

Why love matters - how affection shapes a babys brain

Brunner-Routledge - Why love matters; how affection shapes a baby's brain by Gerhardt, Sue 1953



Description: -

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Notes: Includes bibliographical references and index.
This edition was published in 2004



Filesize: 16.59 MB

#by #Sue #Gerhardt

Tags: #Why #Love #Matters: #How #Affection #Shapes #a #Baby's #Brain

Why Love Matters: Attachment Theory in Psychotherapy

Waves of hormones come and go through the day, adjusting and responding to events outside the body, or inside the body. They have enormous power in babyhood and toddlerhood because the child is so dependent on the parent 48 THE FOUNDATIONS: BABIES AND THEIR BRAINS for regulation of his states, whether physiological or psychological. Recent crucial evidence has shown that children with secure attachments do not release high levels of cortisol under stress, whereas insecure children do Gunnar and Nelson 1994; Gunnar et al.

Why Love Matters: Attachment Theory in Psychotherapy

They can come into awareness. The paradox is that people need to have a satisfying experience of dependency before they can become truly independent and largely self-regulating. We cannot consciously recall any of it, yet it is not forgotten because it is built into our organism and informs our expectations and behaviour.

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The second year is notable for the increased linguistic ability that now develops, based in the left brain.

Why Love Matters: How Affection Shapes a Baby's Brain

This systemic approach percolated into many disciplines.

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In the absence of the regulatory partner, a baby can do very little to regulate himself or herself other than to cry louder or to withdraw mentally.

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