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# Making Safeguarding Personal Toolkit

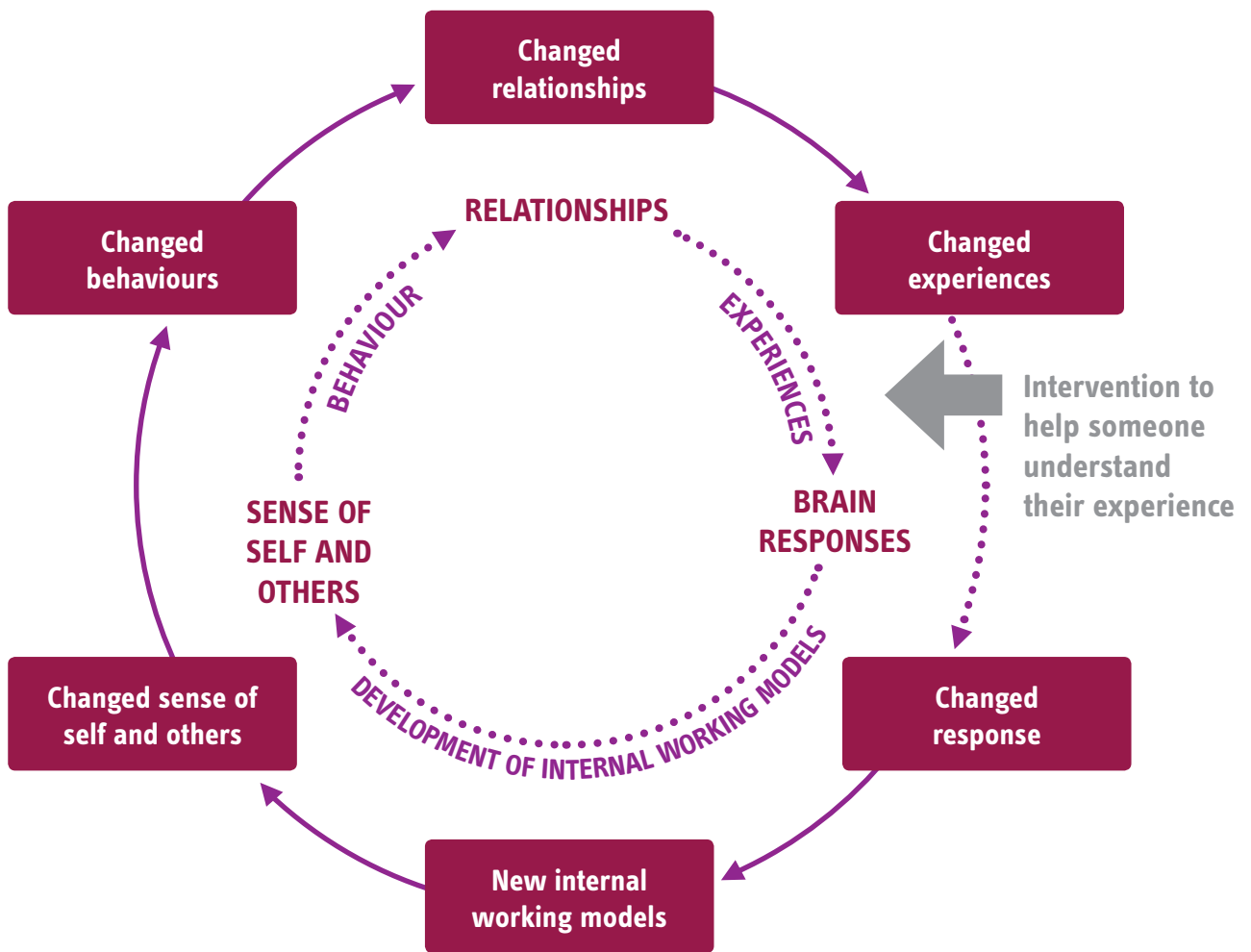
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## Practice Tool 20:

Support to change attachment  
behaviour



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*When someone is supported to understand their experience, they can become aware enough to change their response. This helps them to build new internal working models with a different understanding of themselves and others. From this they can change their behaviours and, therefore, their relationships.*

(Baum and Morrison, 2011)



### Questions for reflection

How do I help people to make sense of their experiences?

What support is available for people I work with if they identify unresolved trauma or loss?

**Social care practitioners may be in a position where their work sheds light on someone's experience. They need to be sensitive to this and know when to seek additional support.**

This tool is adapted from Nosowska (2015) *Adult attachment: Implications for adult social care: Frontline briefing*. Dartington: Research in Practice for Adults

<https://www.ripfa.org.uk/resources/publications/frontline-resources/adult-attachment--implications-for-adult-social-care-practice-frontline-briefing-2015->