

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)**

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Formulating Treatment Goals

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



Case 1

VIDEO

ATTACHMENT-CAREGIVING PATTERNS &

INTERVIEW RESULTS

COURSE OF THERAPY AND CHANGES





Case 2

VIDEO

ATTACHMENT-CAREGIVING PATTERNS &
INTERVIEW RESULTS
COURSE OF THERAPY AND CHANGES





Case 3

VIDEO

ATTACHMENT-CAREGIVING PATTERNS &

INTERVIEW RESULTS

COURSE OF THERAPY AND CHANGES



Case 4

VIDEO

ATTACHMENT-CAREGIVING PATTERNS &

INTERVIEW RESULTS


COURSE OF THERAPY AND CHANGES





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



The slide features a light gray background with decorative white line art of leaves and branches in the corners. The top-left and top-right corners each have a branch with several oval leaves. The bottom-left and bottom-right corners each have a large, rounded leaf shape divided into segments by white lines, with a small branch and two leaves extending from the bottom. Centered on the slide is the text "Discussion & Questions" in a black serif font, with a short horizontal line underneath it.

Discussion & Questions

The background of the slide is a light gray color. On the left side, there is a decorative arrangement of stylized leaves in various shades of gray. The leaves are of different shapes and sizes, some with internal vein patterns. They are scattered across the left half of the slide, with some overlapping. The text is positioned on the right half of the slide.

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