

Using Observations of Attachment to Inform PCIT Coaching

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Interaction Therapy

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Mystery



Assessing Quality of Attachment

Mastery Criteria (Proxies for Attachment and Consistency)

CDI

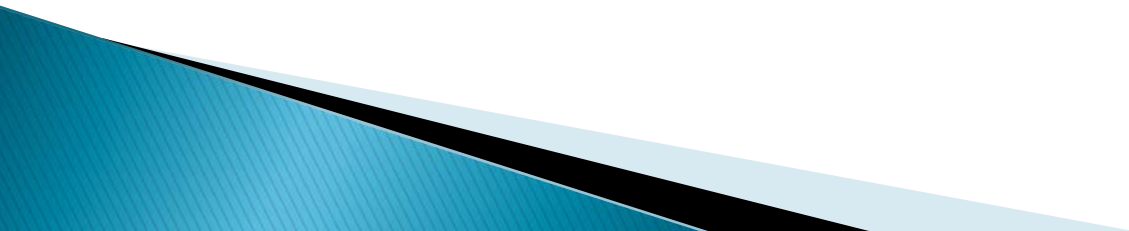
- 10 Behavioral descriptions
- 10 Reflections
- 10 Labeled praises
- <3
 - Questions
 - Commands
 - Criticisms

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

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

Differences from DPICS

- ▶ Stress involves introduction of stranger (for infants), brief separations, reunions
- ▶ Categorical classification
 - *Pattern* of interaction rather than frequency count
- ▶ Importance of reunion

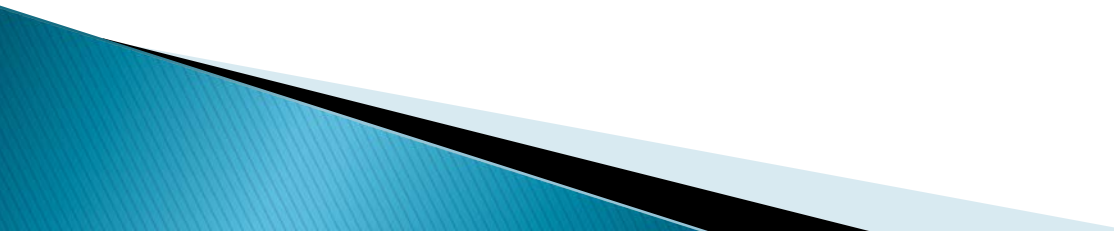
Assessing Quality of Attachment

- ▶ **Traditional PCIT Definition**
- ▶ Parent verbalizations
- ▶ **Attachment Theory Definition**
- ▶ Infant nonverbal behavior
- ▶ Child nonverbal behavior and verbalizations

