



Repairing insecure attachment The Basic Trust Method

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- No pictures
- Privacy on presented case
- Hand-out

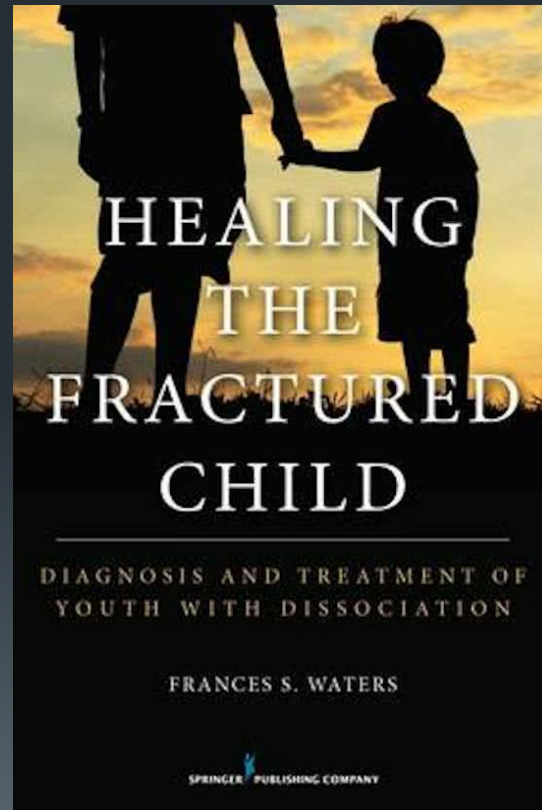


Basic Trust

- ✓ Basic Trust, organisation specialized in attachment and adoption (since 2003)
- ✓ Treatment of attachment problems, trauma related problems in children and adolescents
- ✓ Nation wide network with 19 practices
- ✓ Core method: Video Interaction Guidance (VIG)
- ✓ Also: EMDR, Story-telling, Writing therapy, Sherborne, Theraplay, Schema Therapy (and more)
- ✓ www.basictrust.com



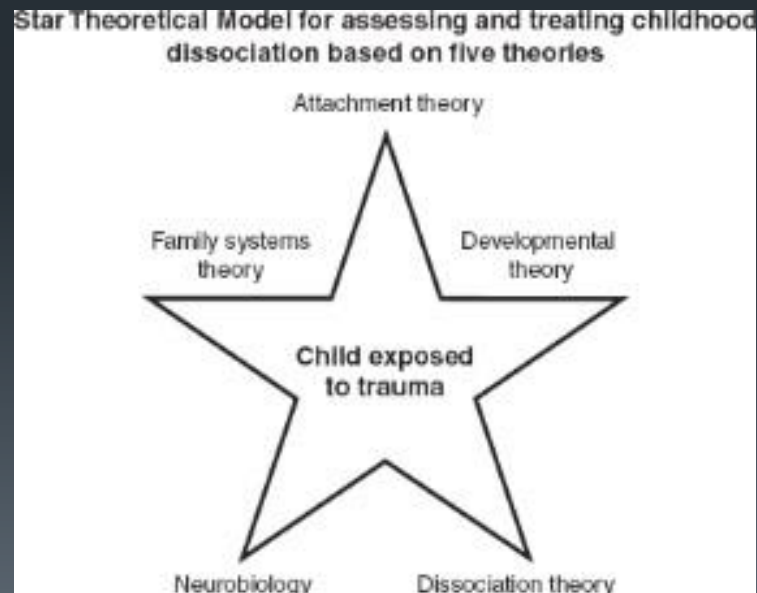
Attachment, trauma and dissociation





Attachment, trauma and dissociation

Understanding trauma and dissociation; Star Theoretical Model
(F. Waters)





Attachment, trauma and dissociation: a three-stage rocket!

Origin of trauma and dissociation:

Attachment



Trauma



dissociation



Attachment, trauma and dissociation: a three-stage rocket!

Phases in treatment of trauma and dissociation:

Stabilization



Trauma-work



Integration

(Re-)establishing secure attachment!



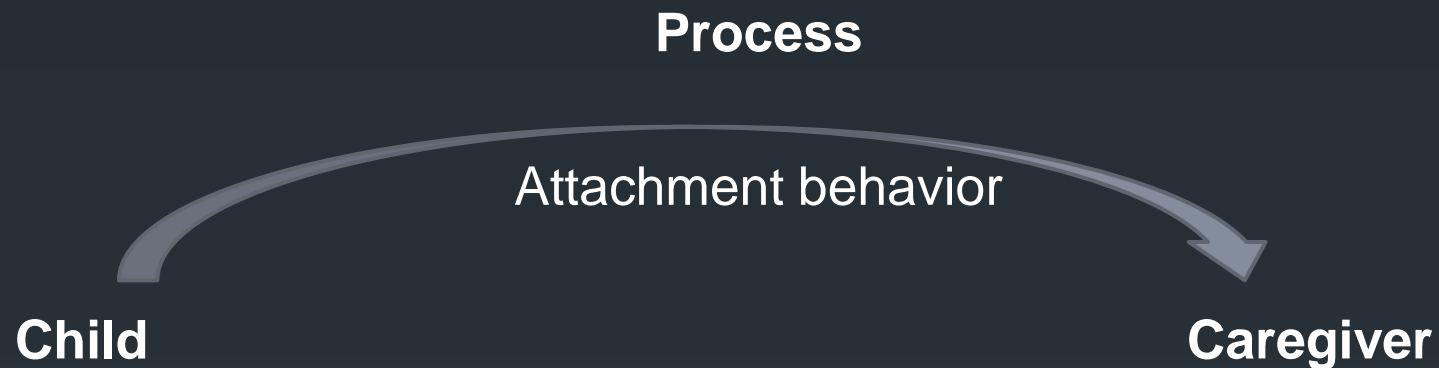
Repairing insecure attachment

The Basic Trust Method

- **Why** is attachment so important?
- **What** does the Basic Trust method do?
- **How** does it work?
- Study on the Basic Trust Method (University of Amsterdam)
- Questions & remarks



