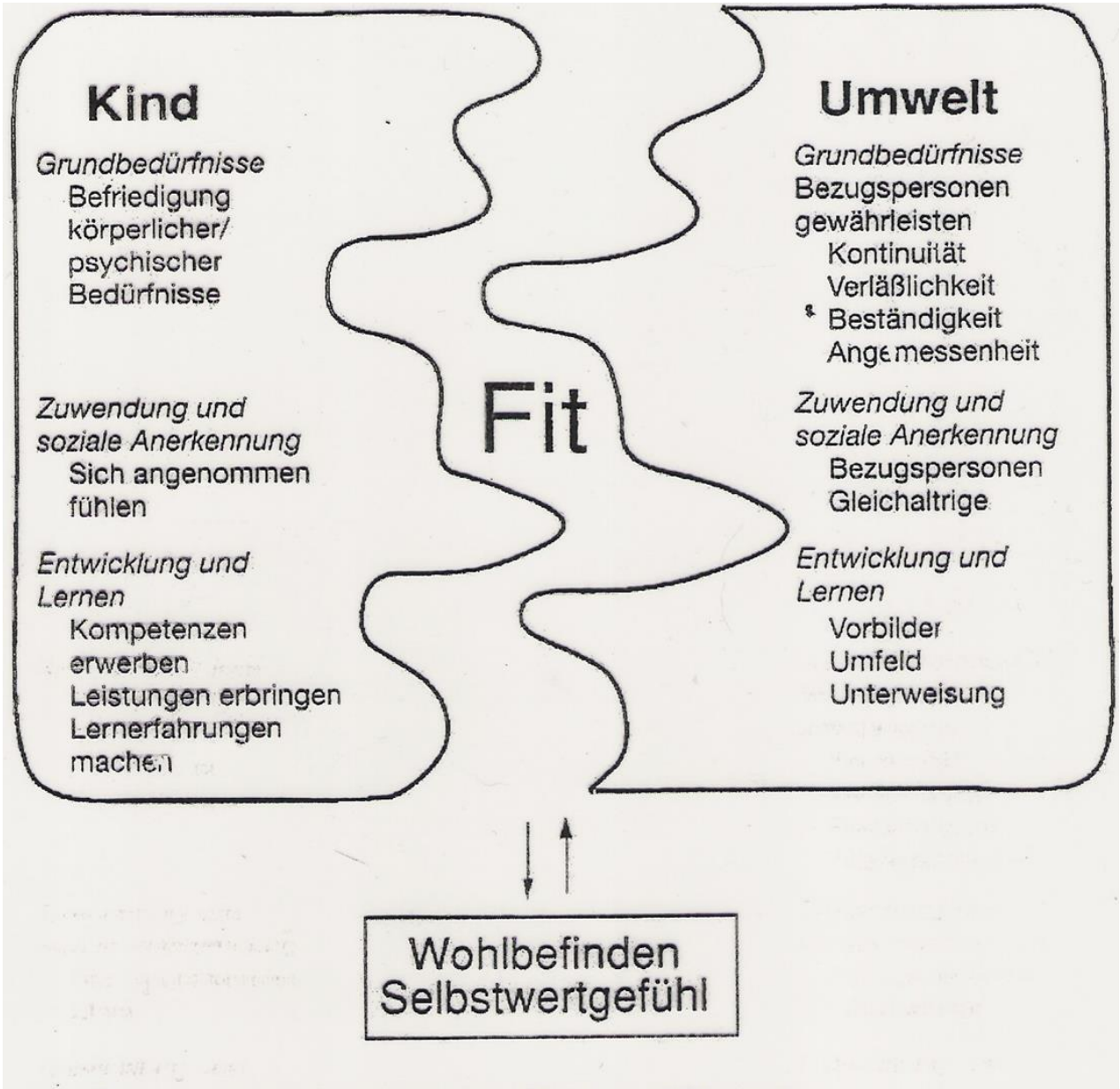
WHY FACE-TO-FACE CONTACT MATTERS

'Susan Pinker's delightful book shows why face-to-face interaction at home, school, and work makes us healthier, smarter, and more successful.'
Charles Duhigg, bestselling author of *The Power of Habit*