Frequency count

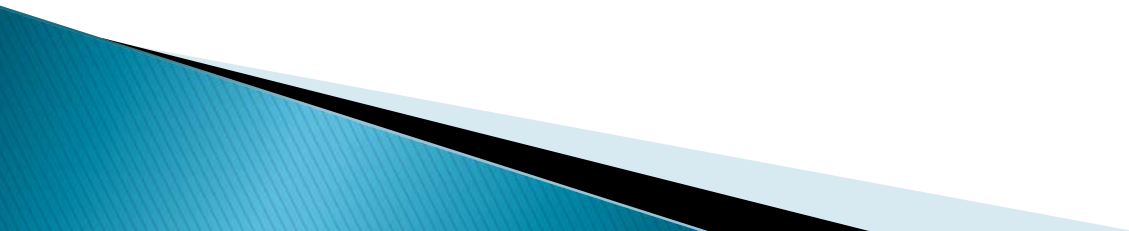
Pattern of attachment

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

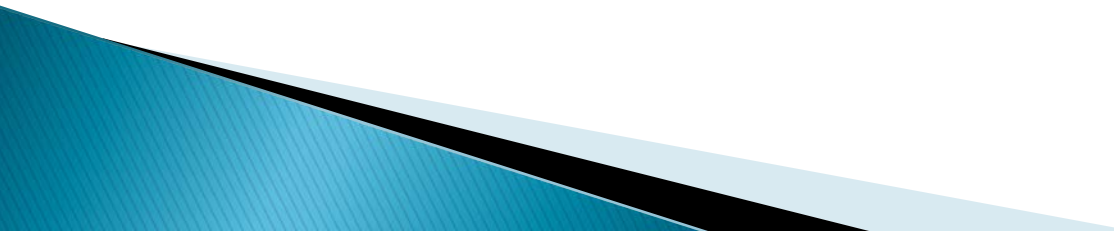


Safe haven

- Support for seeking proximity and comfort when distressed



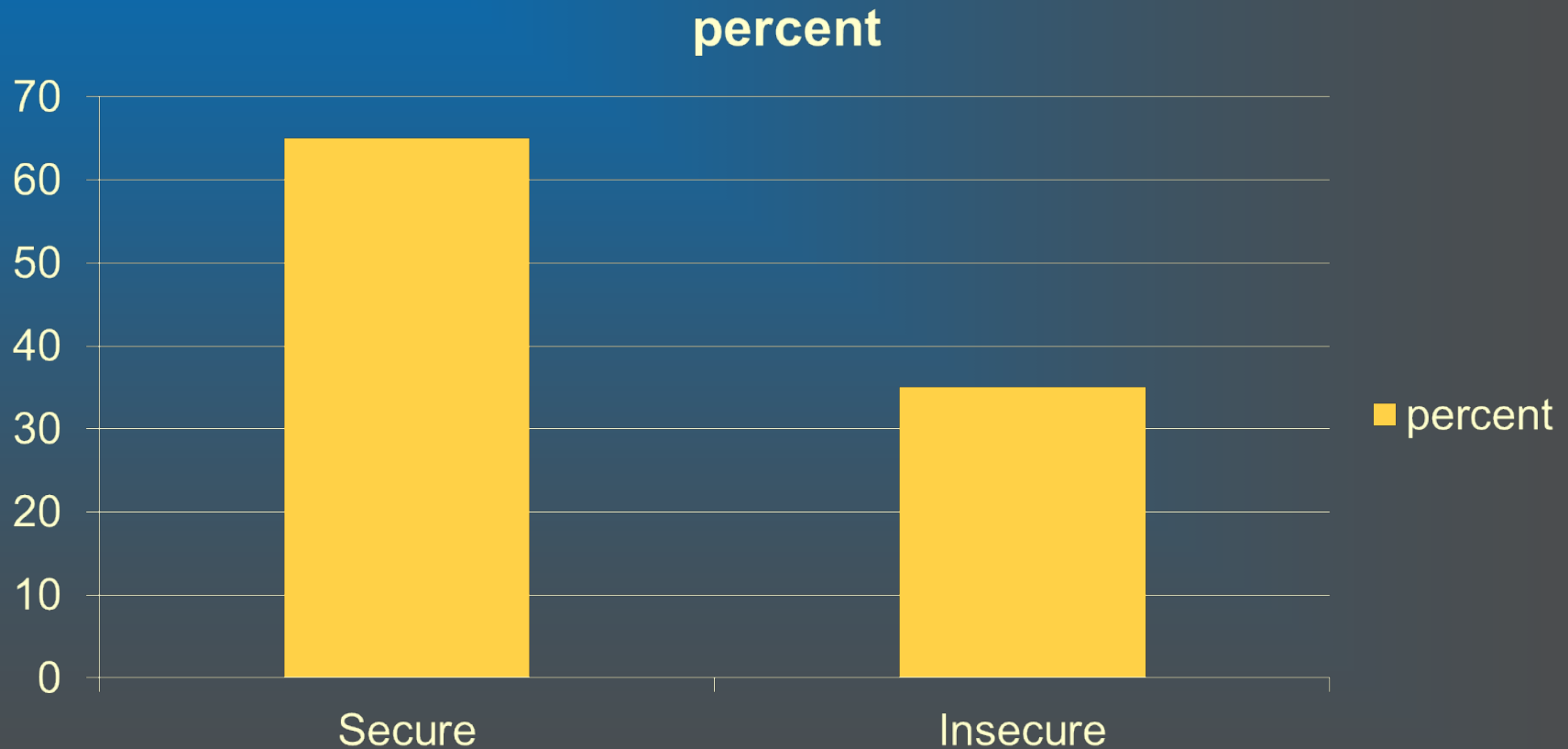
Circle of Security

- ▶ 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>
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Research on Strange Situation Procedure indicates