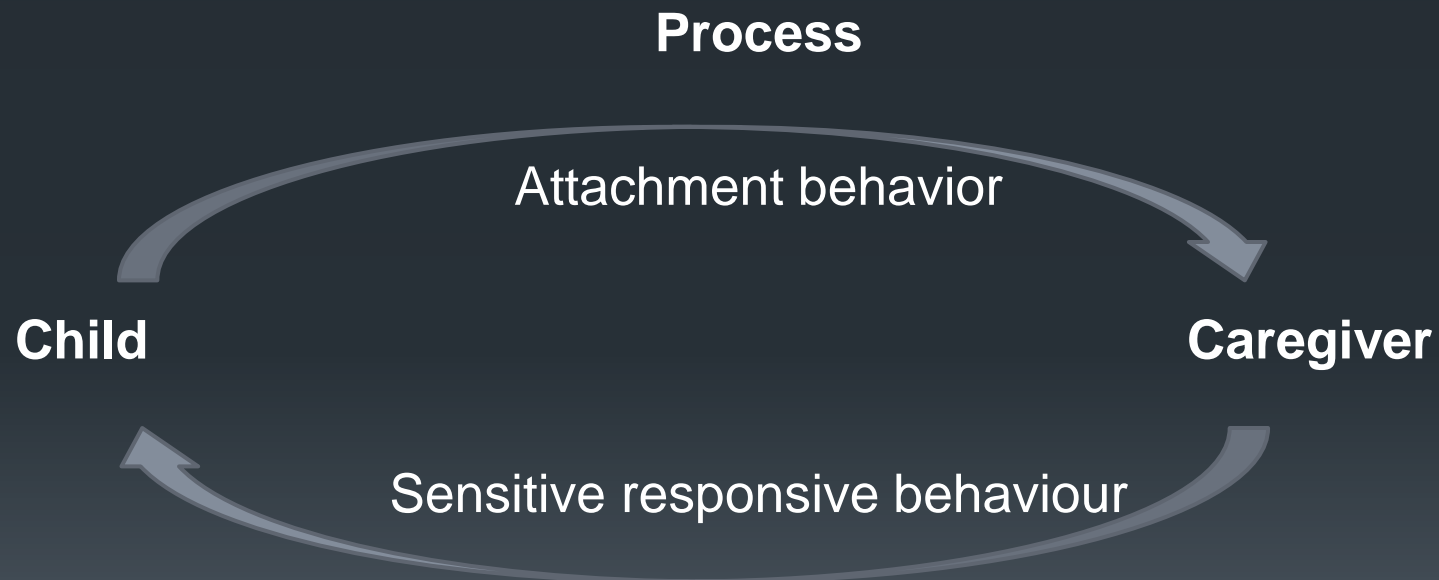
Attachment



Specific behaviors in children, such as seeking proximity with the attachment figure when upset or threatened (Bowlby, 1969)



