

THE ABSENT MOTHER

The Psychological and Emotional Consequences of Childhood Abandonment and Neglect

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The Psychological Parent

The object of the child's deepest feelings

- **The Biological mother**
- **The Adoptive mother**
- **The Foster mother**
- **The Care giver**

The WOMAN is the main Psychological Parent

- **Whom the child cannot imagine being without**
- **Whom the child loves and wants to be with**
- **Whom the child longs for when he/she is hurt or unhappy**
- **Whom the child feels most secure with**

The WOMAN is the main Psychological Parent continue.....

- **This person shares the child's joys and sorrows**
- **This person helps the child to control aggression**
- **This person helps the child to tolerates frustrations**

From this person, the child learns the give and take within a LOVE relationship. When this relationship is established it promotes social intelligence and emotional development

The ABSENT mother

This phenomena can be define in different situations

- Mother is emotionally unavailable ...neglect, abuse, lack of emotional nurture
- Mother migrates to another country
- Mother's behaviour is not conducive for child development...drugs or prostitution
- Mother is unable to provide basic need care
- Mother dies
- Mother got divorced or is separated
- Mother is uninvolved, Foster Care becomes the solution

The Core Wound of ABANDONMENT

- Abandonment Trauma
- Abandonment Depression
- Abandonment Fears

This emotional void and emptiness is the most deep and psyche injury a human being can ever hope to survive. If left untreated, the void can follow you into adulthood .

The Core Wound of ABANDONMENT and the void that takes root in a person's daily life. From this Wound...

- life is perceived and experienced
- dysfunctional relationships are formed
- there is an ongoing inner longing and hope for love and a sense of belonging
- the pleasure connected to life, love, joy and happiness is numbed
- the psyche is suppressed
- the individual struggles daily to cope and make sense of the emotional demands
- insecurity, distrust, anger, bitterness, false sense of self is experienced
- addicting, psychiatric disorders, personality disorders, mental conditions are formed and played out

The Core Wound of ABANDONMENT and the Disorders and Conditions created

- Borderline personality disorder
- Antisocial personality
- Anxiety disorder
- Obsessive compulsive personality disorder
- Drugs and alcohol addiction
- Eating disorder
- Schizoid, schizotypal, schizoform (family)
- Dissociative disorder
- Reactive attachment disorder

Emotional Consequences (Blockages)

- Difficulty trusting
- Constant inner anger, hostility towards others
- Guardedness , defensiveness
- Dominating, controlling personality traits
- Mood swings
- Disconnection from community, family, self and friends
- Blocked passion
- Insecurity (feeling unloved, unwanted)
- Emotional (physic) numbness
- Fear of rejection (need to please others)

Emotional Consequences (Blockages) continue..... (2)

- Low self esteem – poor self concept
- Self mutilation
- Impulsive behaviours
- Promiscuity – pornography
- Relationship difficulties (long term marital)
- Co-dependency
- Conflict with attachment and letting go
- Confusion ; unsure of life's direction

Emotional Consequences (Blockages) continue..... (3)

- Intimacy difficulties (sexual problems)
- Inability to give or receive love (compliments)
- Ongoing emotional void, loneliness and emptiness
- Emotional helplessness
- Emotional neediness

Treatment Recommendations...

- Strongly encourage to seek therapy
- Focus on abandonment issues
- Provide corrective learning experiences
- Social worker and/or psychologist in the school system trained in dealing with abandonment issues