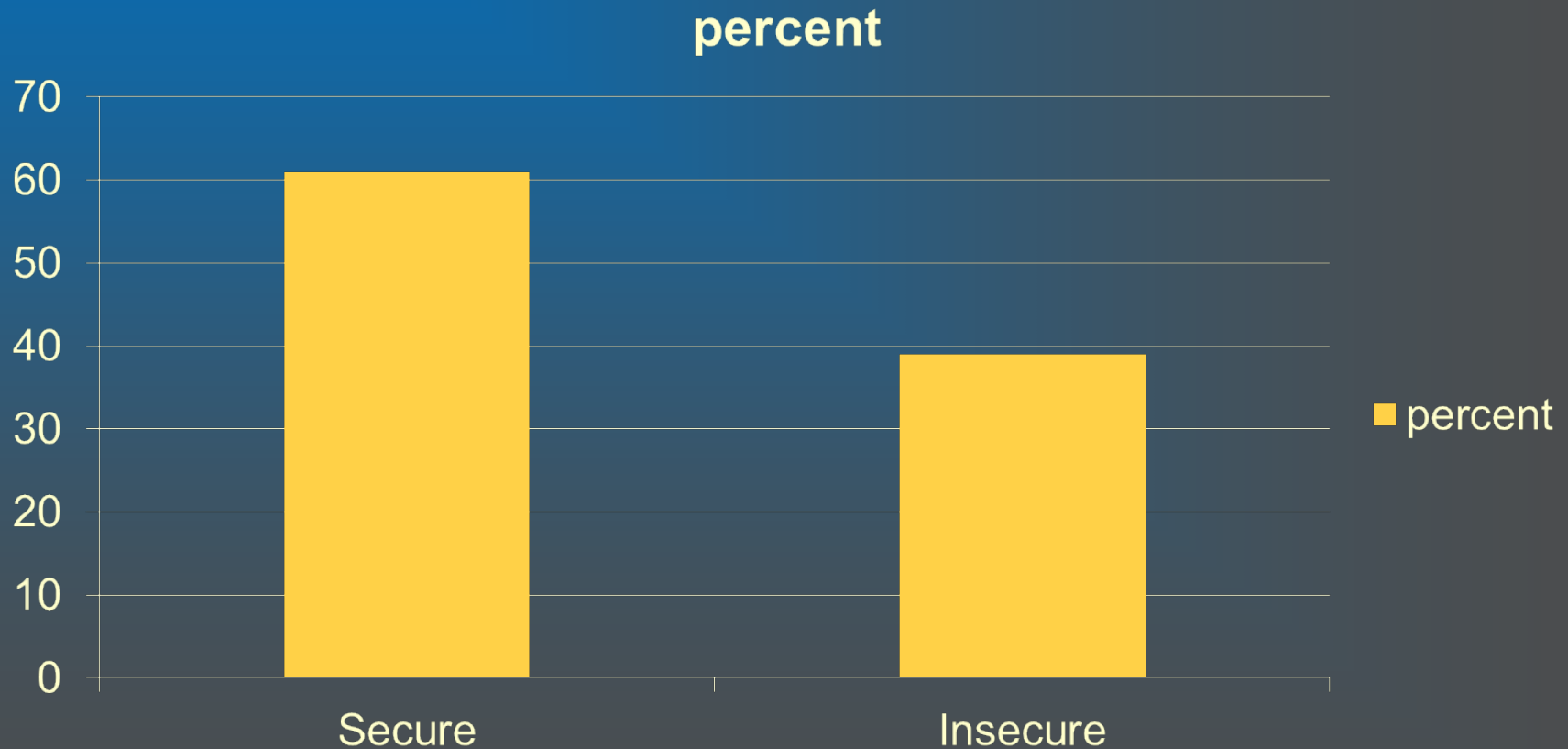
- ▶ Secure attachment is protective factor for positive social and emotional functioning
- ▶ Insecure attachment, especially disorganized attachment, is risk factor for problems with social and emotional functioning

