Guiding Question—
What is the impact of using a quilt as an art therapy intervention for an adult experiencing insecure attachment?

Art Therapy and Attachment

Attachment Theory
Attachment theory suggests there are two attachment systems—secure attachment, and insecure attachment. Children with insecure attachment are more susceptible to mental health issues as adults.

By Raja Sinjab

Method
Art therapist met with individual for 9 sessions to quilt and discuss childhood. The objective was to re-create neural circuits, and a healthy attachment system by providing a validating environment.

Conclusion
The participant was able to form a healthy attachment style to the art therapist. She was able to internalize the stability and validation from the art therapy sessions in order to regulate. She was also able to improve her confidence through the self-validating process of gaining mastery over her artwork.

Data Analysis
The qualitative analysis revealed that there were overarching themes discussed in the sessions that were relevant to traits of insecure attachment.

Results
There was also a significant difference in the regulation observed in the participant’s behavior. The participant reported sleeping better, feeling emotionally regulated, and focusing on issues rather than constantly defending herself.
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