



And You Are Still You - Developing & Maintaining a Stable Sense of Self

Holly Van Gulden

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This Resource Manual is a working tool which is based on the model of attachment, child development and therapy taught by Holly van Gulden. It aims to give the theory to understand the behaviours of children and young people that workers, parents and carers so often experience in adoptive and foster families. It helps address that experience professionals and families have of the gap/difference between the chronological age of the child and their emotional age. Importantly, it also describes effective ways in which workers and families can help children and young people develop the capacities that make them able to approach the world differently. It aims to be a very practical approach which is based on the theory of Object Relations.

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