



BEHAVIORS ASSOCIATED WITH

COMPLEX DEVELOPMENTAL TRAUMA

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FOUNDER OF LOVE MATTERS PARENTING SOCIETY



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WORD TO THE WISE:

There are many symptoms here which could indicate additional mental health issues.

Complex Developmental Trauma in children results from the loss of a primary parent, abuse/neglect in childhood, difficulty in utero before and during birth, and being toxin exposed.

If your child exhibits many of these symptoms, please seek therapeutic parent training so you can be prepared to heal your hurt and needing child. For more information, contact info@attachplace.com.



*This list was compiled by Ce Eshelman, LMFT, and cannot be used for the purpose of diagnosing or treating.

Behavioral Symptoms of Insecure Attachment and Trauma

- Compulsive need to control others
- Parent/Authority reactive
- Intense lying, even when caught in the act
- Poor responses to discipline
- Poor responses to loving engagement
- Self-sabotage
- Lack of soft eye contact
- Interactions lacking in mutual enjoyment and spontaneity
- Increased attachment produces discomfort/resistance
- Aggressive to self, others, and property
- Food issues—hoarding, over and under eating
- Night wandering
- Impulsivity
- Poor hygiene
- Change resistant
- Irresponsible
- Demanding and clingy
- Stealing
- Sexual acting out
- Cruelty to animals
- Enuresis/Encopresis
- Oppositional/Defiant
- Preoccupied with fire, gore, evil, and blood



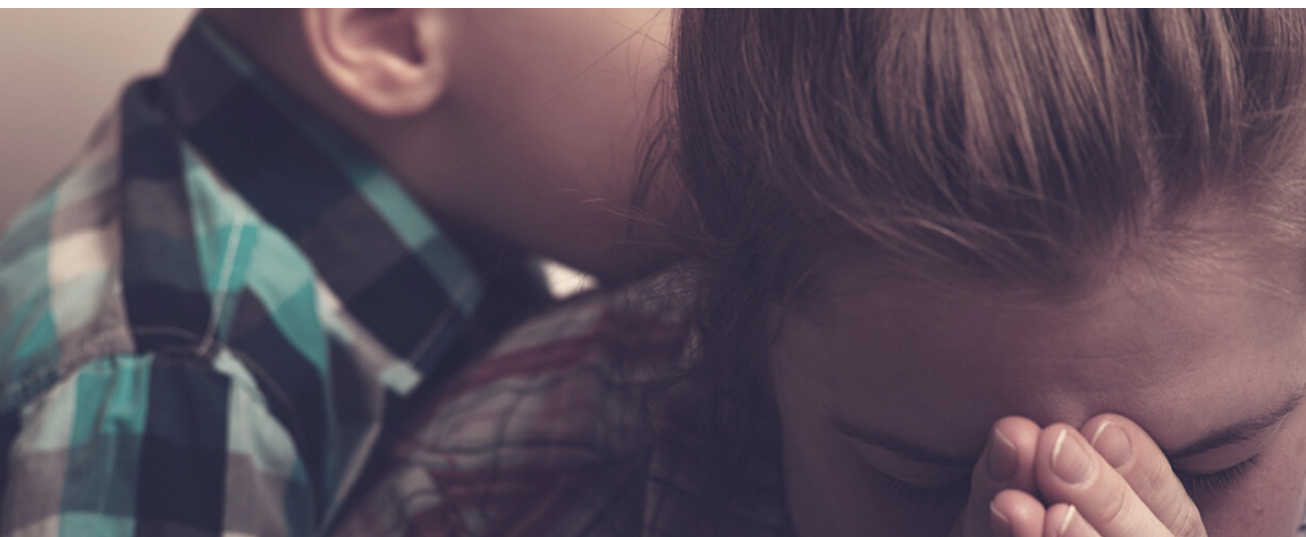
Cognitive Symptoms of Insecure Attachment and Trauma

- Lack of cause and effect thinking
- Poor judgement
- Discreet learning deficits
- Perception of self as a victim (helpless)
- Grandiose sense of self-importance (survival orientation)
- Difficulty actualizing full cognitive potential (IQ)



Affective Symptoms of Insecure Attachment and Trauma

- Difficulty being affectionate on parents' terms
- Jealousy/Worry/Rumination
- Intense display of rage and anger (dysregulation)
- Frequently sad, depressed, helpless (dysregulation)
- Emotions out of proportion to situations
- Marked mood changes
- Lack of joy in every day delights



Social Symptoms of Insecure Attachment and Trauma

- Superficially engaging and charming
- Lack eye contact for closeness
- Indiscriminately affectionate with strangers
- Clingy
- Lack of stable peer relationships
- Play challenged
- Reactive to limits and external control
- Blames others
- Victimizes others
- Victimized by others
- Untrusting/Over-trusting
- Exploitative, manipulative, controlling, bossy



Physical Symptoms of Insecure Attachment and Trauma

- Lack awareness of body odor
- Sugar and activity craving
- Sensory integration issues
- Chronic body tension
- Accident prone
- High pain tolerance/Overreaction to minor injuries and underreaction to major injuries
- Tactilely defensive
- Genetic predisposition to mental health issues
- Chronic pain
- Frequent head/body aches
- Anxiety related stomach aches, nausea, dizziness
- ADHD-like fidgetiness, bus-i-ness, attention deficits, and focus



Spiritual Symptoms of Insecure Attachment and Trauma

- Lack of meaning or purpose into adulthood
- Lack of faith, compassion, and empathy
- Slow to develop spiritual/moral values
- Identification with dark side things
- Lack of remorse due to emotional delay
- Appear to lack conscience (due to d)



How to find a qualified attachment and trauma specialist for you and your child



I created Love+ Parenting, a comprehensive model to help parents better understand the attachment and trauma challenges their children face and to help them make meaningful changes in their family dynamics to heal themselves and their children. My program, which includes educational, therapeutic, and supportive components, is designed to be used in conjunction with child and family therapy, theraplay, or even before you try the therapy route.

When seeking an attachment and trauma therapist, there are some essential ingredients to look for.

There is nothing like a therapist with experience raising a child from difficult beginnings. Added to that personal experience, training with at least one of the leading experts—Dan Siegel, Daniel Hughes, Bessel vander Kolk, Bruce Perry, Heather Forbes — will likely get you a therapist who “gets you” and your wild and, sometimes, chaotic family life.

An informed therapist needs solid knowledge of the differences between excellent traditional parenting strategies, useful behavioral interventions, and effective therapeutic parenting. They are not all the same or all equally useful when healing the hurting hearts of traumatized children.

Trauma-informed therapeutic parenting needs to be at the top of the list. A few of those are—The Connected Child, Nurtured Heart, Love Matters Parenting, and Beyond Consequences.

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Therapists who insist on PCIT, TF-CBT, Love and Logic or seeing your child without you in the room right out of the gate don't understand how those treatments can backfire on a parent and, ultimately, on the child.

Finally, a qualified attachment and trauma therapist understands that the whole family is the client, not just the child and that healing therapy for a traumatized child starts from the bottom of the brain to the top—brainstem first, emotional mid-brain second, and the prefrontal cortex last.

Talk therapy is never indicated for a child who is still having emotional outbursts regularly. Theraplay is a great modality for connection and creating safety in the parent/child dyad. Start there with engaging and nurturing play to foster the glue of attachment and the healing from trauma.

I hope this helps you understand what you may be living with and give a place to start when looking for help.

If you need an accessible therapeutic parenting approach, check out the Love Matters Parenting Society at <https://www.lovemattersparenting.com> for a comprehensive, adoption and trauma competent, therapeutic parenting program.