



Tilknytningspsykologene  
Kunnskapsformidling og klinikk

## Tilknytning, Circle of Security og høyriskopulasjon

Psykologspesialistene  
Brandtzæg og Torsteinson

Tilknytning - en dypfølt forbindelse.

–Ainsworth, 1973

Det å synkronisere oss med hverandre, synes å være  
er en grunnleggende drivkraft i oss mennesker.

–Tronick, 1989; Stern, 1985; 2000; 2010

Trygge barn opplever samhörighet i et bredt  
spekter av affektive tilstander.

– Brandtzæg, Torsteinson & Øiestad, 2016

Gjennfattede erfaringer med feilinntoninger og mangel på synkronitet leder til utrygghet

– Beebe, 2014

14 % i middelklasse, ikke-klinisk populasjon

– van IJzendoorn, 1999

I høy risikogrupper opptil 90% (f.eks. blant mishandlede barn)

– Cicchetti, mfl, 1990

### Forstyrret affektiv kommunikasjon fra omsorgsgiver (AMBIANCE) (Lyons-Ruth, mfl. 1999)

- ❖ Motsetningsfylt affektiv kommunikasjon: (f.eks snakker med innbydende stemme, men blokkerer fysisk barnets tilgang, upassende eller manglende respons på barnet)
- ❖ Rolle- / grenseforvirring: (f.eks. drar oppmerksomheten mot seg selv når det er barnet som har et behov)
- ❖ Skremt / skremmende, desorientert atferd: (f.eks synes forvirret, nølende , eller skremt med barnet)
- ❖ Invaderende/negativ atferd, fysisk og verbal: (f.eks tillegger barnet negative egenskaper, mobber / erter barnet)
- ❖ Tilbaketrekning, fysisk og emosjonell avstand: (f.eks samhandler på avstand, samhandler stille, går rundt spedbarn)

## Circle of Security International

### *Circle of Security Parenting*

- ❖ Utredning: Ingen
- ❖ Psykoedukasjon: Grafikk og DVD
- ❖ Individuelle prosesser: Psykoedukasjon med innebygd prosess, gruppeeffekt.
- ❖ Kompetansekrav: 4 dagers workshop. Videoveiledning, Fidelity Manual.

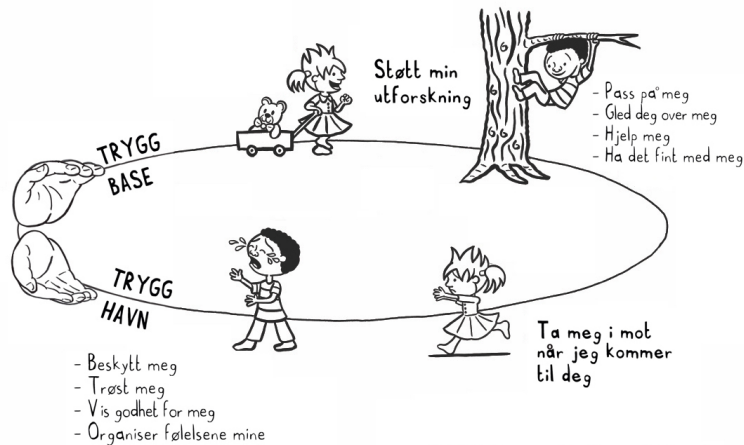
### *Circle of Security Intervention*

- ❖ Utredning: COSI og FS
- ❖ Psykoedukasjon: Grafikk
- ❖ Individuelle prosesser: Psykoedukasjon, gruppeeffekt, gjennomgang av FS.
- ❖ Kompetansekrav: 10 dagers workshop og 1 1/2 år gruppeveiledning.



