



The CTARI Institute™

Aware. Attuned. Aligned.

Rupture and Repair:

How Messiness in Relationships Creates Connection and Resilience

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Attributions



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The Illusion of Perfect Attunement



Messiness



The willingness to allow imperfection, and to stay with, rather than avoid, discord allows for systems to become disorganized and then re-organize at a higher level of functioning.

Differentiating

Mismatch and Repair

∞

Abuse and Neglect



Evolution of Theory



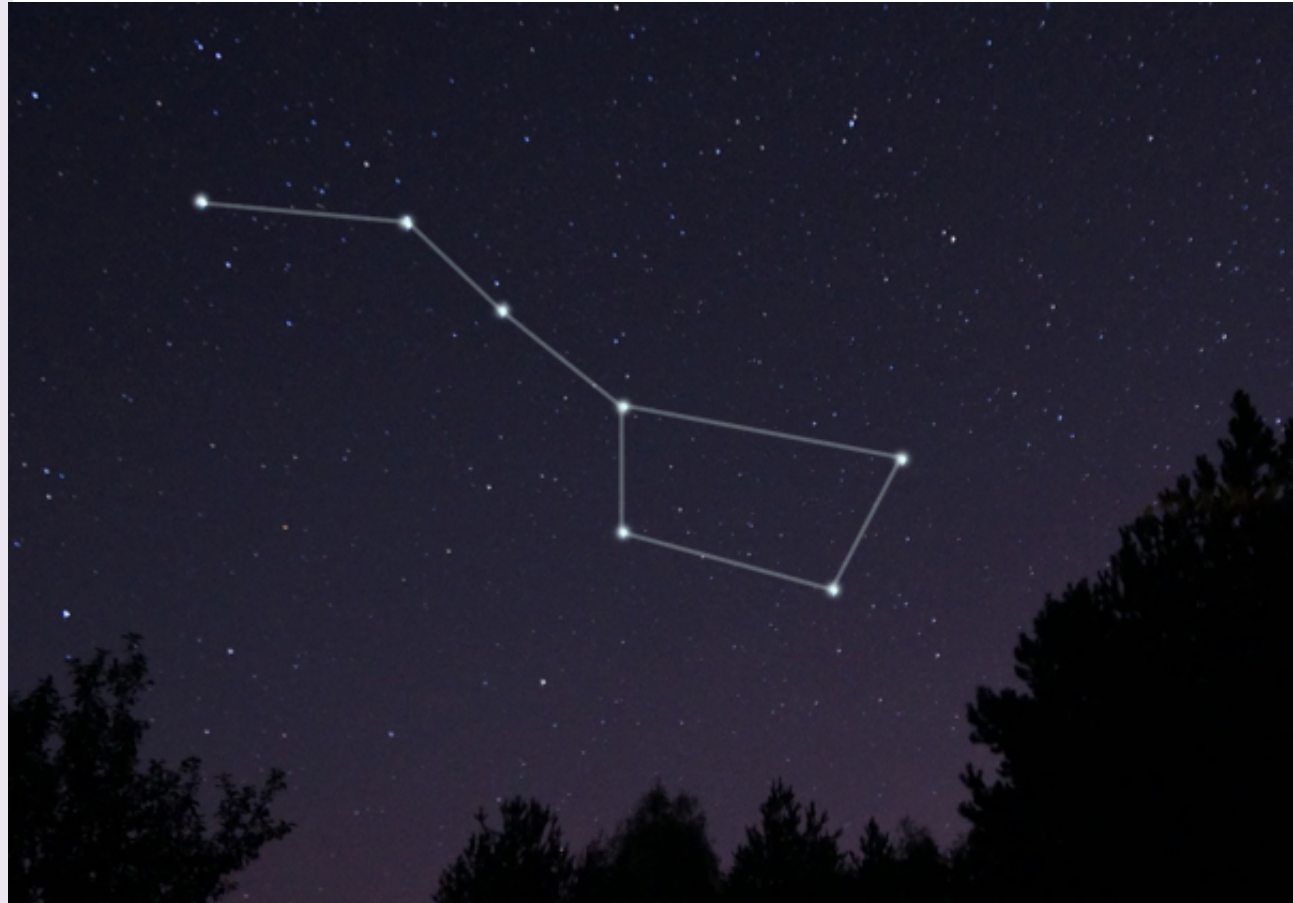
- Early thought in Western culture: “Tabula Rasa”
- Infant does not have emotional life, does not feel pain
- 1920s Anna Freud and Melanie Klein, founders of Child Psychology
- 1930s Donald Winnicott: “good enough mother”
- 1960s Mary Ainsworth and John Bowlby: Attachment
- Today: Early Relational Health
- Emotional Wellbeing arises out of the quality of our moment-to-moment interactions with caregivers

The Still Face Experiment



Humans are Meaning Makers

Humans are able to make meaning before they have the capacity for symbolic thought or language.



Meaning is Co-Created



- When we leave certainty behind we can become curious about the meaning behind behaviors.
- Remaining curious in the moment leaves us open to creating new meanings with another and experiencing connection and intimacy
- Change happens through the creation of new meanings

Releasing Uncertainty

Releasing uncertainty and embracing in-the-moment curiosity occurs in the context of relationship



Importance of Mismatch

- Imperfections are necessary for healthy development
- In striving for perfection we rob the other of the opportunity to grow through the process of moving through mismatch to repair
- Individuals who have received inadequate opportunities for mismatch and repair experience more anxiety, fear, and self-doubt than those whose caregivers made were comfortable with messiness



Mismatch and Repair

Agency: I can influence my world

Confidence: I can “go on being”

Resilience: I can feel bad and then feel good again

Trust: When you go away you will come back again

Empathy: Curiosity arises from uncertainty.

Intimacy: We are co-creating this experience; we can be together in the messy times



Initiating Repair

- It looks like you feel _____
- What did that feel like for you?
- It looks like I misunderstood
- Did I mess that up?
- You wanted me to play with you, but I was too tired
- If I could do that over I would...
- Hi.



Practicing Repair



- Patty Cake
- Peek A Boo
- Hide and Seek
- Tennis
- Being around Horses
- Fencing
- Dance
- Group Exercise
- Group Sing
- Group Drumming

Moving Toward Messiness

The miracle of grace is that you can give what you have never gotten.

You do not get your capacity for parenting from your parents. They are not your source. Your source is God. You are your own source. Your river is strong. Flow unimpeded.

-Glennon Doyle, Untamed



References & Resources

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Fraiberg, S., Adelson, E. and Shapiro, V. (1975). *Ghosts in the nursery: A psychoanalytic approach to the problems of Impaired Infant-mother relationships*. *Journal of American Academy of Child Psychiatry*, 14(3): 387-421.

Gold, C., Tronick, E., (2020). *The Power of Discord*. New York: Little, Brown.

Podcast: Parent-Child Relationship, Selma Bacevac

Podcast: Raising Humans, Megan McCue





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