Susan Pinker

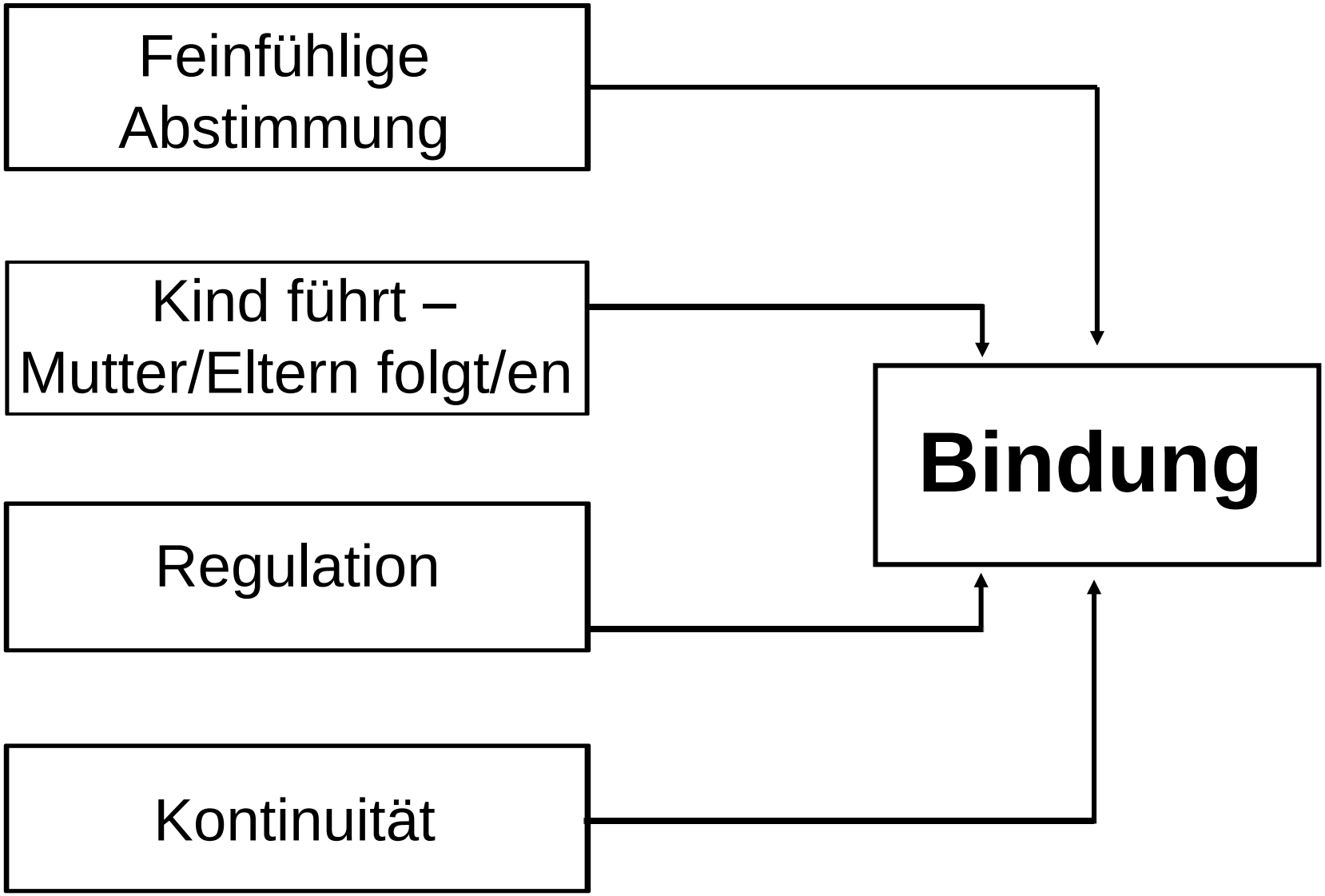
Author of *The Sexual Paradox*





Fit. Übereinstimmung zwischen Kind und Umwelt

Der Schlüssel für das Gelingen dieser Prozesse ist die Fähigkeit der Fürsorgeperson, ihren eigenen Affekt, besonders den negativen Affekt, zu beobachten und zu regulieren


Feinfühlige Abstimmung
Kind führt – Mutter/Eltern folgt/en
Regulation
Kontinuität
Bindung