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

Child–Parent Attachment Security: Association with Maltreatment

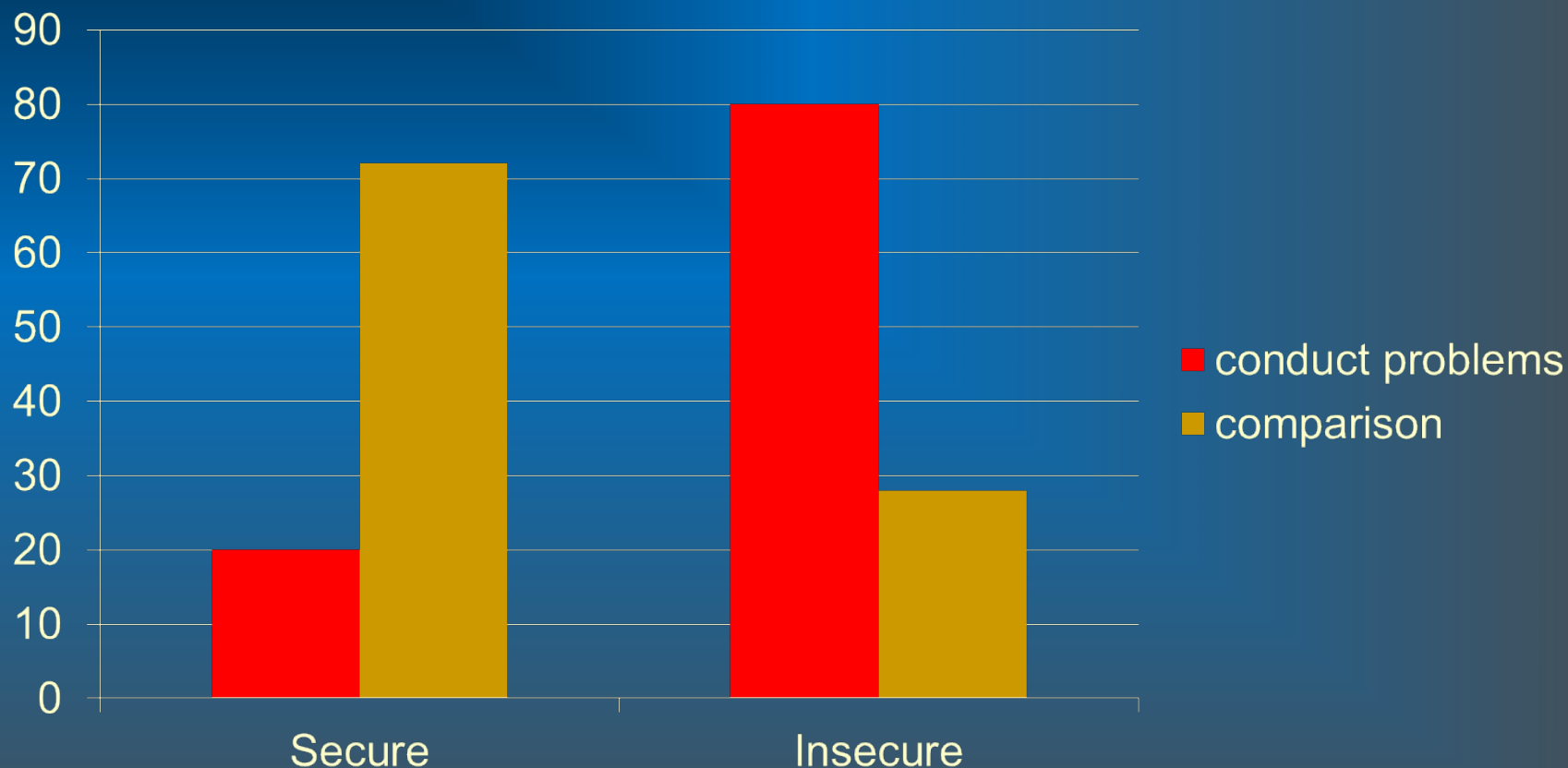
- ▶ History of maltreatment associated with
 - Insecure attachment ($d = 2.10$)
- ▶ Meta-analysis of 55 studies ($n = 4,792$)
- ▶ 10 samples with maltreated children ($n = 456$)

Cyr, Euser, Bakermans-Kranenburg, & van
Ijzendoorn (2010) *Development and
Psychopathology*

