

Attachment and Neurodevelopmental outcomes in premature infants: The role of interpersonal Neurobiology in the NICU Ferne T Elsass


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Evidence has shown that attachment between a primary caregiver and their preterm infant can change the neurodevelopmental outcomes for the infant later in life. Attachment can be seen as a living organism between parent/caregiver and child, and with encouraged development and growth, the attachment relationship can have profound effects, even in the context of the most difficult of circumstances and medical diagnoses. The more NICU caregivers know how to encourage attachment, the likelier a family system will need less medical/psychological

intervention after discharge from the hospital.

This training describes the role and function of mirror neurons, traumatic memory, attachment and posttraumatic growth in the development and recovery of premature infants as well as their family systems. In understanding the neurological significance of very simple and containing acts, the potential for healing for these families is optimized, and the sense of helplessness associated with traumatic experiences minimized.

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