Hilfe bei der Bewältigung von

Anspannung

Gefühlsüberflutung

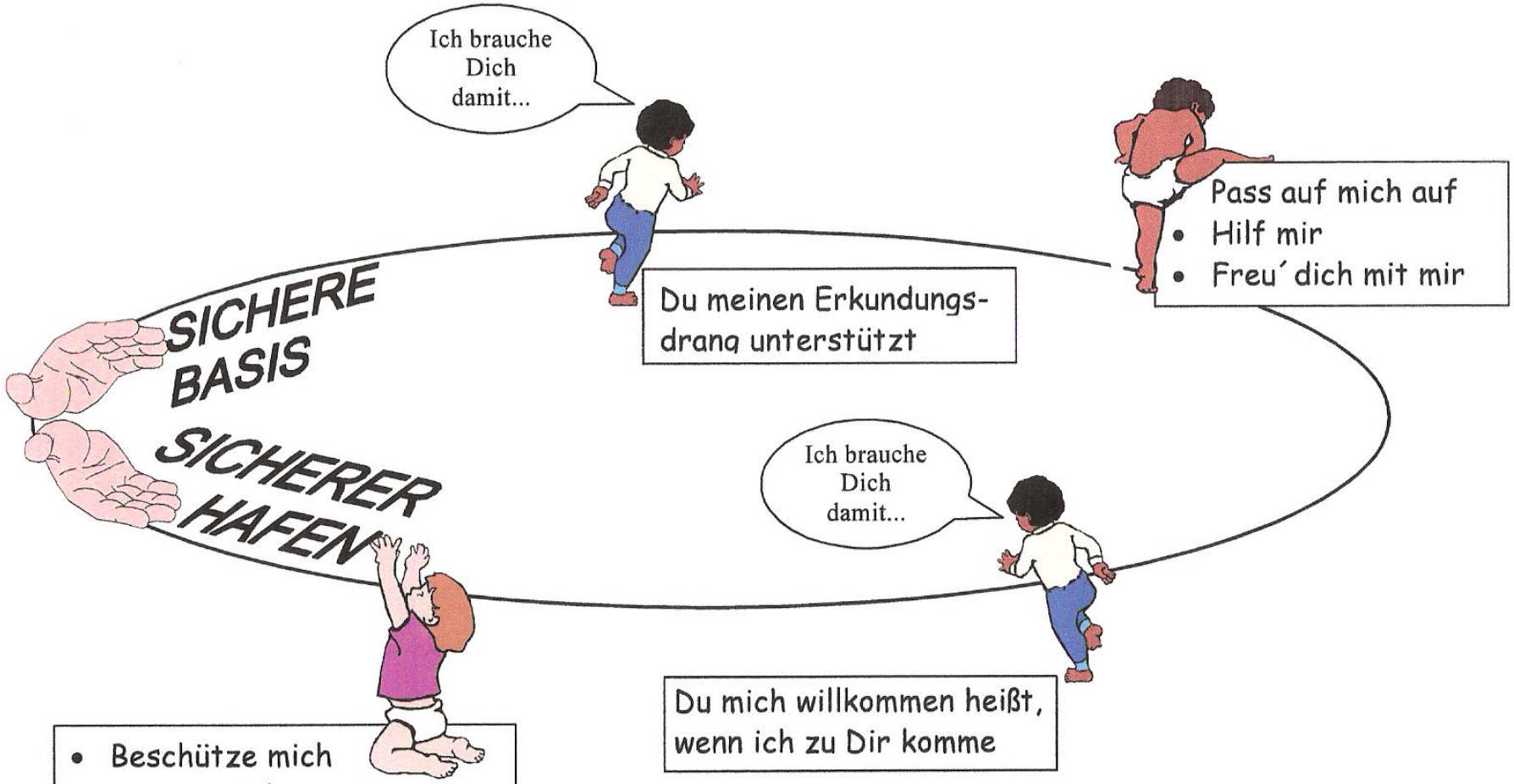
Angst

↓

Bindung

Kreis der Sicherheit

Wie Eltern auf die Bedürfnisse ihres Kindes achten



Immer: **Sei GRÖSSER, STÄRKER, KLÜGER & LIEBENSWÜRDIG.**
Wenn möglich: **Folge meinen kindlichen Bedürfnissen.**
Wenn nötig: **Übernimm die Leitung.**

© 2000 Cooper, Hoffman, Marvin & Powell deutsch in: Scheuerer -Englisch, Suess, Pfeifer (2003): Wege zur Sicherheit. S.27