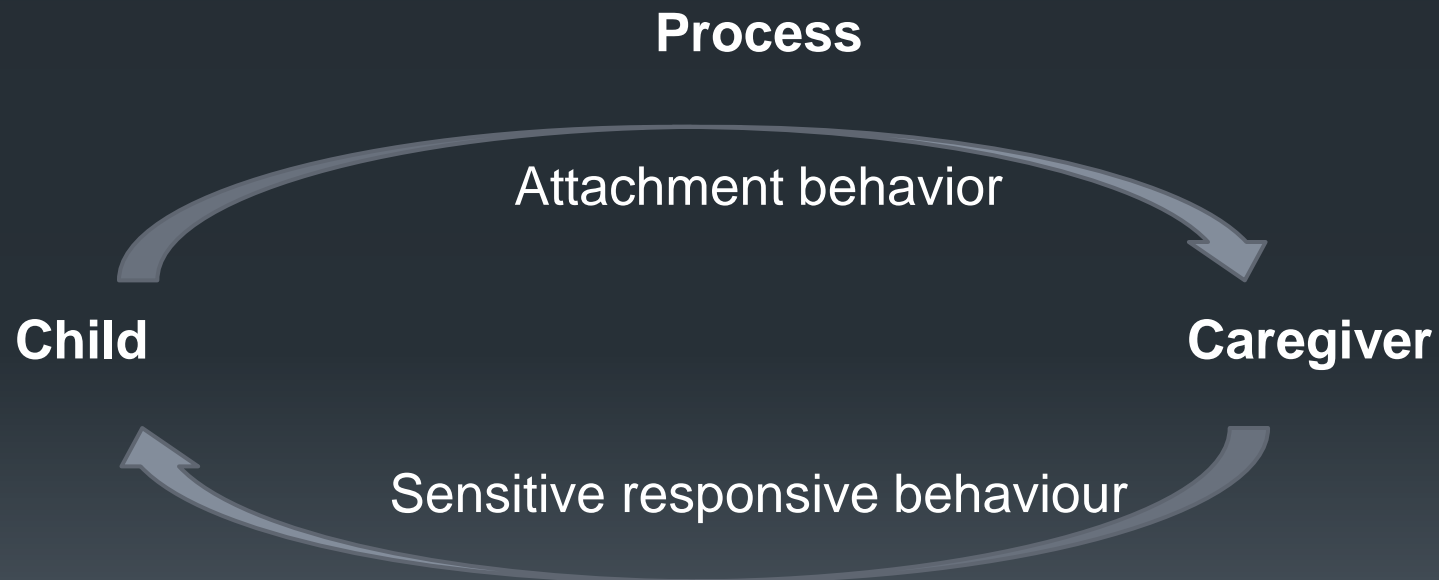
Attachment



Attachment behavior in adults towards the child includes responding sensitively and appropriately to the child's needs.



Attachment



Process of attachment = process of interaction!



Focus on attachment-interaction

What is needed on the caregiver's part?

- Sensitive reaction: mentalizing about the child's needs.
- Responsive reaction: giving what the child needs, at the moment he needs it, in the right amount.
- **Communicating this in words!**



Focus on attachment-interaction

What is happening on the child's part?

- Helps organizing the child's inner and outer world
- Stimulates and supports the child's communication about the inner and outer world
- Helps regulate stress and emotions
- Contributes to the development of basic trust:

Convinced of its own possibilities and competence.

+

Convinced of the availability of a helping person when needed.



Focus on attachment-interaction

What is happening on **the caregiver's part**?

- Sensitive reaction: mentalizing about the child's needs.
- Responsive reaction: giving what the child needs, at the moment he needs it, in the right amount.
- **Communicating this in words!**



Focus on attachment-interaction

What is happening on **the caregiver's part**?

- Sensitive reaction: **mentalizing about the child's needs.**
- Responsive reaction: giving what the child needs, at the moment he needs it, in the right amount.
- **Communicating this in words!**



Focus on attachment-interaction

Mentalizing about the child's needs, and communicating this in words...

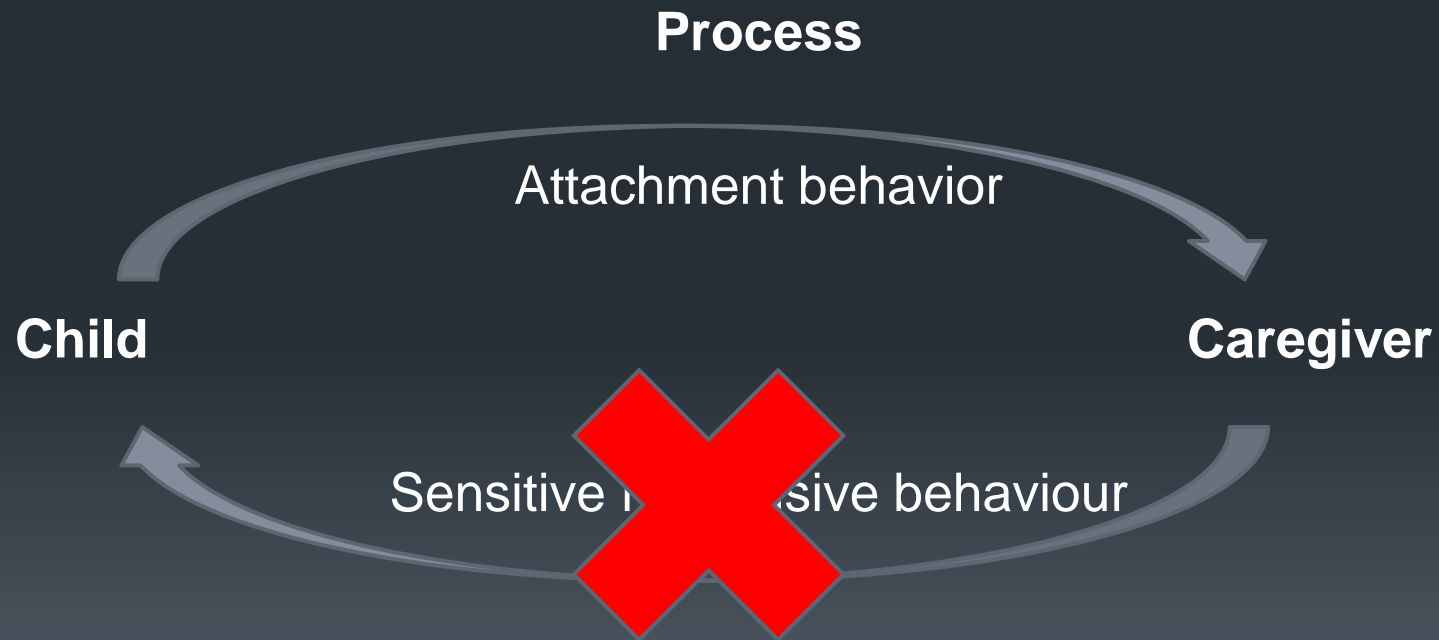
= **Mind-Mindedness** (Elizabeth Meins)



- More often giving words to the state of mind of the child leads to secure attachment (Meins, 2001)
- Mind-mindedness in child-caregiver interaction is an even better predictor for secure attachment than sensitivity.

