Family Attachment Language - Concept brief

Understand the idea behind family attachment language and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: A caregiver wants a teenager to know that asking for space will not end their care.

The idea

Family connection includes developmental needs and differences in power.

An ordinary example

A caregiver wants a teenager to know that asking for space will not end their care.

What this can look like

With an appropriately trained clinician, translate an adult caregiver's concern into an age-sensitive invitation without requiring a child's disclosure.

Check the fit

How can the adult communicate care while respecting the young person's choice? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

An interaction cycle is a relational map, not a way to split responsibility equally for abuse or excuse harmful behavior.

Reflection

How can the adult communicate care while respecting the young person's choice?

Scope and adaptation

Joint exercises require private safety assessment, voluntary participation, and appropriate EFT training. Do not invite joint vulnerability, enactments, or disclosure where coercion, violence, fear, or retaliation may be present. Use individual support and appropriate referrals instead. This collection concerns attachment-based Emotionally Focused Therapy, not tapping or Emotional Freedom Techniques.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: What is EFT?. Full source links and scope: library.morethantherapy.org/approaches/resources/EFT-A18-1