

### 3. STREAM Glossary

**Acting out** This can be seen as the expression of unconscious emotional conflicts or feelings through actions rather than words. Acting out is generally regarded therapeutically as indicating that a breakdown in communication has occurred.

**Adaptation** In a therapeutic relationship, an adaptation is the provision of an experience that seeks to replace an experience of primary care that the child or young person has missed out on during their very early stages of emotional development. In this way the child can integrate this experience into their psyche and begin to achieve a more functioning self.

**Adolescent Breakdown** Often associated with emotional deprivation in childhood Adolescents who do breakdown do not “grow out of it” but remain emotionally damaged and develop mental illness if they are left on their own.

**Ambivalent Attachment** Ambivalently attached children usually become very distressed when a parent leaves. Ambivalent attachment is a result of poor maternal availability.

**Ambivalence** This is the result of the bringing together of the projected ideal and despised parts of the psyche within the same person at the same time. It is the achievement of the ability of the child or young person to hold both of these qualities together in one person and so be able to develop realistic relationships that aren't bound to fail because of unrealistic and hence unattainable expectations, or hatred because of the projection of the bad parts of themselves into another. Once



Ambivalent Attachment

a child or young person has achieved ambivalence we can say that they are capable of holding anxiety (a result of ambivalence) within their own internal container.

**Archipelago child** This is one of the categorizations that we use as part of our assessment process and it relates to children and young people who it is thought have suffered separation at a very young age, but after the first steps of integration have been achieved or a child who has experienced a very disrupted childhood in which there have been islands of good enough caring broken up by periods of neglect and abuse. These children and young people have, therefore, some areas of functioning but without any real sense of being complete. Consequently their behaviour can be erratic and unpredictable. They can be capable of communicating symbolically.

**Attachment** A special emotional relationship that involves an exchange of comfort, care, and pleasure. An enduring emotional tie to a special person, characterized by a tendency to seek and maintain closeness, especially during times of stress.

**Attachment Disorder(AD)** Mental health disorder in which a child is unable to form healthy relationships, particularly with a primary caregiver. A behavioural disorder caused by the lack of an emotionally secure attachment in the first two years of life. Common symptoms are poor impulse control, chronic anger, and antisocial tendencies.

**Avoidant Attachment** When offered a choice, these children will show no preference between a caregiver and a complete stranger. This attachment style might be a result of abusive or neglectful caregivers.

**Boundaries** Boundaries enable the children and young people to feel that they are “held”, both physically and emotionally. They are very carefully thought