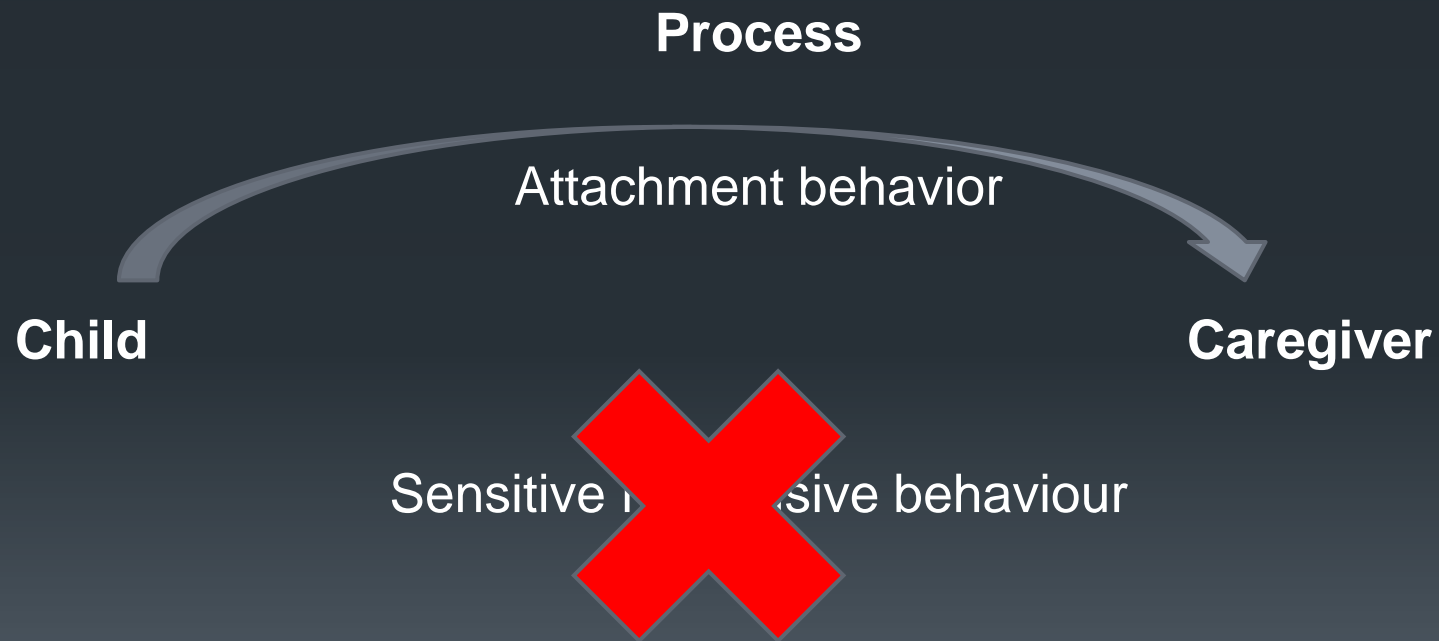


Disturbed attachment-process



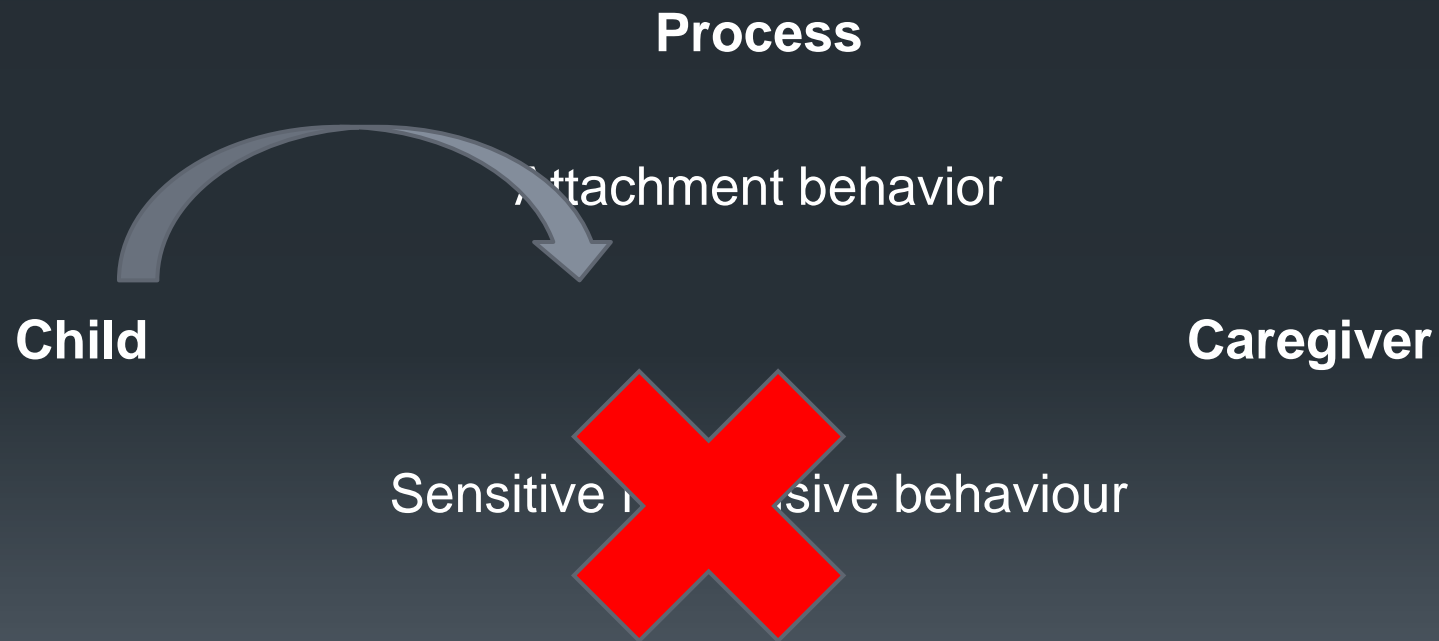


Disturbed attachment-process



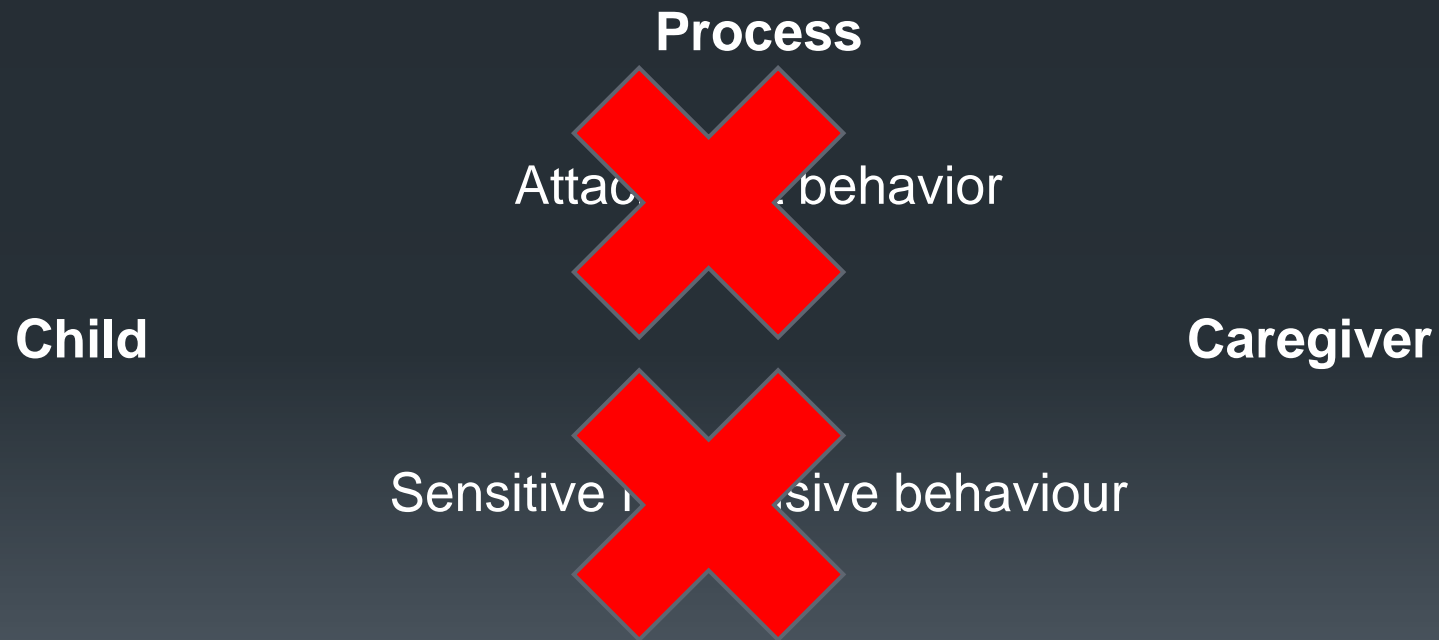


Disturbed attachment-process





Disturbed attachment-process





