



DMM Clinician Tools

From a lawyer's perspective

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Why the DMM for a lawyer?

- Mark Baumann, J.D.
 - Litigator (30 years), mediator, judge pro tem
 - Family law (divorce, child custody, domestic violence, sexual abuse)
- Attachment & Psychopathology
- PAA training
- AAI training & certification

- Integrative Client Counseling Institute, founder
 - www.ICC.Institute

"I just need the judge to see how things really are, then he'll make a good ruling. Do you know what I mean?"

Are lawyers Transitory Attachment Figures?

- A simple definition of attachment
 - A relationship between
 - A person who needs protection from danger, and
 - A person who can provide protection from danger

As a Transitory Attachment Figures, how are lawyers and therapists different and the same?

Clients communicate cognitively or affectively

- All legal clients are facing danger
- Most clients are
 - using obvious
 - cognitive or affective
 - Self-Protective Strategies, &
 - Patterns of Information Processing

The heart of a lawyer's work

1. Provide protection from danger
2. **Facilitate optimal thinking and decision making**
 - a) Find transformed facts and contexts
 - b) Help people see new facts and contexts
 - c) If co-parent is causing attachment-harm, help client cause attachment-healing (judge's can't)

The DMM also helps me:

- Distinguish manipulation/deceit from efforts to meet needs which are based on transformed information
- Predict what the missing information might be
- Ask the right questions to elicit missing information
- Present new information in a tolerable way
- **Deconstruct** and then **reconstruct** more comprehensive & coherent client statements
- Potentially provide a **healing** experience for clients

Article

- ***"Unfortunately, it's legal for parents to harm their children": Using a DMM-informed attachment framework to promote attachment-healing in custody and domestic violence cases.*** By Mark Baumann, J.D.
- <http://www.icc.institute/unfortunately-its-legal-for-parents-to-harm-their-children-using-a-dmm-informed-attachment-framework-to-promote-attachment-healing-in-custody-and-domestic-violence-cases/>

Prevalence: Client study

- Informal assessments, 2 cohorts
 - (client n=52 (about half of each gender), total n=104)
- **Most clients are clearly demonstrating cognitive or affective DMM patterns of information processing**
- About half demonstrate challenged decision making (insecure, A+ or C+)

Client study: Couples

- 50% of couples Cognitive-Affective pair
- No A-A pairs
- Most others, about equally split:
 - C-C, or
 - AC and A or C

Is this true for all lawyers?

Client study: DV cases

- “Victims”
 - 66% cognitive, 33% affective
- “Perpetrators”
 - 83% Affective
 - 17% AC (possibly higher)
 - 0% Cognitive

This issue could be further studied in a DV agency setting.

Client study: Observations

It can be difficult to distinguish B1-2 from A1-2 and B4-5 from C1-2.

and A or C1-2 from A or C3-4

Sometimes B-processors only need a little advice and direction, and some kindness.

DMM clinician tools

- DMM Danger List
- Conflict Model circumplex
- Cognitive-Affective Aspects and Facets worksheet
- 5-Step Change Process Model

DMM danger list

- Danger is a central DMM issue
- What constitutes danger?
- **Dangers can be universal, age-salient, or unique to cognitive and affective information processing patterns**

