How Change Happens:
Stories of Joy and
Connection

Secure Child & The Virginia Attachment Center

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Focus

- Theory of Change and Healing
- Evaluation & Intervention
- Case Examples to see
 Moments of Change
- Questions & Discussion



Theory of Change

Relationships Change Us

Security in therapy (for the parent) and in caregiving (for the child) as a healing intervention.

The more security a child can experience, the healthier development they will acquire.

The Virginia Foster Care Study



First Things First

· First, we need to learn a family's attachment-caregiving patterns, and the angels and ghosts in their nursery.

• Then, we can discover the experiences they need from us to shape their child's emotions and behavior.

Foundation of Evidence: Observations & Interviews

- Video Recording of Child-Parent Interactions Strange Situation
- Ambiance-brief Coding System; Caregiver Behavior Coding System
- Parent Development Interview (PDI)
- The Adult Attachment Interview (AAI)
- The Internal Models of Relationships Interview (IMR)
- Assessment of Representational Risk (ARR)

Formulating Treatment Goals

From the evidence, the most important places to intervene can be determined

VIDEO

ATTACHMENT-CAREGIVING PATTERNS &

INTERVIEW RESULTS

COURSE OF THERAPY AND CHANGES



VIDEO

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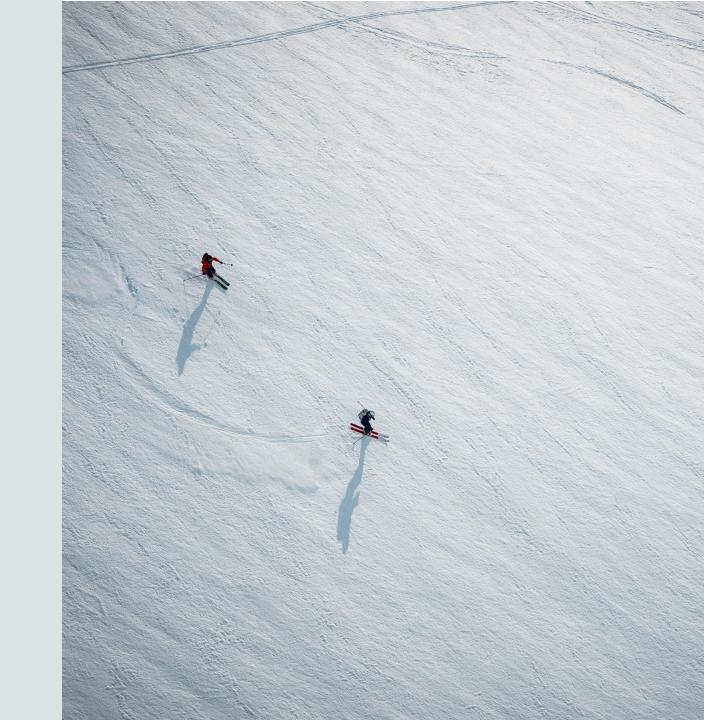
This work takes time, but leads caregivers to:

- Better perceptual abilities and more accurate inferences about their child
- Increased sensitivity and responsiveness to the child's needs
- Increased reflective functioning
- Better child behavior and more satisfying relationships

Experience changes us

EXPERIENCE IN THERAPY
CHANGES US AS
CAREGIVERS

EXPERIENCE WITH A
CAREGIVER CHANGES
CHILDREN





www.securechild.center

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