Child–Parent Attachment Security: Association with Disruptive Behavior

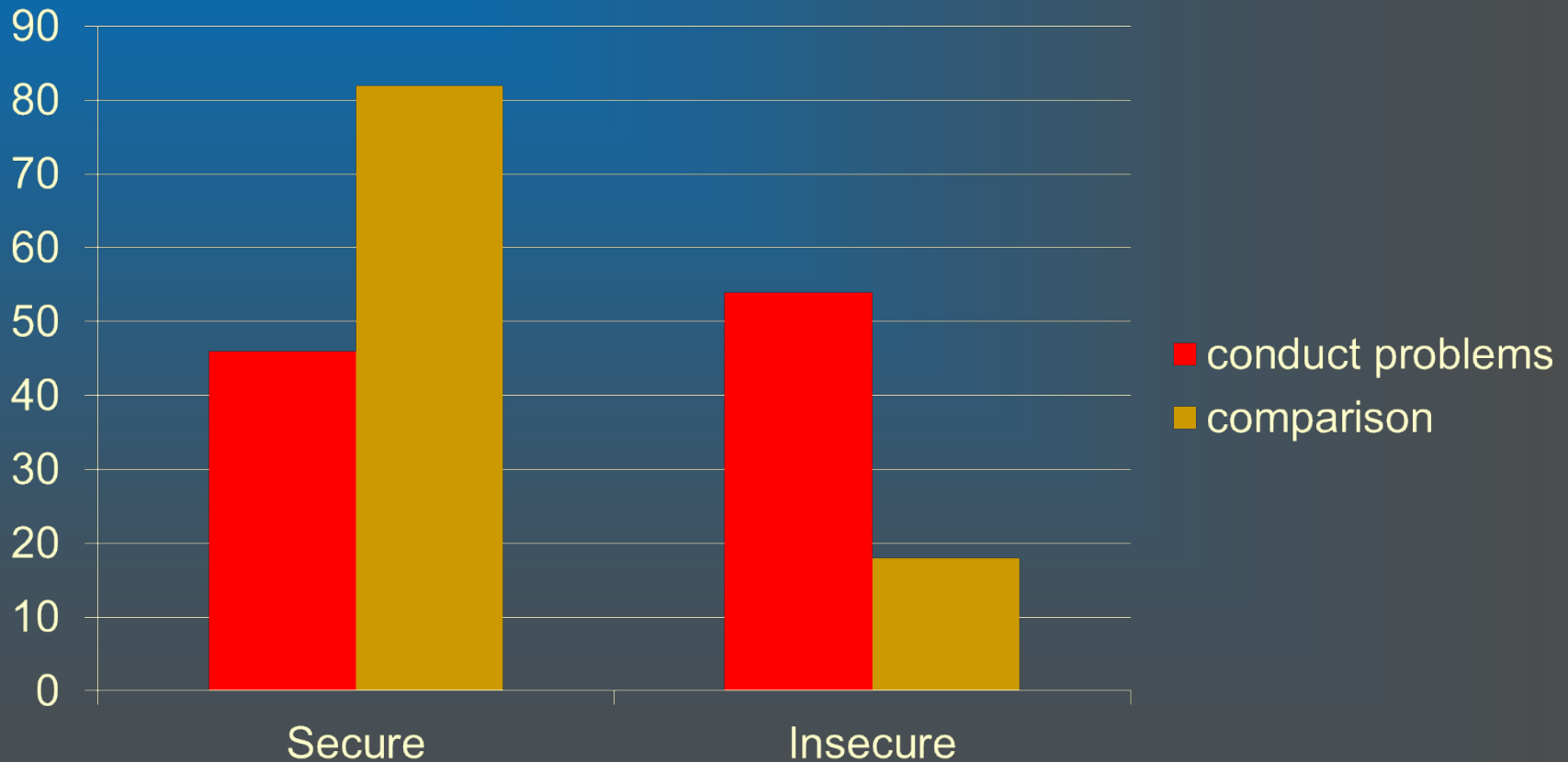
- ▶ Insecure attachment associated with disruptive behavior ($d = .31$)
- ▶ Meta-analysis of 69 studies ($n = 5,947$)
- ▶ Disorganized attachment associated with disruptive behavior ($d = .34$)
- ▶ Fearon, Bakermans–Kranenburg, van Ijzendoorn , Lapsley, Roisman (2010) *Child Development*

