

# Questions Asked During Live Webinar Broadcast on 10/23/2014

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**Q: Bessel van der Kolk proposed that there should be a separate disorder for attachment-related trauma. What do you think about this?**

**A:** I wonder when Dr van der Kolk made that proposal... it seems to me that's kind of what happened in DSM-5 when Attachment Disorders were moved out of "infancy and early childhood" into the "Trauma and Stress-related Disorders. So maybe the APA heard him!

**Q: What is instrumental behavior regarding anti-social personality disorder?**

**A:** Good question! My offhand remark in the webinar was intended to be humorous, but here's a more serious take on that. By definition, true ASPD's are characterized by a cavalier disregard for society's rules (eg breaking laws), the ability to con others, and relative indifference to the impact of their actions on others. Sometimes these three elements can be channeled away from illegal & overtly destructive behavior (like drug gangs) into more socially normative pursuits (think some lawyers, CEOs & car salespersons). Another example is that "reformed" drug addicts with a criminal history can become very effective counselors.

**Q: Can poor attachment in childhood be healed or reversed as an adult?**

**A:** I believe that it can. Granted the prime "developmental window" for mirror neurons may have passed, but they appear to be active in other ways throughout the life span. Therefore, to the extent that we can supply "corrective experiences" that start small and build on each other (the epigenetic principle again), we can help our clients build even healthier attachments as adults. As I mentioned in the webinar, perhaps one reason that 12 Step recovery has been successful for many clients is that it provides a structured set of corrective experiences that build on each other. That certainly is not the only way – good psychotherapy builds from "conditional trust" between the client and counselor in the engagement process, through a mirroring process to trust in the counselor, and finally the client developing trust within themselves. Bear in mind, however, that this concept is a hypothesis spun off a theory, not "gospel science". But heck, if it's useful...use it!

**Q: The handouts he mentioned – are they are separate from the PowerPoint slides and how do I get them?**

**A:** Misti – I think you answered this one. However if folks want more information, they are welcome to contact me directly at the "business card" slide in the webinar.