

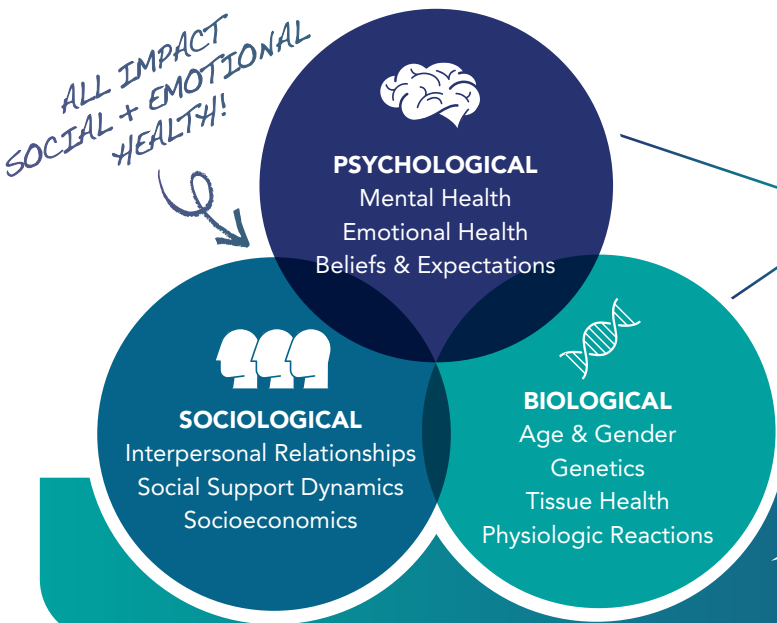
EMOTIONAL & SOCIAL DEVELOPMENT



GROWTH IS NOT A STRAIGHT LINE

Growth stops and starts, changes course and direction, leaps forward and breaks down. Internal disorganization, often experienced as a feeling of falling apart, often precedes periods of growth and is a natural part of development. Once existing structures loosen up, it becomes possible to come together in more highly developed ways.

Biology, psychology, and environment determine social and emotional health. NATURE AND NURTURE BOTH MATTER.



TRAUMA AFFECTS DEVELOPMENTAL TRAJECTORIES

Trauma can be understood as an internal reaction to experiencing “too much that is too upsetting and too unexpected too quickly.” The capacity to bear trauma, i.e. resilience, depends on a person’s inner strengths and outer resources. Overwhelming events impact a person’s emotional health in ways that depend on their particular biology, psychology, and environment.

EARLY ATTACHMENTS AFFECT OUR COGNITIVE & EMOTIONAL DEVELOPMENT.

If early caretakers are attuned to infants’ needs and consistently respond to them with care, a secure attachment develops. Otherwise, insecure, avoidant, or disorganized attachments form.

EARLY EXPERIENCE HAS A PROFOUND IMPACT ON BRAIN DEVELOPMENT

In turn, early experiences directly affect social and emotional development. While secure attachments support infant emotional and social development, insecure, avoidant, and disorganized attachments prevent the development of psychic structures necessary for a child to learn to think, regulate emotions, comfort themselves, develop self-control and empathy.

BIOLOGY, PSYCHOLOGY, AND ENVIRONMENT DETERMINE SOCIAL & EMOTIONAL HEALTH

Genetics, temperament, family culture, and societal expectations all affect the impact of trauma on any individual and greatly affect growth. Researchers have studied the impact of biology, psychology, and environment on the quality of early relationships, and have identified four specific kinds of attachments that influence cognitive and emotional development.

