

RAD Disorder Reflection

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Reactive Attachment Disorder (RAD) is a trauma and stressor-related disorder. This disorder is caused by extreme social neglect maltreatment as a child. This disorder presents in children that experience difficulty forming emotional attachments to others such as parents, siblings, relatives, teachers, babysitters, etc. Children diagnosed with RAD also experience difficulty with having positive emotions.

One may ask themselves what this could look like in a baby or toddler. It presents as rejecting comfort, closeness and physical touch from adults or other children. Children with RAD may also have difficulty being consoled. For parents with children with RAD, they may have difficulty disciplining a child with RAD.

To help parents of and children with RAD, helping to stabilize the child's schedule and routine may be helpful. Comforting a child with RAD without an invitation is also a trigger for parents to be aware of. Comfort with request from the child.

Later in life, children with RAD may not have strong connections with their peers. This can cause high-risk behaviors sexually, substance abuse, getting involved with the legal system and police, and incarceration. This means that treating RAD early in life is very important for the success of the child.

One thing to note is that RAD is often confused with a more common attachment disorder. This is one of the issues with a RAD diagnosis. It has lost its potent meaning because it is over-diagnosed. To have RAD, there needs to be severe neglect and maltreatment in early life. While some symptoms overlap with other attachment disorders, RAD is a more severe diagnosis.

I learned a lot from this article that I believe will help me in the future. I learned from this resource that RAD is a serious disorder. To diagnose a child or adult with RAD means more than

diagnosing an attachment disorder. I also learned that RAD is difficult for parents, not just the child. Parents may also need to be treated if they have a child with RAD.

References

Ellis, E. E. (2021, August 6). *Reactive attachment disorder*. StatPearls [Internet]. Retrieved January 23, 2022, from <https://www.ncbi.nlm.nih.gov/books/NBK537155/>