Child-Parent Attachment Security: Boys Referred for Conduct Problems



Greenberg, Speltz, Deklyen, and Endriga, 1991

Child-Parent Attachment Security: Boys Referred for Conduct Problems

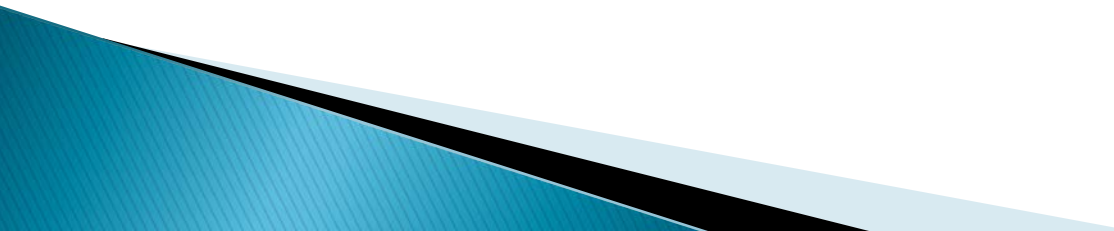


Speltz, Deklyen, and Greenberg, 1999

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

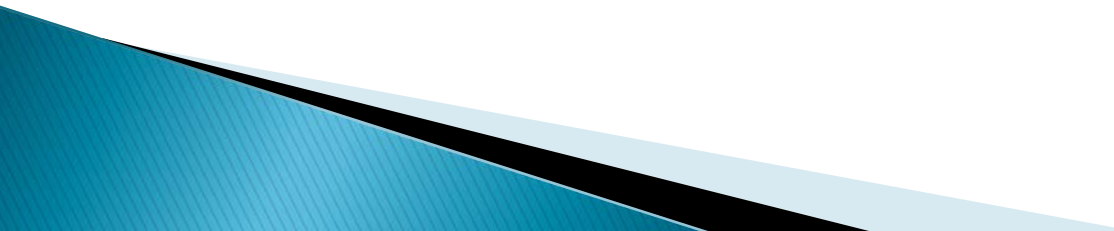
Attachment Representation

- ▶ 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)
- 

Secure/Autonomous State of Mind

- ▶ Collaborative discourse

Collaborative discourse

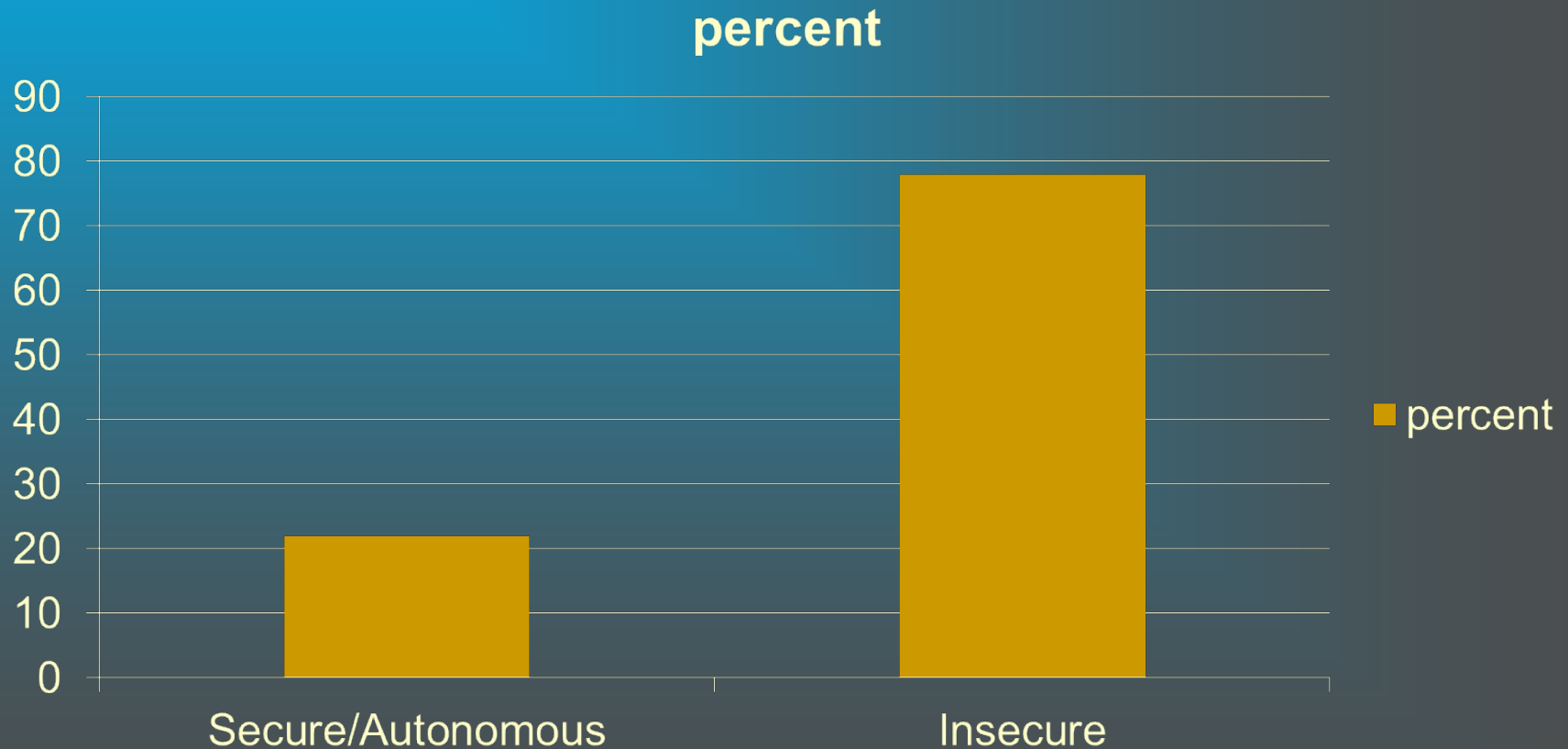
- ▶ Sifting my thoughts and choosing my words.
Trying to say what was true.

