Relational Healing for Relational Trauma: Is there anything new the neuroscience can tell us?

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Research on resilience in vulnerable children shows that supportive relationships with adults are key to positive outcomes. Suniya Luthar (2006) stated that "resilience rests fundamentally on relationships" (p. 760). Neuroscience research highlights how important social connections are for development. When early relationships are damaged, later supportive connections can help heal and improve well-being.

This is why adoption competent mental health services are family and attachment-focused.

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