

## Peter's Letter to Judge

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"Hon Judge XXXX,

"I heard about a foster parent that wants to take their child to Attachment Therapy [1] . You heard that it couldn't work because it only works for children from the age of one up to eight years old. You think that the "pros" were right about what they said, but please listen to what happened to me. Attachment Therapy was the hardest thing that I have done in my life. I am glad that I went through this with Laurie, my therapist. I look at my life before I went to Laurie. I see a boy that was not willing to talk about his past, I had no friends, and I couldn't focus on schoolwork. I couldn't sleep at night; I would think about the nightmares from my past. I couldn't control my anger. I ate ice cream, and anything I could get my hands on, but I was never filled. I would think about wanting to hurt someone. I could not trust anyone.

"After about five months of Attachment Therapy I felt that I could tell things because I could trust Mom and Dad, and Laurie. Why is this therapy the best? It makes the person able to get the bad things out, not just cover up like the other therapies. The bad things are what had happened to them in the past, not things that are happening now. I know if the person is willing to work his life will change. The person is going to have to work every time very hard. It will not be an easy task to have them go through and talk about their emotions. If I had not gone to Attachment Therapy I could have been in jail!!!

"I think that you should rethink your decision about Attachment Therapy. Attachment Therapy changed my life. Laurie was the best person that I have seen about my life. I have tried other different counselors, but they hadn't helped. I am glad that mom led me to Attachment Therapy, because now I can control my emotions and talk about my feelings and problems I have. I don't feel alone anymore. When someone is done going through therapy, they will feel better about themselves. I have the strength to face problems. Now that you have a good example of a kid at the age of eighteen who went through Attachment Therapy, do you still think the pros are still right on what they said?

"Attachment Therapy does work!!!!!"

[1] Attachment Therapy means Dyadic Developmental Psychotherapy as practiced at The Center for Family Development. See: Creating Capacity for Attachment (Eds.) Arthur Becker-Weidman, Ph.D., & Deborah Shell, MA, LCMHC, Barnes 'N' Wood, 2005.