

‘Sleepless in Seattle’? What About ‘Puzzled in Poughkeepsie’?

If I live in Seattle, then yes I am a bit sleepless. Sleepless over the dearth of supporting research for the myriad of complex trauma/attachment psychotherapies that exists today. But obviously the insomnia is not confined to Seattle. It’s occurring everywhere, even in Poughkeepsie—along with all points north and south of the Mason-Dixon.

But hey, not only do we have rampant sleeplessness (a veritable pittance of Delta *brain-waves* among us), but also Olympic-caliber puzzlement. Puzzlement regarding the fact that over 20-plus years of ATTACH have seen a grand total of two—count ‘em: two—empirical/randomized studies pertaining to the efficacy of psychotherapies that we offer to children and their families.

And surely these two solitary studies on treatment effectiveness occurred at a well-funded North American public university, right?

In the immortal words of the late Ed McMahon, “You are wrong, Data Breath!”

The two studies actually come to us, compliments of Dr. Art Becker-Weidman in upstate New York. Art runs a private practice on behalf of families bludgeoned by complex trauma. Unless he has a rich uncle somewhere in the Caribbean, I’m pretty sure the *Artmeister* completed the two studies on his own dime.

So where, you ask, are the academicians around the world who specialize in childhood complex trauma? Good question. Wherever they are, they’re not engaging in badly needed research related to complex trauma/attachment psychotherapy.

Very puzzling in Poughkeepsie.

One reality is clear: we also need well-researched psychotherapies accompanying our various other treatment modalities for children, such as medication options, neurofeedback options, sensory integration options, and so forth. And by the way, as we know, none of these interventions possesses high-quality empiricism either.

It’s enough to make a preacher cuss.

I don’t know—maybe it’s just me. Finding myself in pretty much a constant state of bewilderment over most things, perhaps this puzzling situation relating to a complex trauma research cache best compared with a Colorado dry gulch, simply embodies but another chapter of my wayward existential lot in life.

At any rate, I dare never visit the good people of Poughkeepsie. It’s all just too confusing.