Repairing insecure attachment: Basic Trust Method

Process

Attachment behavior

Child



Caregiver

Sensitive responsive behaviour



Conclusion

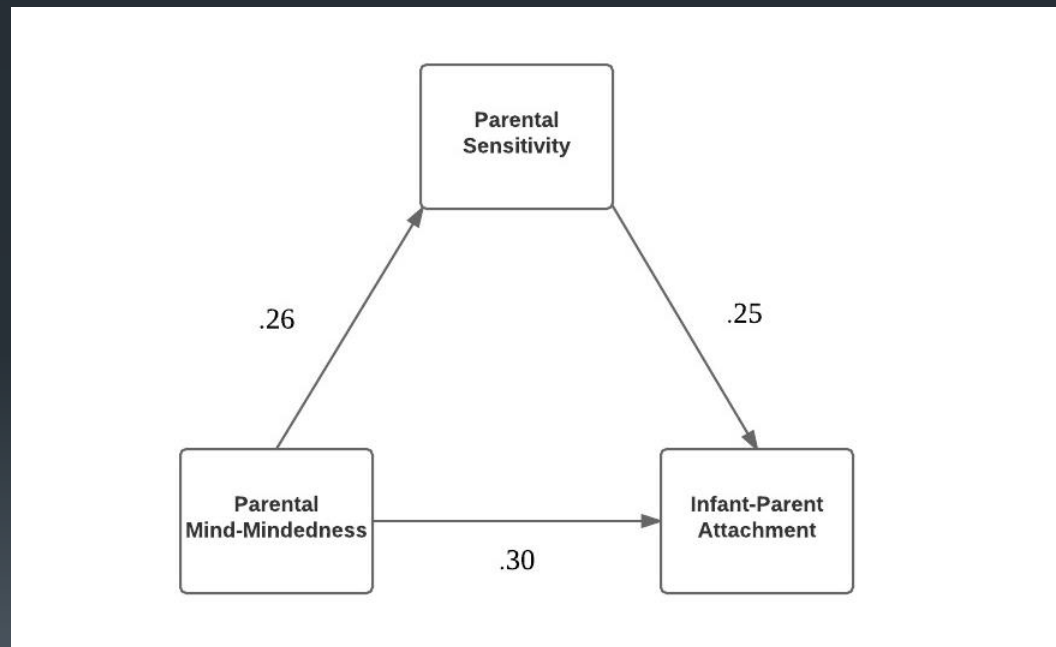
Treating insecure attachment should focus on:

