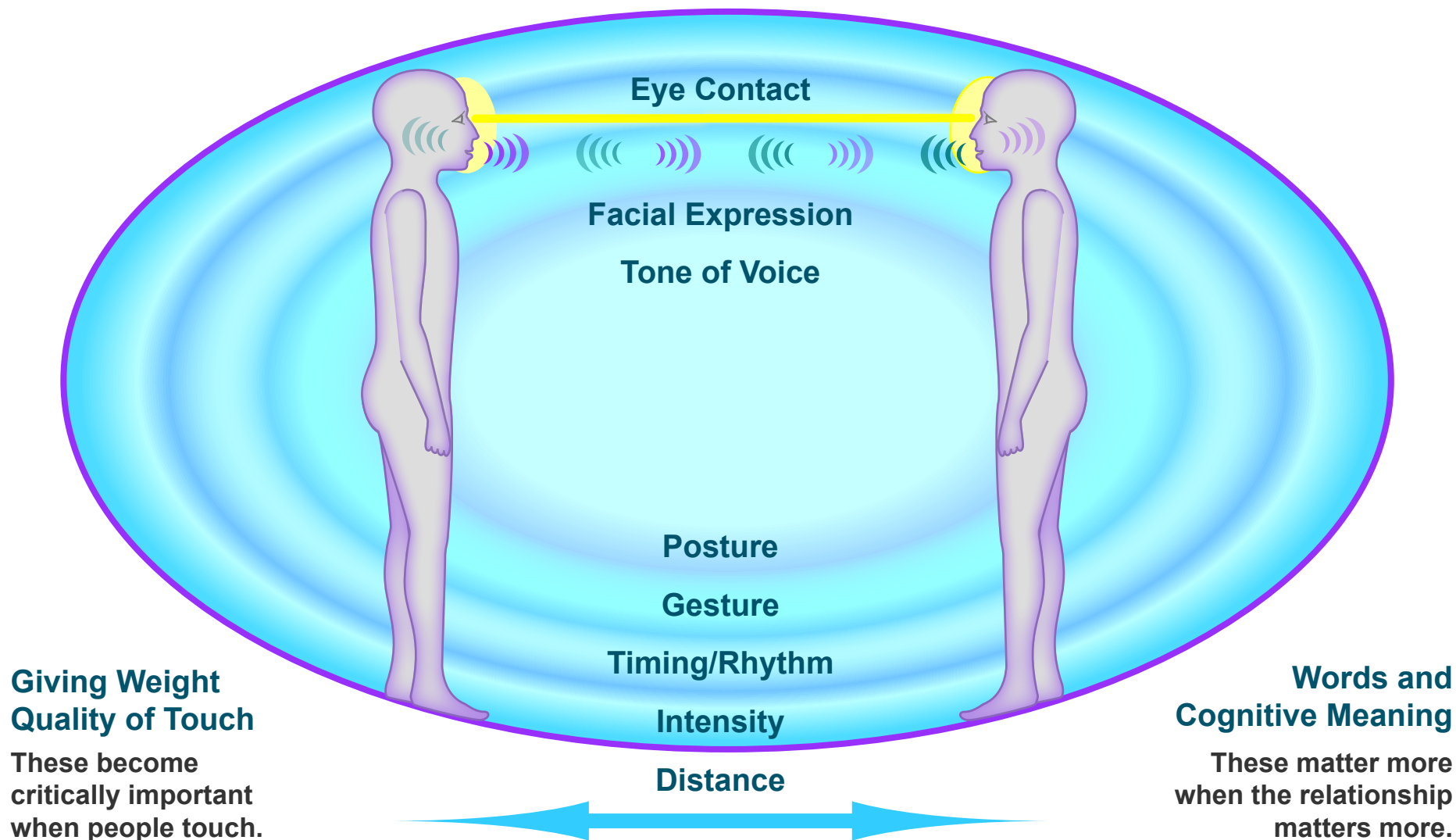


Elements of Attunement in Relational Space

Trust and repair depend on reliable attunement.



The nonverbal elements are deep channels of self expression. According to Interpersonal Neuroscience, attunement and empathy lead to neurological integration which leads to self regulation, health and healthy brain development. Shame, humiliation, neglect and lack of attunement can be neurotoxic and lead to disintegration of neural circuitry (Siegel 2011).