

Attachment and Psychopathology

Patricia M. Crittenden, Ph.D.

COURSE OVERVIEW

This 5-day course focuses on the development, prevention, and treatment of psychological disorder. It weaves together theory, human development, assessment, case examples, and treatment applications to reframe maladaptive behavior in terms of strategies for self-protection. The course focuses on development from infancy to adulthood, emphasizing the process of adaptation and developmental pathways that carry risk for psychopathology. The model used is the Dynamic-Maturational Model (DMM) of attachment and adaptation.. The DMM is relevant to individuals who are **at-risk**, have been **exposed to danger**, display **disturbed or maladaptive behavior**, or are diagnosed as having a **psychiatric disorder**. A particular emphasis is **cultural influences** on attachment.

This course is intended for professionals, including psychiatrists, psychologists, attorneys, social workers, teachers and nurses, who work with troubled families or individuals.

The course is structured developmentally and consists of lecture with **slides, videotapes, role playing, and interview transcripts** to demonstrate the patterns and principles of development. A set of readings and exercises, tied to each day's material, are offered.

The Attachment & Psychopathology course is prerequisite to all assessment courses, e.g., the Adult Attachment Interview.

Treatment strategies are described for each age period and include an integration of ideas from all the major theories of treatment as well as suggestions regarding risky practices that should be avoided.



Patricia McKinsey Crittenden, Ph.D.

Patricia Crittenden has many years experience as an academic and practitioner in the fields of child abuse, attachment theory, and family therapy. After her training with Mary Ainsworth, she served on the Faculties of Psychology at the Universities of Virginia and Miami. She has held visiting positions at the Universities of Helsinki and Bologna, as well as the Clark Institute of Psychiatry (Canada), San Diego State University (USA), and Edith Cowan University (Australia). She is well known for having developed the Dynamic-Maturational Model (DMM) of attachment and adaptation and is one of the founders of the International Association for the Study of Attachment (IASA). In 2004, she received a Career Achievement Award from the European Family Therapy Association. In addition, she has published more than 100 scientific papers and several books.

An introduction is given to the DMM assessments of attachment:

- Infant *CARE-Index* (birth - 24 months)
- *Ainsworth Strange Situation* (SSP, 11-15 months)
- *Toddler CARE-Index* (15-36 months)
- *Preschool Assessment of Attachment* (PAA, 2 - 5 years)
- *School-age Assessment of Attachment* (SAA, 6-13 years)
- *Family Drawings* (4 -13 years)
- *Transition to Adulthood Attachment Interview* (TAAI, 16-25 years)
- *Adult Attachment Interview* (AAI, 25 years and older)
- *Parents Interview*

Supplementary reading: Crittenden, P. M. (2008). *Raising Parents: Attachment, parenting, and child safety*. Willan Publishing.



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Sample Schedule

DAY ONE

- AM Evolution, danger and brain
Infancy & parental protection
- PM *CARE-Index* videotapes
Child abuse and neglect
Cultural influences on self-protection

DAY TWO

- AM The Ainsworth patterns of attachment
Disorders versus diseases
Infant Strange Situation video
Post-natal depression, autism, & the psychoses
Treatment: Risk, recommended practices, risky practices
- PM Preschool development and the dynamic-maturational model
The coercive and compulsive self-protection strategies
Cross-generational transformations
Treatment in the preschool years

DAY THREE

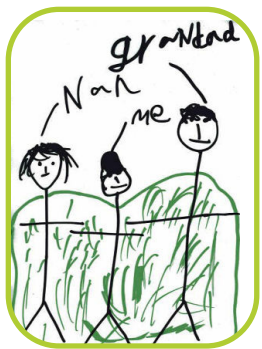
- AM *Preschool Assessment of Attachment* videos
Adoption & foster care
Reducing coercive behavior
- PM School-age: Peers, obsessive & deceptive strategies
Culture: Gender development & parental roles
Conduct problems and psychotic intrusions
Treatment: Hidden problems, recommended & risky practices

DAY FOUR

- AM *Family Drawings*
The School-age Assessment of Attachment
- PM Adolescence: Integrating sexuality with attachment
Sexual disorders and sexual offending
Eating & personality disorders
Transition to Adulthood Attachment Interview
Dangerous gaps in services & preventative opportunities

DAY FIVE

- AM Forming families
Violence & criminality
The Adult Attachment Interview
- PM Summary & overview
Differential treatment



WHAT YOU WILL TAKE AWAY FROM THIS PROGRAM

New skills:

- Perceiving discrepant behavior: seeing commonly overlooked clues to trouble
- Identifying false-positive affect: uncovering hidden problems in their early stages
- Differentiating symptoms & self-protective strategies: specifying how symptoms function
- Functional formulation: moving beyond diagnoses to understanding behavior
- Treatment planning: choosing treatment strategies to
 - increase efficiency,
 - lower cost,
 - reduce risk of iatrogenic harm

Take-away Tools

- Level of Family Functioning Scale
- Gradient of Intervention Scale
- Downloadable materials (on www.patcrittenden.com)
- Daily text of slides (with registration only)
- Color models of strategies
- Numerous published papers



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