# Trygghets sirkelen for foreldre®

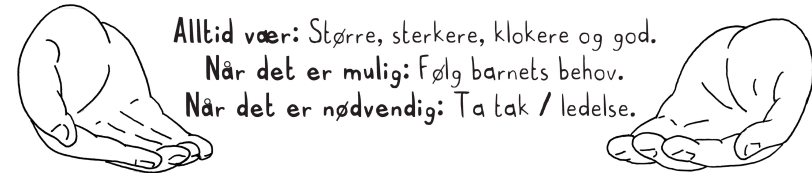
Veikart til å se barnet innenfra



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# Kjøreregler for voksne



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# Circle of Security International

Studier på høy risiko populasjon

## Circle of Security Parenting

- Horton E., & Murray C. (2015) A Quantitative Exploratory Evaluation of The Circle Of Security-Parenting Program with Mothers in Residential Substance-Abuse Treatment. Vol.36(3), 320-336.
- Cassidy, J., Brett, B. B., Gross, J. T., Stern, J. A., Martin, D., Mohr, J., et al. (2017). Circle of Security—Parenting: A randomized controlled trial in Head Start. *Developmental Psychopathology*, 29, 651-673.
- Mothander, P.R., Neander, K. (2017) Trygghets sirkelen som stöd till spädbarnfamiljer – användbarhet och effekter. *Socialmedicinsk tidskrift*, 4, 426-436.

## Circle of Security Intervention

- Hoffman, K.T., Marvin, R.S., Cooper, G. og Powell, B. (2006). Changing toddlers' and preschoolers' attachment classifications: The Circle of Security intervention. *Journal of Consulting and Clinical Psychology*, 74, 1017-1026.
- Cassidy, J., Ziv, Y., Stupica, B., Sherman, L.J., Butler, H., Karfgin, A., Cooper, G., Hoffman, K.T. & Powell, B. (2010). Enhancing attachment security in the infants of women in a jail-diversion program. *Attachment and Human Development*, 12, 333-353.
- Huber, A., McMahon, C. A., & Sweller, N. (2015a). Efficacy of the 20-week COS Intervention: Changes in caregiver reflective functioning, representations, and child attachment in an Australian clinical sample. *Infant Mental Health Journal*, 36(6), 556-574.
- Huber, A., McMahon, C. A., & Sweller, N. (2015b). Improved child behavioural and emotional functioning after COS 20-week intervention. *Attachment and Human Development*, 17(6), 547-569.
- Huber, A., McMahon, C., & Sweller, N. (2016). Improved parental emotional functioning after circle of security 20-week parent-child relationship intervention. *Journal of Child and Family Studies*, 25(8), 2526-2540.

# Trygghets sirkelen som stöd till spädbarn- och småbarnsfamiljer

– användbarhet och effekter

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Artikeln bygger på data hämtade från en svensk effektstudie av Trygghets sirkelen. En utvärdering av gruppledarnas och de 25 föräldrarnas uppfattning om Trygghets sirkelen visade att såväl gruppledare som föräldrar var enhälligt positiva till metodens teori, begrepp och upplägg. Gruppledarna uttryckte att metoden underlättade föräldrarnas delaktighet i behandlingen, men betonade att uppväckta känslor måste ges utrymme för bearbetning mellan sessionerna. Vidare presenterades förändringar av föräldrarnas inre representationer av barnet samt samspelskvalitet i föräldra-barnparet före och efter interventionen. Bedömningarna gjordes med Working Model of the Child Interview (WMCi) och Emotional Available (EA) scales. Uppföljningen visade att 10 föräldrars inre representation förändrats till balanserad och att 13 föräldra-barnpar förbättrat sin samspelskvalitet efter interventionen. Resultaten lyfter fram Trygghets sirkelns värde som komplement till sedvanlig behandling för familjer med späda och små barn.

## Circle of Security–Parenting: A randomized controlled trial in Head Start

April 2017 · Development and Psychopathology 29(2):651-673  
DOI · 10.1017/S0954579417000244



