

Additional Attachment Therapies

1. Attachment and Biobehavioral Catch-up (ABC)

This intervention for caregivers of infants 6 months to 2 years old who have experienced early adversity was developed by Dr. Mary Dozier to help caregivers provide nurturing care and engage in synchronous interactions with their infants. A key goal is to increase child attachment security and decrease disorganized attachment.

Parent coaches provide ABC. Parent coaches are required to have a bachelor's degree and experience working with high-risk families. The intervention is delivered in 10 sessions in the home.

ABC has three intervention components:

- First component: Young children who have experienced early maltreatment and/or disruptions in care can often behave in ways that push caregivers away. ABC helps caregivers re-interpret children's behavioral signals so that they provide nurturance, even when it is not elicited.
- Second component: Many children who have experienced early adversity are dysregulated behaviorally and biologically. ABC helps caregivers provide a responsive, predictable environment that enhances young children's behavioral and regulatory capabilities. Parent coaches encourage caregivers to follow their children's lead with delight.
- Third component: ABC helps caregivers decrease behaviors that can be overwhelming or frightening to a young child.

Learn more about ABC by reviewing material at the following links:

<http://www.cebc4cw.org/program/attachment-and-biobehavioral-catch-up/detailed>

<http://www.abcintervention.org/>

<https://www.youtube.com/watch?v=93FklauZFpo>

2. Parent-Child Interaction Therapy (PCIT)

Parent-Child Interaction Therapy, developed by Sheila Eyeberg, Ph.D., is an evidence-based treatment for young children with emotional and behavioral challenges that places emphasis on improving the quality of the parent-child relationship and changing parent-child interaction patterns.

Children and their parents or guardians are seen together in PCIT. Most of the session time is spent coaching caregivers in the application of specific therapy skills. Therapists coach from an observation room with a one-way mirror into the playroom, using a “bug-in-the-ear” system for communicating to the parents as they play with their child.

At the end of each session, the therapist and the parent or guardian together decide which skill to focus on most during daily 5-minute home practice sessions the following week.

Learn more about PCIT by reviewing information at the following links:

<http://www.pcit.org/> (“For Professionals” page includes several videos.)

<http://www.cebc4cw.org/program/parent-child-interaction-therapy/>

3. Child-Parent Psychotherapy (CPP)

Child-Parent Psychotherapy (CPP), developed by Dr. Alicia Lieberman, University of California, San Francisco, is another attachment-based intervention for children from infancy through 5 years of age and their parent or guardians when a child has experienced at least one form of trauma.

The goal is to support and strengthen the relationship between a child and his or her parent or guardian to repair the child's sense of safety, attachment, and appropriate affect and improve the child's cognitive, behavioral, and social functioning. The type of trauma and the child's age or developmental status determine the structure of CPP sessions.

Learn more about CPP by reviewing the following:

<http://childparentpsychotherapy.com/about/contact/>

<http://www.cebc4cw.org/program/child-parent-psychotherapy/detailed>

<https://vimeo.com/167150178>

4. Circle of Security (CoS)

Another intervention to help parents/guardians of children younger than six in high risk populations, to better understand their own attachment and trauma histories, and the impact of their histories on their parenting, is the Circle of Security intervention.

The protocol for Circle of Security is a 20-week, group-based, parent education and psychotherapy intervention designed to shift patterns of attachment-caregiving interactions in high-risk caregiver-child dyads to a more appropriate developmental pathway.

Learn more about the Circle of Security at the following links:

<https://www.circleofsecurityinternational.com/>

<http://www.cebc4cw.org/program/circle-of-security-home-visiting-4/>

<https://www.youtube.com/watch?v=TMmuHYpNkMI>

5. Filial Therapy (also Child-Parent Relationship Therapy-CPRT)

Filial therapy is a type of non-directive, child-centered play therapy that trains parents to play therapeutically with their children. After learning the principles, parents conduct the play sessions under the supervision of the therapist.

CPRT is a 10-session group model based on filial therapy and uses small groups of 5-8 parents that functions as both a training and a support group. The first few sessions teach parents the principles and skills of child-centered play therapy.

Parents are asked to video weekly, 30-minute child-led play sessions at home, during which they set up a specific group of toys in a designated area of their home. Then parents receive feedback from the group members and the therapist on their success in applying the principles and skills they have learned.

For more information see:

<https://growththroughplaytherapy.com/filial.html>

<http://www.cebc4cw.org/program/child-parent-relationship-therapy-cprt/detailed>

<https://www.youtube.com/watch?v=jqFARX-me4A>