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

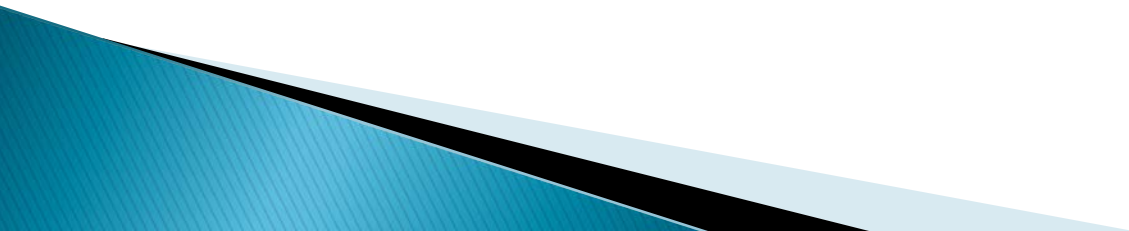
Jeree Pawl



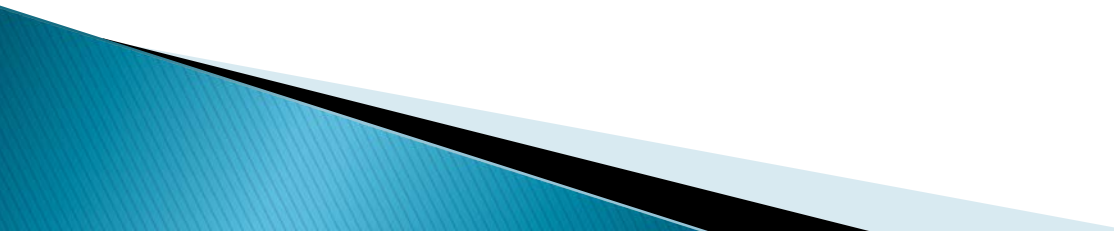
Conceptualizing Coaching From Attachment Perspective

- ▶ 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



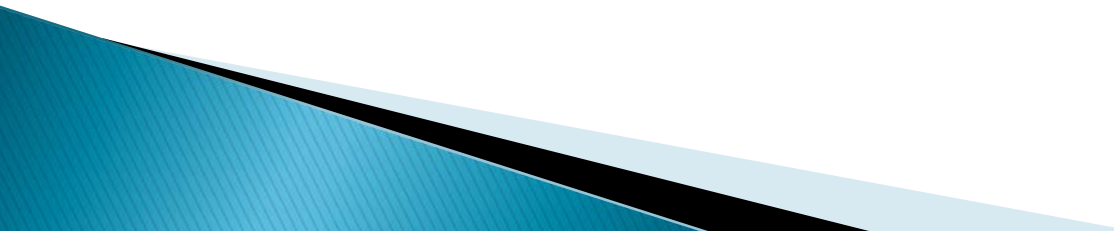
Ambivalent/Resistant Pattern of Attachment

- 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*



Avoidant Pattern of Attachment

- Emphasis on self-reliance and exploration
- Dyad struggles with child going to caregiver for comfort

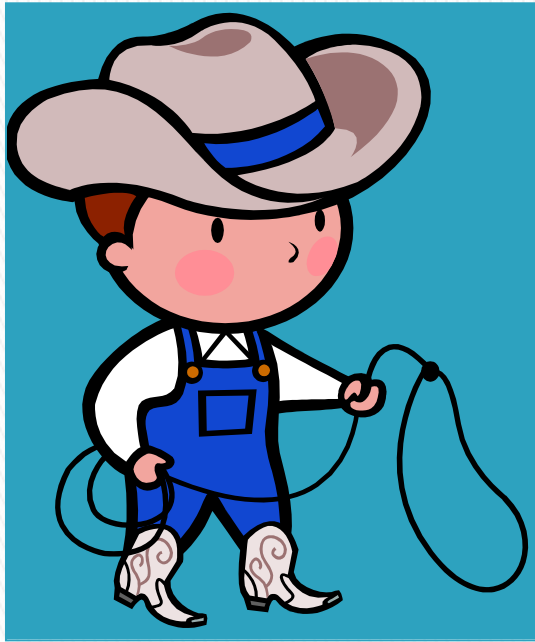
Maternal Behavior Associated with Avoidant Attachment

- ▶ 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

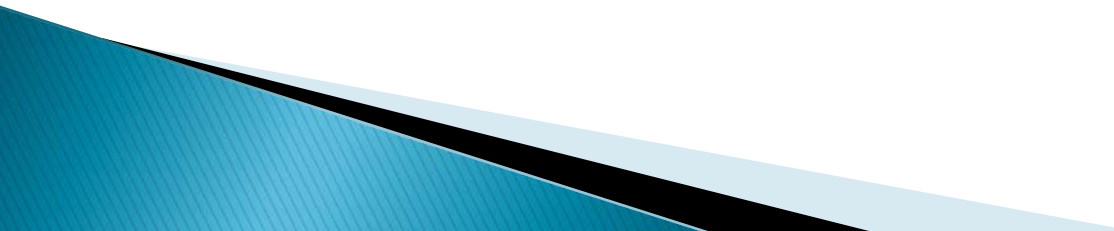
Coaching Avoidant Dyads (Dismissing State of Mind)