- child-caregiver interaction
- sensitive responsiveness
- adding language to this process



Parental predictors of attachment

(Zeegers, Colonnesi, Stams, Meins, 2017)





Repairing insecure attachment: Basic Trust Method

What do we do?

- Psycho-education
- Video-feedback
 - Video-recording with family in play situation
 - Review with caregivers, focus on positive interaction (empowerment!)
 - Practicing specific interaction-skills
 - Homework



Repairing insecure attachment: Basic Trust Method

Interaction-principles, micro-analysis:

- Initiative or (re)action of the child
- Step 1: reception by the caregiver
 - Non-verbal
 - Verbal
- Step 2: Initiative of the caregiver
- Step 3: Ask for confirmation of receipt



Repairing insecure attachment: Basic Trust Method

Interaction-principles, micro-analysis:

- Step 1: reception by the caregiver
 - Non-verbal
 - Verbal



Repairing insecure attachment: Basic Trust Method

Interaction-principles, micro-analysis:

- Step 1: reception, verbal
 - (childs' name) 'You'
 - Posing (no questions!)
 - Concrete
 - Here and now
 - Neutral (no judgement, positive nor negative)



Repairing insecure attachment: Basic Trust Method

Interaction-principles, micro-analysis:

- Step 2: Initiative of the caregiver
 - Opinion, own experience
 - Study in depth
 - Circle – give turns
 - Possitive correction
 - Compliment
 - (and more)



Repairing insecure attachment: Basic Trust Method

Interaction-principles, micro-analysis:

- Step 3: Ask for confirmation of receipt
 - I wonder if you understood what I said
 - Could you tell me what your opinion on this matter is?
 - 12+



An attachment intervention targeting parental mind-mindedness and sensitivity in adoptive parents

The current study

- 1. Did the intervention improve parental mind-mindedness and sensitivity?
- 2. Did the intervention reduce attachment insecurity, child behavior problems?





An attachment intervention targeting parental mind-mindedness and sensitivity in adoptive parents

Participants

- 53 adoptive families - 106 parents
- Internationally adopted children (24 boys/29 girls)
- Mothers and fathers

- Middle-to-high SES

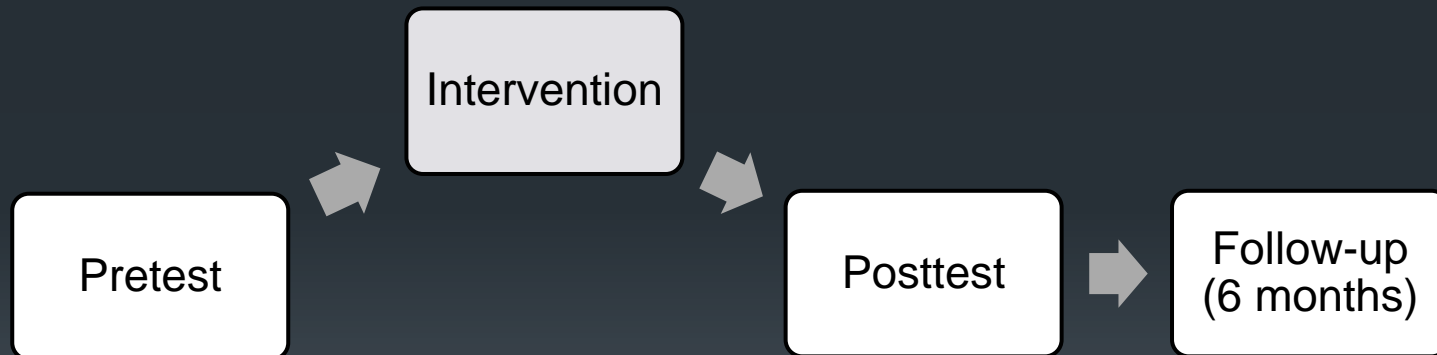
- Age children 2.5 – 12 years: $M = 7.5$ $SD = 2.4$
- Age of placement (years): $M = 2.4$, $SD = 1.7$





An attachment intervention targeting parental mind-mindedness and sensitivity in adoptive parents

Study Design





An attachment intervention targeting parental mind-mindedness and sensitivity in adoptive parents

Instruments - Mind-mindedness

- Describe-your-child interview (Meins & Fernyhough, 2015)
- Proportion of mind-related references
- Coding 3 trained observers
ICC = .89

| Mind-related comments |
|----------------------------------|
| Mental/cognition |
| Emotions |
| Likes and dislikes |
| Non mind-related comments |
| Behavior |
| Physical |
| Rest |





An attachment intervention targeting parental mind-mindedness and sensitivity in adoptive parents

Instruments – Sensitivity

- 10-min free play sessions
- Total score on sensitivity, structuring, non-intrusiveness, and non-hostility
- Coding by 4 trained observer ICC = .81





An attachment intervention targeting parental mind-mindedness and sensitivity in adoptive parents

