Using Observations of Attachment to Inform PCIT Coaching

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Mystery
Assessing Quality of Attachment
Mastery Criteria (Proxies for Attachment and Consistency)

**CDI**
- 10 Behavioral descriptions
- 10 Reflections
- 10 Labeled praises
- <3
  - Questions
  - Commands
  - Criticisms

**PDI**
- 4 commands
- 75% effective
  - Direct
  - Single
  - Positive (do)
  - Alpha (opportunity)
- 75% correct follow-through
  - Labeled praise after comply
  - Warning after noncomply
- If timeout, correct follow-through

Copyright 2005 Sheila Eyberg
Dr. Sheila Eyberg’s complete powerpoint on PCIT coaching

http://pcit.phhp.ufl.edu/Presentations/web%20Coaching%20in%20PCIT%20May%202006.ppt
Attachment Theory Definition of Attachment

- Behavior *pattern* that promotes proximity to attachment figure(s)
Ainsworth Infancy in Uganda

- Emphasis shifted from
- *Amount* of attachment
  - *How* attached is the child to the parent?
- To *pattern* of attachment
  - Does the child have a *secure* attachment relationship with the parent?
Attachment theory

- Balance between exploration of environment and seeking proximity to primary caregiver.

- Attachment behavior is activated by internal states such as pain, fatigue, distress, and separation.
Strange Situation Procedure – “Gold Standard” Assessment of Attachment

- Series of separations and reunions designed to activate exploratory system and attachment system in 12- to 18-month-olds

- Evaluation of dyad’s pattern of attachment
  - How child uses relationship with parent as
    - Secure base
    - Safe haven
Assessments of Attachment Based on Behavioral Observations for Older Children

Preschool Separation–Reunion Procedure (2 ½ to 4 ½)

Child Separation–Reunion Procedure (5 to 7)
Similarities to DPICS

- Series of situations that place stress on the dyad
- Detailed coding system that involves extensive training to code reliably
Stress involves introduction of stranger (for infants), brief separations, reunions

Categorical classification

- Pattern of interaction rather than frequency count

Importance of reunion
Assessing Quality of Attachment

- **Traditional PCIT**
  - Definition
  - Parent verbalizations

- **Attachment Theory**
  - Definition
  - Infant nonverbal behavior
  - Child nonverbal behavior and verbalizations

**Frequency count**

**Pattern of attachment**
Patterns of Attachment

- Secure, organized pattern of attachment
- Insecure, organized patterns of attachment
  - Ambivalent/resistant
  - Avoidant
- Disorganized/disoriented attachment
Secure

without care
Secure base

- Support for exploration
Safe haven

- Support for seeking proximity and comfort when distressed
Circle of Security

- Link to Circle of Security web site:
  - http://circleofsecurity.net/

- Link to Circle of Security book:
  - http://www.guilford.com/cgi-bin/cartscript.cgi?page=pr/powell.htm&dir=pp/attach
Research on Strange Situation Procedure indicates

- Secure attachment is protective factor for positive social and emotional functioning

- Insecure attachment, especially disorganized attachment, is risk factor for problems with social and emotional functioning
Infant-Parent Attachment Security: Community Samples

van Ijzendoorn et al., 1999
Infant-Parent Attachment Security: Children Adopted as Infants

van Londen, Juffer, and van IJzendoorn, 2007
History of maltreatment associated with
- Insecure attachment $(d = 2.10)$

Meta-analysis of 55 studies $(n = 4,792)$
- 10 samples with maltreated children $(n = 456)$

Cyr, Euser, Bakermans-Kranenburg, & van Ijzendoorn (2010) *Development and Psychopathology*
Insecure attachment associated with disruptive behavior ($d = .31$)

Meta-analysis of 69 studies ($n = 5,947$)
Disorganized attachment associated with disruptive behavior ($d = .34$)

Fearon, Bakermans–Kranenburg, van Ijzendoorn, Lapsley, Roisman (2010) *Child Development*
Child-Parent Attachment Security: Boys Referred for Conduct Problems

Greenberg, Speltz, Deklyen, and Endriga, 1991
Child-Parent Attachment Security: Boys Referred for Conduct Problems

Speltz, Deklyen, and Greenberg, 1999
Caregiver Behavior Associated with Secure Attachment

- Sensitive responsiveness
  - prompt, consistent, and appropriate response to attachment signals
    - Positive social signals – e.g. smiling, reaching
    - Negative signals – e.g. crying, fussing

- Emotional availability
Attachment Representation

- Internal Working Model
- State of Mind
- Unthought Known
Research-Based Assessment of Adult Attachment State of Mind

- Adult Attachment Interview (AAI)
Adult Attachment Interview (AAI)

- Developed to predict infant–mother attachment by assessing parent state of mind.