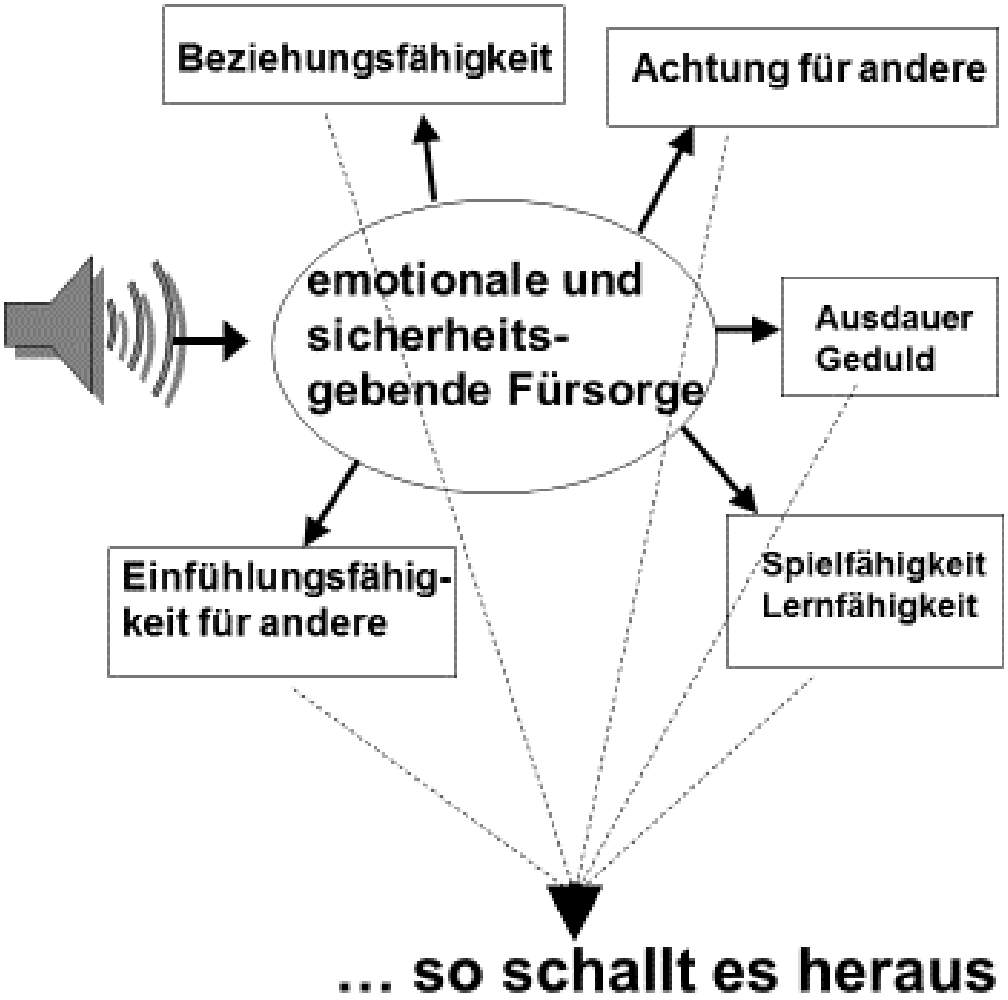
Wenn die Umwelt

somit gut genug ist,

fördert sie den

Reifungsprozess.

Wie man in den Wald hineinruft…



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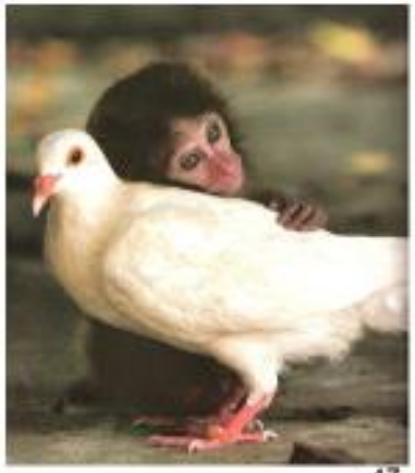

47

Elephant breakdown

Social trauma: early disruption of attachment can affect the physiology, behaviour and culture of animals and humans over generations.

G.A. Bradshaw, Allan N. Schore, Janine L. Brown, Joyce H. Poole and Cynthia J. Moss

The air explodes with the sound of high-powered rifles and the startled infant watches his family fall to the ground, the image seared into his memory. He and other orphans are then transported to distant locales to start new lives. Ten years later, the teenaged orphans begin a killing rampage, leaving more than a hundred victims.