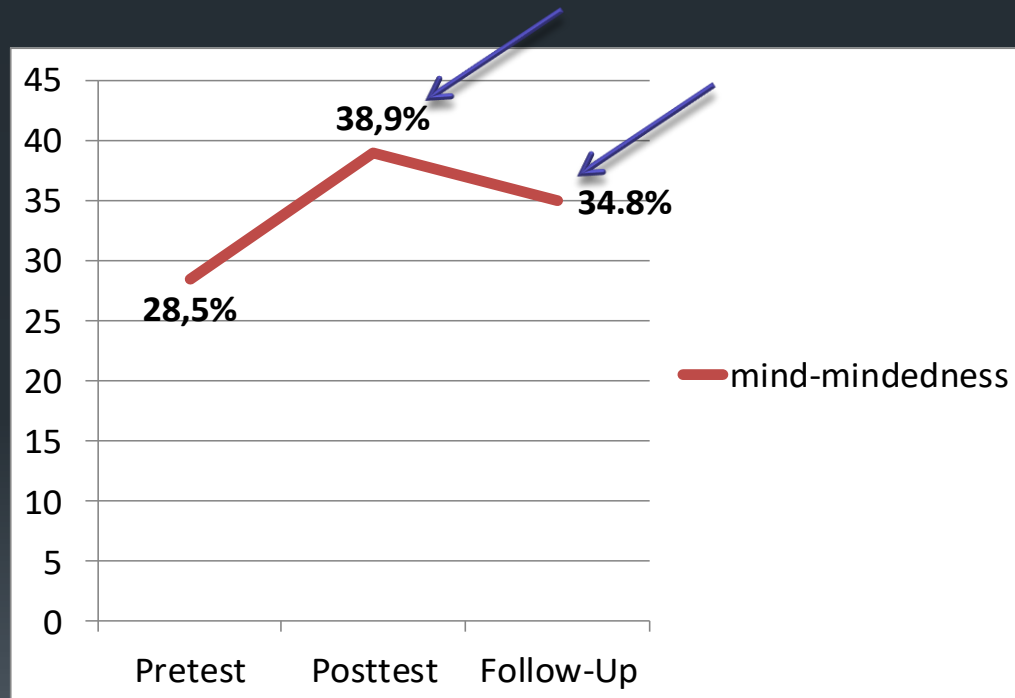
Questionnaires

- Child behavior problems: CBCL 1.5-5; 6-18
- Insecure Attachment: Attachment Insecurity Screening Inventory (AISI 2-5; 6-12; Wissink et al., 2015; Spruit et al., 2017)





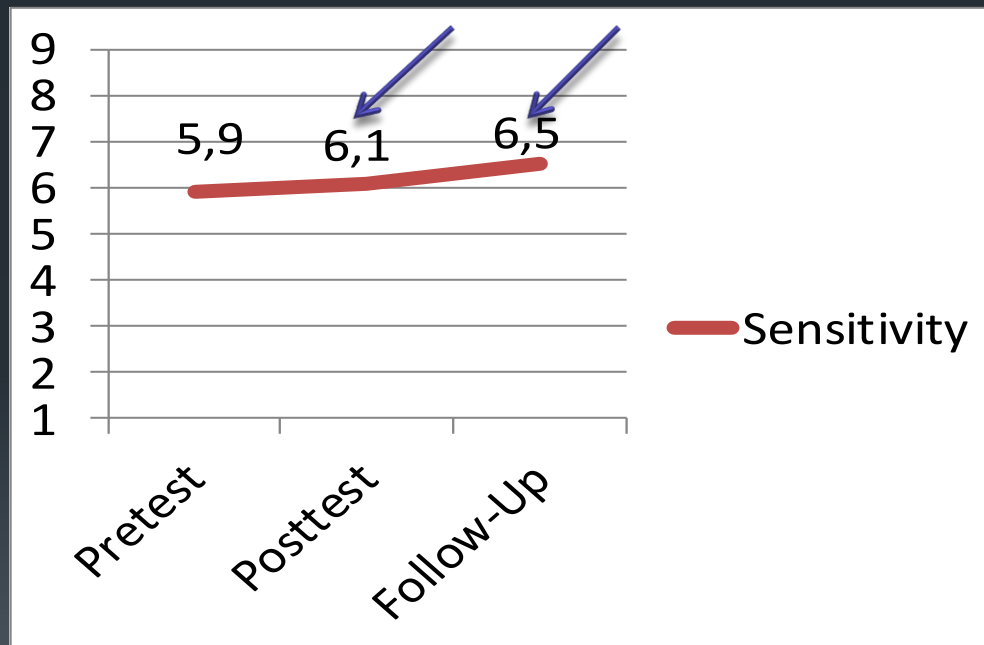
Did mind-mindedness change?



| | Post-test | Follow-Up |
|-----------|-----------|-----------|
| Cohen's D | 0.17 | 0.53*** |