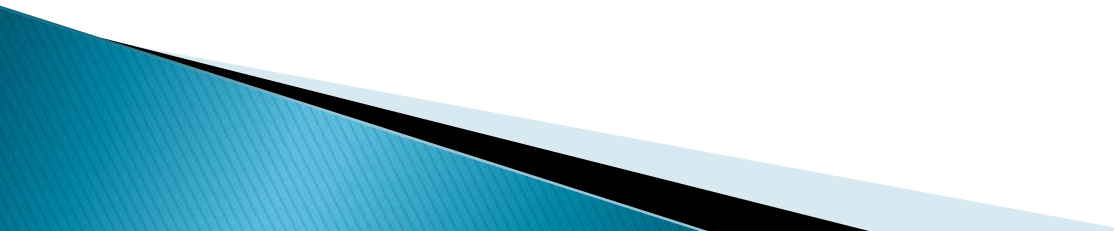
*What Doesn't Kill You
Makes You Stronger*



Disorganized Attachment (infant)

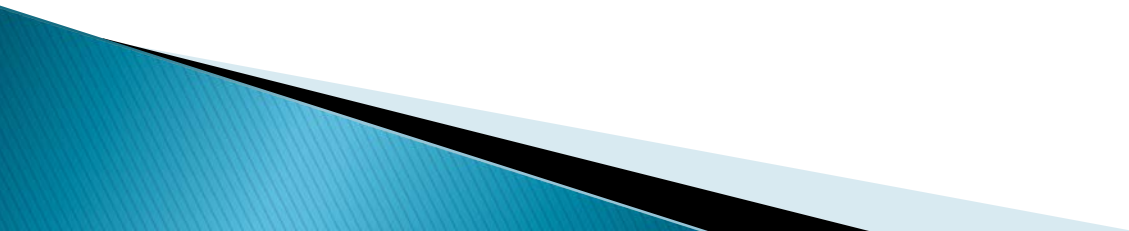
- ▶ Contradictory behaviors/mixed signals
 - Seeking proximity by backing into parent
 - Crying while moving away from parent
 - Freezing
- 

Disorganized/Controlling Attachment (child)

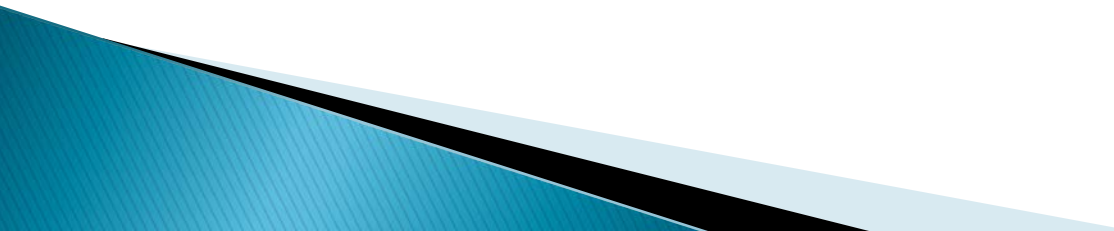
- ▶ Disorganized
 - ▶ Controlling caregiving
 - Entertaining parent
 - Overbright smile
 - ▶ Controlling punitive
 - Bossy
- 

Caregiver Behavior Associated with Disorganized/Controlling Attachment

“Fright Without Solution”



Caregiver Behavior Associated with Disorganized Attachment

- ▶ Fearful behavior
 - ▶ Teasing child
 - ▶ Laughing at child's distress
- 

Child-Parent Attachment Security: Association with Maltreatment

- ▶ 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*

Child-Parent Attachment Security: Association with Disruptive Behavior

- 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 ($n = 5,947$)

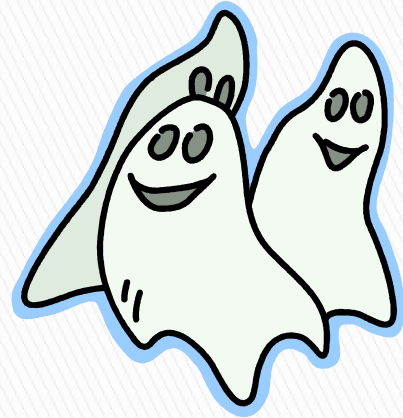
 - Fearon, Bakermans-Kranenburg, van Ijzendoorn, Lapsley, Roisman (2010)
Child Development
-

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/>