<table>
<thead>
<tr>
<th>ATTACHMENT STYLE</th>
<th>AVOIDANT</th>
<th>ANXIOUS/AMBIVALENT</th>
<th>DISORGANIZED</th>
</tr>
</thead>
<tbody>
<tr>
<td>STATES OF MIND</td>
<td>Dismissive</td>
<td>Preoccupied</td>
<td>Unresolved/Fearful</td>
</tr>
<tr>
<td>THERAPIST METASKILLS</td>
<td>Respect, Warmth, Courage</td>
<td>Nurturing, Focused, Firm/Directive</td>
<td>Calm strength, Regulating, Reliable/Constant, Boundaried</td>
</tr>
<tr>
<td>POTENTIAL BLIND SPOTS</td>
<td>Therapist under-functioning</td>
<td>Therapist getting overwhelmed</td>
<td>Therapist over Identifying with one part</td>
</tr>
<tr>
<td>DESIREABLE ADAPTIVE ACTION</td>
<td>Relational adaptive action tendencies</td>
<td>Self adaptive action tendencies</td>
<td>Adaptive action tendencies of categorical emotions</td>
</tr>
</tbody>
</table>
| INTERVENTIONS | • Up-regulate  
• Build capacity to connect with and relate to another  
• Build receptive affective capacity  
• Feel into thoughts  
• Focus into affect laden words, sensations, imagery  
• Empathize with the defense  
• Build connection-to-self and self-awareness.  
• Amplify glimmers of transormance: connection, vulnerability, empathy with others | • Down-regulate  
• Develop capacity to internalize soothing  
• Contain tangents of speech  
• Distinguish emotionality from emotion  
• Connect emotions to present experience  
• Empathize with core affect.  
• Differentiate between self and other  
• Amplify glimmers of transormance: self-care, self-knowing  
• Support internal guidance | • Build safety with relatedness and emotion  
• Titrate work within window-of tolerance  
• Build resources  
• Empathize with the dilemma  
• Validate affective glimmers  
• Build tolerance and capacity for emotions  
• Parts work w/ ego states  
• Amplify glimmers of transormance: safety, links between traumatic history, current experience and dissociated affects |
| GOALS OF INTERVENTIONS | • Increase relational capacities  
• Develop connection to visceral, somatic experience  
• Recognize own needs/ needs of others  
• Develop kindness and acceptance of permeability and vulnerability  
• Build reflective functioning. | • Increase self-regulation and containment  
• Connect with abandoned parts of self  
• Build sense-of-self agency, self-efficacy and self-worth.  
• Recognize how self impacts others  
• Deepen respect for other’s process  
• Build reflective functioning | • Help to tolerate, understand and communicate profound distress and contradictions  
• Build internal security and self-to-self collaboration  
• Work towards integration and wholeness  
• Make sense of experiences and build cohesive narrative  
• Build reflective functioning |

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