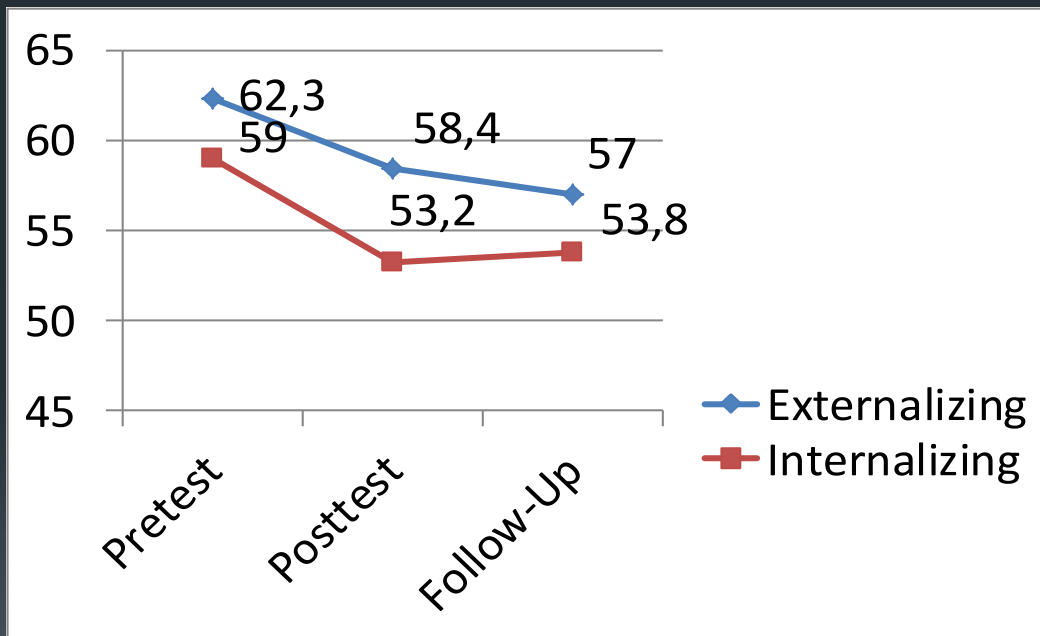
Did parents' sensitivity change?



| | Post-test | Follow-Up |
|-----------|-----------|-----------|
| Cohen's D | 0.17 | 0.53*** |



Did behavior problems decrease?

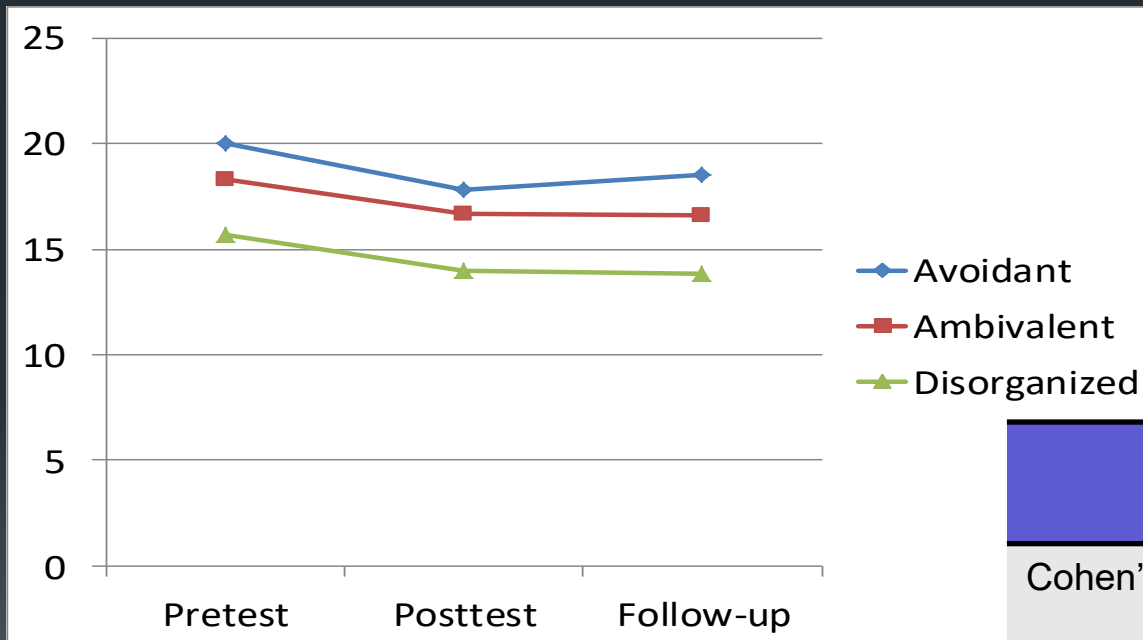


| | Post-test | Follow-Up |
|-----------------|-----------|-----------|
| Cohen's D | | |
| External | -0.54*** | -0.48*** |
| Internal | -0.38** | -0.53*** |





Did attachment insecurity decrease?



| | Post-test | Follow-Up |
|---------------------|-----------|-----------|
| Cohen's D | | |
| Avoidant | -0.36** | -0.24 |
| Ambivalent | -0.33* | -0.33* |
| Disorganized | -0.37** | -0.38** |





Short summary

- Basic Trust Intervention seems effective in enhancing parents' mind-mindedness and on (a longer term) sensitivity
- Children show less attachment insecurity, and behavior problems after the intervention





More articles

Basic Trust: An Attachment-Oriented Intervention Based on Mind-Mindedness in Adoptive Families

Cristina Colonnesi, Inge B. Wissink, Marc J. Noom,
Jessica J. Asscher, Machteld Hoeve¹, Geert Jan J. M. Stams,
Nelleke Polderman, and Marijke G. Kellaert-Knol
(Research on Social Work Practice, 2012)

Article on presented study is ‘under construction’





Questions?

Remarks?



Thank you very much for.....

- Your attention!!
- Your questions!!
- Your remarks!!