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### Abstract

Although evidence shows that attachment insecurity and disorganization increase risk for the development of psychopathology (Fearon, Bakermans-Kranenburg, van IJzendoorn, Lapsley, & Roisman, 2010; Groh, Roisman, van IJzendoorn, Bakermans-Kranenburg, & Fearon, 2012), implementation challenges have precluded dissemination of attachment interventions on the broad scale at which they are needed. The Circle of Security–Parenting Intervention (COS-P; Cooper, Hoffman, & Powell, 2009), designed with broad implementation in mind, addresses this gap by training community service providers to use a manualized, video-based program to help caregivers provide a secure base and a safe haven for their children. The present study is a randomized controlled trial of COS-P in a low-income sample of Head Start enrolled children and their mothers. Mothers (N = 141; 75 intervention, 66 waitlist control) completed a baseline assessment and returned with their children after the 10-week intervention for the outcome assessment, which included the Strange Situation. Intent to treat analyses revealed a main effect for maternal response to child distress, with mothers assigned to COS-P reporting fewer unsupportive (but not more supportive) responses to distress than control group mothers, and a main effect for one dimension of child executive functioning (inhibitory control but not cognitive flexibility when maternal age and marital status were controlled), with intervention group children showing greater control. There were, however, no main effects of intervention for child attachment or behavior problems. Exploratory follow-up analyses suggested intervention effects were moderated by maternal attachment style or depressive symptoms, with moderated intervention effects emerging for child attachment security and disorganization, but not avoidance; for inhibitory control but not cognitive flexibility; and for child internalizing but not externalizing behavior problems. This initial randomized controlled trial of the efficacy of COS-P sets the stage for further exploration of “what works for whom” in attachment intervention.

*Attachment & Human Development*  
Vol. 12, No. 4, July 2010, 333–353



## Enhancing attachment security in the infants of women in a jail-diversion program

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(Received 8 August 2008; final version received 30 July 2009)

Pregnant female offenders face multiple adversities that make successful parenting difficult. As a result, their children are at risk of developing insecure attachment and attachment disorganization, both of which are associated with an increased likelihood of poor developmental outcomes. We evaluated the outcomes of participants in Tamar’s Children, a 15-month jail-diversion intervention for pregnant, nonviolent offenders with a history of substance abuse. All women received extensive wrap-around social services as well as the Circle of Security Perinatal Protocol (Cooper, Hoffman, & Powell, 2003). We present data on 20 women and their infants who completed the full dosage of treatment (a residential-living phase from pregnancy until infant age six months and community-living phase until 12 months). Results indicated that (1) program infants had rates of attachment security and attachment disorganization comparable to rates typically found in low-risk samples (and more favorable than those typically found in high-risk samples); (2) program mothers had levels of maternal sensitivity comparable to mothers in an existing community comparison group; and (3) improvement over time emerged for maternal depressive symptomatology, but not other aspects of maternal functioning. Given the lack of a randomized control group, results are discussed in terms of the exploratory, program-development nature of the study.

## EFFICACY OF THE 20-WEEK CIRCLE OF SECURITY INTERVENTION: CHANGES IN CAREGIVER REFLECTIVE FUNCTIONING, REPRESENTATIONS, AND CHILD ATTACHMENT IN AN AUSTRALIAN CLINICAL SAMPLE

ANNA HUBER, CATHERINE A. MCMAHON, AND NAOMI SWELLER  
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**ABSTRACT:** Circle of Security is an attachment theory based intervention that aims to promote secure parent–child attachment relationships. Despite extensive uptake of the approach, there is limited empirical evidence regarding efficacy. The current study examined whether participation in the 20-week Circle of Security intervention resulted in positive caregiver–child relationship change in four domains: caregiver reflective functioning; caregiver representations of the child and the relationship with the child; child attachment security, and attachment disorganization. Archived pre- and postintervention data were analyzed from 83 clinically referred caregiver–child dyads (child age: 13–88 months) who completed the Circle of Security intervention in sequential cohorts and gave permission for their data to be included in the study. Caregivers completed the Circle of Security Interview, and dyads were filmed in the Strange Situation Procedure before and after the intervention. Results supported all four hypotheses: Caregiver reflective functioning, caregiving representations, and level of child attachment security increased after the intervention, and level of attachment disorganization decreased for those with high baseline levels. Those whose scores were least optimal prior to intervention showed the greatest change in all domains. This study adds to the evidence suggesting that the 20-week Circle of Security intervention results in significant relationship improvements for caregivers and their children.