- Interview about memories of relationship with primary caregivers during childhood.
  - Classification based on HOW caregiver tells story (process).
  - Not story of WHAT happened (content).
Collaborative discourse
Sifting my thoughts and choosing my words. Trying to say what was true.

Marilynne Robinson
Secure/Autonomous State of Mind

- Seek and accept help when distressed
Adult Attachment State of Mind: Mothers in Behavioral Parent Management Group

Routh, Hill, Steele, Elliott, and Dewey, 1995
Conceptualizing Coaching

- Principles similar to treatment principles
- Coaching principles differ in CDI and PDI
  - CDI principles (coach lets parent lead)*
    - Differential Social Attention
  - PDI principles (coach leads parent)
    - Operant Conditioning

*Attachment theory explains what happens in CDI but doesn’t tell us what to do in coaching
Conceptualizing Coaching From Attachment Perspective

Platinum rule: Do unto others as you would have others do unto others

Jeree Pawl
Once you’ve seen a pattern, you can’t unsee it.

Brene’ Brown
Attachment State of Mind Matters Due to Association with

- *Physiological response* to child’s behavior
- *Perception* of child’s behavior
- *Interpretation* of child’s behavior
Attachment State of Mind Matters Due to Association with

- *Selection of appropriate response* to child’s behavior
  - Verbal
  - Nonverbal

- *Response* to child’s behavior
  - Verbal
  - Nonverbal
Coaching Secure Dyads
(Secure/Autonomous State of Mind)

PCIT Magic
Ambivalent/Resistant Pattern of Attachment

- Emphasis on attachment needs and relationship
- Struggles with child exploring or acting independently
- Heightened focus on attachment relationship
Caregiver Behavior Associated with Ambivalent/Resistant Pattern of Attachment

- Inconsistent response to attachment signals
- Chase and dodge
Preoccupied State of Mind

- Entangled in discussions of relationships about significant others
- Hyperactivation of attachment system – “needy”
- Concerns about being abandoned if competent
- Concerns about child rejecting them
Coaching Ambivalent/Resistant Dyads
(Preoccupied State of Mind)

Can’t Live With Her,
Can’t Live Without Her

I may look comfy,
but I’m actually Krazy
Glued to her back.
Avoidant Pattern of Attachment

- Emphasis on self-reliance and exploration
- Dyad struggles with child going to caregiver for comfort
Lack of responsiveness to distress
Dismissing State of Mind

- Idealizing of significant others
  - Positive description at semantic level without specific memories that support

- Emphasis on personal strength

- Positive wrap-up
Coaching Avoidant Dyads (Dismissing State of Mind)

What Doesn’t Kill You Makes You Stronger
Disorganized Attachment (infant)

- Contradictory behaviors/mixed signals
  - Seeking proximity by backing into parent
  - Crying while moving away from parent
  - Freezing
Disorganized/Controlling Attachment (child)

- Disorganized

- Controlling caregiving
  - Entertaining parent
  - Overbright smile

- Controlling punitive
  - Bossy
Caregiver Behavior Associated with Disorganized/Controlling Attachment

“Fright Without Solution”
Fearful behavior

Teasing child

Laughing at child’s distress
History of maltreatment associated with
  - Insecure attachment ($d = 2.10$)
  - Disorganized attachment ($d = 2.19$)

Meta-analysis of 55 studies ($n = 4,792$)
10 samples with maltreated children ($n = 456$)

Cyr, Euser, Bakermans-Kranenburg, & van Ijzendoorn (2010) *Development and Psychopathology*
Insecure attachment associated with disruptive behavior ($d = .31$)

Disorganized attachment associated with disruptive behavior ($d = .34$)

Larger effects found for clinical samples ($d = .49$)

Meta-analysis of 69 studies (n = 5,947)

Fearon, Bakermans-Kranenburg, van IJzendoorn, Lapsley, Roisman (2010) *Child Development*
Unresolved State of Mind

- Collapse in attentional strategy
- Slips when discussing loss or trauma
Coaching Disorganized/Controlling Dyads (Unresolved State of Mind)

Ghosts in the PCIT Room
Additional Information

- E-mail: beth-troutman@uiowa.edu
- University of Iowa PCIT web site: http://www.medicine.uiowa.edu/psychiatry/parentchildinteractiontherapy/