This scene is strikingly similar to post-traumatic stress disorder (PTSD) observed in Kosovo and Rwanda, but here, the teenagers are young elephants and the victims, rhinoceroses. In the past, animal studies have been used to make inferences about human behaviour. Now, studies of human PTSD can be instructive in understanding how violence also affects elephant culture.

Psychobiological trauma in humans is increasingly encountered as a legacy of war and socio-ecological disruptions. Trauma affects society directly through an individual's experience, and indirectly through social transmission and the collapse of traditional social structures. Long-term studies show that although many individuals survive, they may face a lifelong struggle with depression, suicide or other behavioural dysfunctions. In addition, their children and families can exhibit similar symptoms, including domestic violence. Trauma can define a culture.

How PTSD manifests has long been a puzzle, but researchers today have a better idea as to why effects of violence persist so long after the event. Studies on animals and human genocide survivors indicate that trauma early in life has lasting psychophysiological effects on brain and behaviour.

Under normal conditions, early mother–infant interactions facilitate the development of self-regulatory structures located in the corticolimbic region of the brain's right hemisphere. But with trauma, an enduring right brain dysfunction can develop, creating a vulnerability to PTSD and a predisposition to violence in adulthood. Profound disruptions to the attachment bonding process, such as maternal separation, deprivation, or trauma, can produce psychobiological and neurochemical dysregulation in the developing brain, leading to abnormal neurogenesis, synaptogenesis, and neurochemical differentiation. The absence of compensatory social structures, such as older generations, can also impede recovery.

African elephant society has been decimated by mass deaths and social breakdown from poaching, culls (systematic killing to control populations), and habitat loss. With an estimated ten million elephants in the early 1900s, there are only half a million left today. Wild elephants are displaying symptoms associated with human PTSD — abnormal startle response, depression, unpredictable asocial behaviour, and hyper-aggression.

Social bonds guide an elephant's development.

P. GRANDI (ELEPHANT VOICES)

Elephants are renowned for their close relationships. Young elephants are reared in a matriarchal society embedded in complex layers of extended family. Culls and illegal poaching have fragmented these patterns of social attachment by eliminating the supportive stratum of the matriarch and older female caretakers (allomothers).

Calves witnessing culls and those raised by young, inexperienced mothers are high-risk candidates for later disorders, including an inability to regulate stress-reactive aggressive states. Even the foetuses of young pregnant females can be affected by pre-natal stress during culls. The rhinoceros-killing males may have been particularly vulnerable to the effects of pre- and postnatal stress for two reasons: studies on a variety of species indicate that male mammalian brains develop at a slower rate relative to females, and also that elephant males require a second distinct phase of socialization. Like females, male socialization begins during infancy with the mother and a tight constellation of allomothers. But in adolescence, males leave the natal family to participate in older all-male groups, a period coincident with a second major stage of brain reorganization identified in humans. Cull orphans sustain a series of traumas, such as premature weaning, shock and the lack of older male socialization. The critical role of older males in normal social development was clearly demonstrated when researchers re-introduced older bulls to quell the young males' violence. Hyperaggression and abnormally early musth cycles (periods of sexual activity and hormonal shifts) both ceased.

Elephant hyperaggression is not an isolated event. At another heavily impacted African park, intraspecific mortality among male elephants accounts for nearly 90% of all male deaths, compared with 6% in relatively unstressed communities. Elsewhere, including Asia, there are reports of poor mothering skills, infant rejection, increased 'problem animals', and elevated stress-hormone levels.

Elephant sociality is both a strength and weakness. As with humans, an intact functioning social order helps buffer trauma. But as human populations increase, more elephants are likely to live in environments characterized by severe anthropogenic disturbance. Current methods for conserving both wild and captive elephant populations fail to preserve elephant social systems. Even successful rehabilitation centres, such as The David Sheldrick Wildlife Trust, can only partially restore social processes because there are too few older herd members. There is an added danger to social breakdown, namely that selection for asocial heritable traits in the absence of normal socialization may increase under adverse conditions. All these factors bring into question what kinds of behaviour are being promulgated in both *ex situ* and *in situ* conservation programmes and compel new conservation strategies that promote normal social patterns.