## Improved child behavioural and emotional functioning after Circle of Security 20-week intervention

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DOI · 10.1080/14616734.2015.1086395



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### Abstract

This study examined the efficacy of the attachment-based Circle of Security 20-week intervention in improving child behavioural and emotional functioning. Participants were 83 parents of children (1–7 years) referred to a clinical service with concerns about their young children’s behaviour. Parents (and teachers, when available) completed questionnaires assessing child protective factors, behavioural concerns, internalizing and externalizing problems, prior to and immediately after the intervention. The following were considered as potential moderators: child gender and age, parent representations, reflective functioning, child attachment indices and severity of presenting problems, prior to treatment. Results showed significant improvement for parent ratings of child protective factors, behavioural concerns, internalizing and externalizing symptoms, all  $p < .05$ , and children with more severe problems showed most improvement. Teachers also reported improvements, but change was significant only for externalizing problems ( $p = .030$ ). Findings suggest Circle of Security is effective in improving child behavioural and emotional functioning in clinically referred children aged 1–7 years.

## Improved Parental Emotional Functioning After Circle of Security 20-Week Parent–Child Relationship Intervention

Authors [Authors and affiliations](#)

Anna Huber , Catherine McMahon, Naomi Sweller

### Abstract

This study examined the effectiveness of the attachment-based Circle of Security 20-week intervention (COS) in improving parent emotional functioning in 83 families referred to a community clinical service with concerns about their young children's behavior. Parenting stress and parent psychological symptoms were assessed pre and post intervention and mixed design repeated measures ANOVAs were used to assess change. Severity of presenting problems was considered as a moderator. Results showed clinically significant improvements in both aspects of parent emotional functioning, with changes accounted for by those with more severe problems at the outset. Improvements for parents were associated with improved child behavior and more positive parent representations of the child and of parenting capacity. Findings suggest the intensive COS intervention is effective in reducing parenting stress and psychological symptoms in parents of children from aged 1–7 years. Questions remain about the mechanisms of change and the direction of effects.

## Forskningsstatus COS International-Programmene

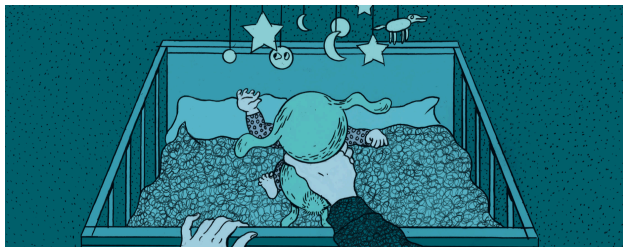
- ◊ Referanse for forskningsstatus: Woodhouse, S.S., Powell, B., Cooper, G., Hoffman, K. & Cassidy J. (2017) The Circle of Security Intervention: Design, Research, and Implementation. I.H. Steele and M. Steele (red) *Handbook of Attachment-Based Interventions*. New York: Guilford Press.
- ◊ Så langt støtter forskningen at de ulike COS protokollene har effekt på barnets tilknytning, barnets helse og foreldrenes helse. Fremdeles trengs mer forskning - og da særlig flere RCT studier. I tillegg til RCT vil også andre design hjelpe oss til å svare på viktige spørsmål vedrørende COS.
- ◊ Å se på klinikerne egen betydning for effektiviteten av programmet er også et viktig område å gå nærmere inn på. Slik forskning vil også kunne være med å forbedre utdannelsen av behandlere i fremtiden.
- ◊ COS P ble designet for bred implementering - og den pågående implementerings-forskningen vil øke vår forståelse av hvem som vil ha nytte av programmet, og hvem som trenger ytterligere tiltak.
- ◊ I noen kontekster vil det være nyttig at COS P og COS I blir en del av en helhetlig tenkning, som dreier seg om familiers psykiske og fysiske helse, boforhold, arbeid, økonomi, miljøet til barna osv.

# En god sirkel

Circle of Security Parenting (COS-P) er et psykoedukativt program der målet er å hjelpe foreldre i foreldrerollen. Siden våren 2012 har Solli DPS drevet COS-P-grupper for pasientene. Tilbakemeldingene har vært positive.

### TEKST

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