

**Post Traumatic Stress Disorder in Families
Of Attachment Disordered Children**
(From Understanding and Treating RAD: Healing without Holding- Kenny Miller)

Conflicting Ideologies

Parents' Beliefs:

The world is full of opportunities.
We want the best for our child.
There is happiness and fulfillment in close personal relationships.
The way for our child to survive is to allow us to love, nurture and teach.
Freedom from control requires self- discipline.

Child's Beliefs:

The world is unsafe.
I am unlovable.
My parents are unloving.
I must control at all costs if I am to survive.
My parents are my enemy and if they get too close to me, I will not survive the pain.

**Secondary Trauma Symptoms in Foster/Adoptive Parents of Attachment
Disordered Children:**

- Realization that things have changes between you and others.
- Feeling no longer the same person you were before.
- Inability to enjoy yourself with others in the same way.
- Feeling like you are unlike other people.
- Feeling disconnected from other people.
- Damaged sense of self worth and lowered self-esteem.
- Feeling out of control emotionally.
- Development of physical problems.
- Excessive immersion in work.