Neuroscience has demonstrated that all mammals share a ubiquitous developmental attachment mechanism and a common stress-regulating neurophysiology. Now, a wealth of human–animal studies and the experiences of human victims of violence are available to help elephants and other species survive. ■

G. A. Bradshaw is at the Environmental Sciences Graduate Programme and Department of Forest Sciences, Oregon State University, Oregon, USA. Allan N. Schore is at the Department of Psychiatry, University of California at Los Angeles, California, USA. Janine L. Brown is at the Smithsonian National Zoological Park, Washington DC, USA. Joyce H. Poole and Cynthia J. Moss are at Amboseli Elephant Research Project (AERP), Nairobi, Kenya.

FURTHER READING

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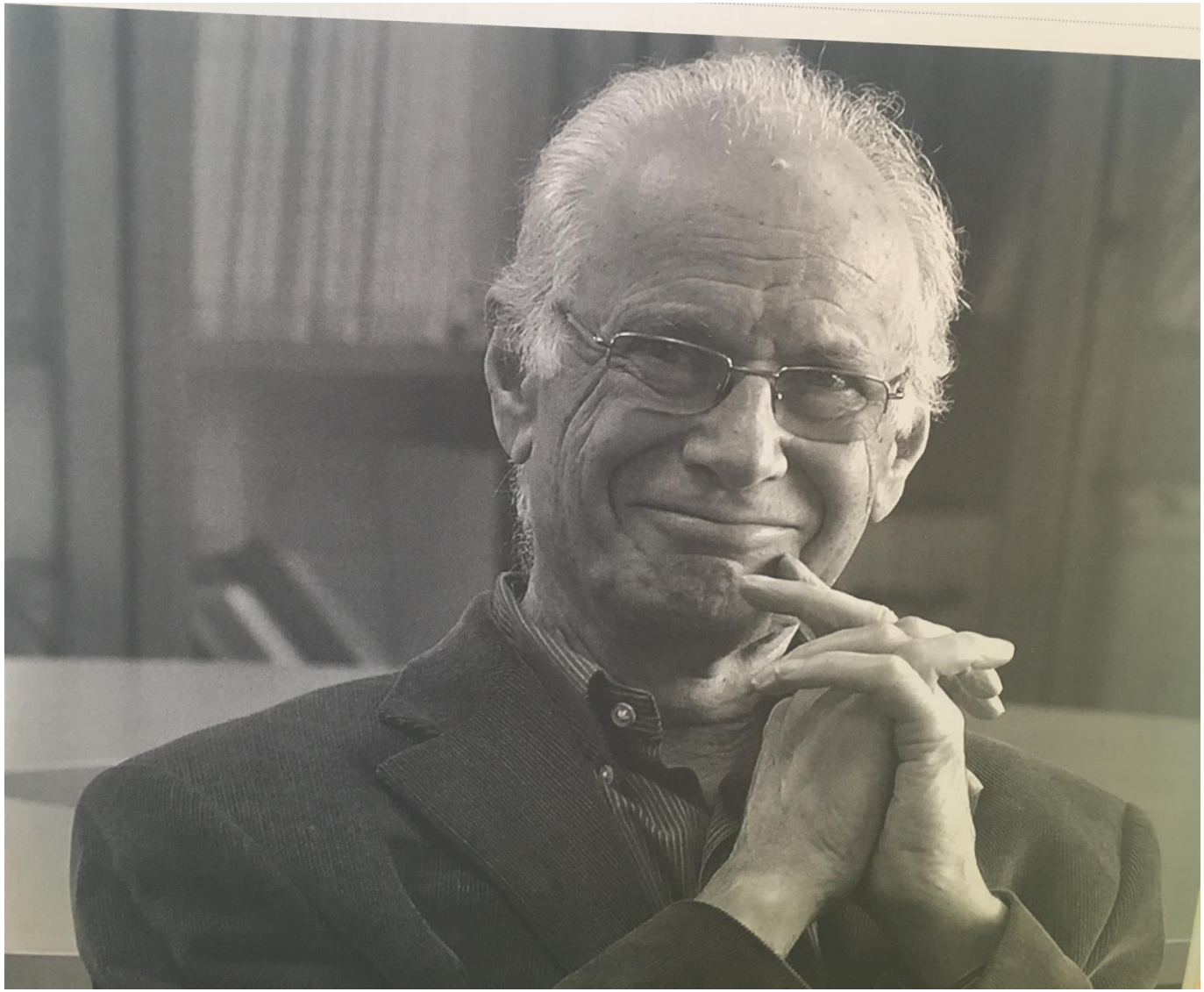
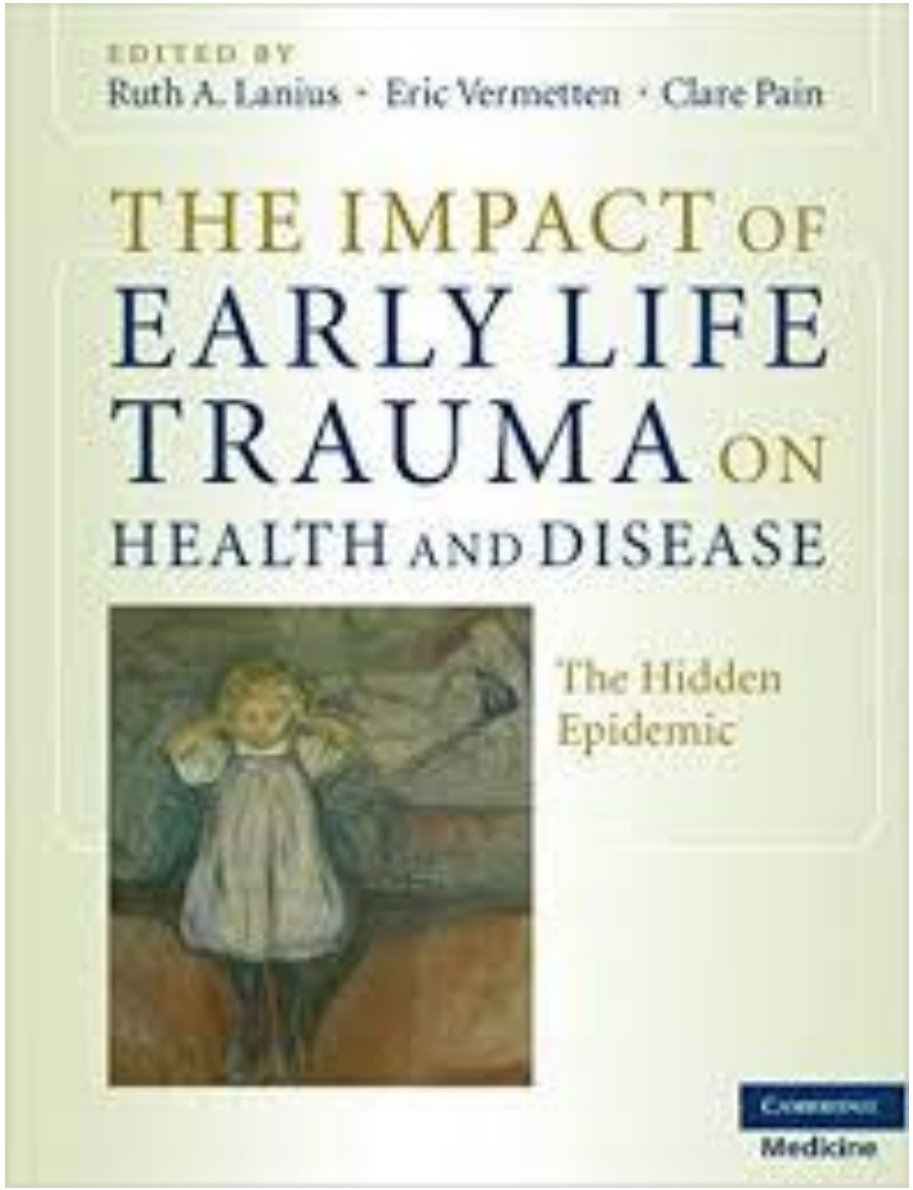
Schore, A. N. *Affect Dysregulation and Disorders of the Self* (W. W. Norton, New York, 2003).
Slotow, R. *et al. Nature* **408**, 425–426 (2000).



Dr. Chezzi Cohen

"Die zweite Geburt": Das Filmprojekt der Ärztlichen Akademie für Psychotherapie von Kindern und Jugendlichen

ATLAS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Ruth A. Lanius · Eric Vermetten · Clare Pain
THE IMPACT OF EARLY LIFE TRAUMA ON HEALTH AND DISEASE
The Hidden Epidemic
Medicine