Danger categories

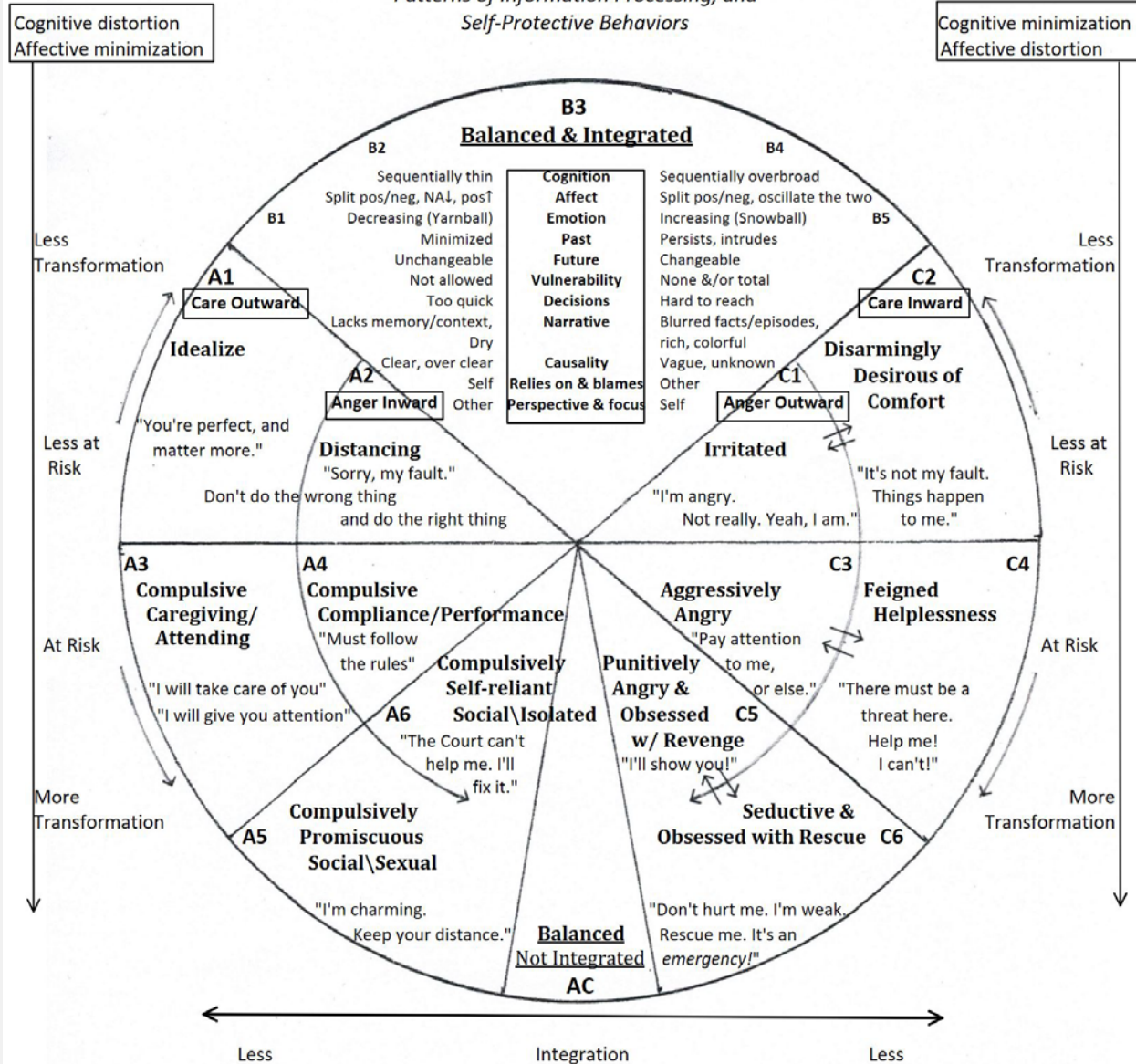
- Universal dangers
 - Snakes, cliffs, loss of loved ones
- Cognitive specific dangers, 3 examples:
 - Doing the wrong thing
 - Showing true feelings
 - Taking own perspective
- Affective specific dangers, 3 examples
 - Not being in a struggle/conflict
 - Compromise
 - Taking someone else's perspective

DMM danger list

- Full list available at
- <https://www.iasa-dmm.org/slides-abstracts>
- <http://www.icc.institute/iccm/iccm-tools/dmm-danger-list/>

Help build-out the list. Contact office@markbaumann with your ideas.

Conflict Model Circumplex
Categories, Aspects and Facets
Patterns of Information Processing, and
Self-Protective Behaviors



© Mark Baumann 2016-2017. V 5.2 Based on the Dynamic Maturational Model of Attachment and Adaptation (DMM), with permission from Dr. Patricia Crittenden. (DMM category modifications: cognitive A7-8 and affective C7-8 categories are omitted from this map.)

Conflict Model Circumplex notes

- Alternate version of DMM circumplex
- Emphasize odd-even split
- Capture the dimensionality of information transformation and integration
- Connotative quotes
- 13 aspects and facets of cognitive and affective functioning
- Sets up a simple 4-quadrant model

- Full size copy available upon request, office@markbaumann.com

Cognitive-Affective Aspects and Facets worksheet (CAAF)

- 2 column worksheet
- Identifies
 - Primary issues (24 aspects)
 - key differences (48 facets)

Cognitive Facets	Aspects	Affective Facets
1. Very logical, if/then sequential thinking. <i>"If this, then that. End of story."</i> May not including enough facts outside basic fact set and/or not considering feelings or context, misses big picture. Overly logical.	1. Cognition	1. Logic based on feelings and loosely connected facts/rules. Facts/events may be blurred and conflated, mixing facts from different events, sometimes re-blended to create new super-story. Big picture ignores contradictory facts/rules.
2. Positive perspective dominates, may over-focus on positive and avoid/exclude problems/negativity to the detriment of self/children. (May alternate positive w/criticism, esp. for perceived rule violations, see #10.)	2. Affect	2. Positive perspective dominates, may over-focus on positive and avoid/exclude problems/negativity to the detriment of self/children. (May alternate positive w/criticism, esp. for perceived rule violations, see #10.)
3. Struggle unlikely or quickly abandoned. Conflict is avoided, may overly-tolerate conflict, give-in, diffuse it, or withdraw completely.	3. Struggle/ conflict	3. Unresolvable struggle. Conflict hard to resolve, always ongoing; conflict is comfortable, common, actively sought. Drama king/queen. Temporarily disarms with charm.
4. Compliant or super-high performing (and self-harming), may be very/overly self-reliant to comply with some rule-set and not be a bother to others.	4. Comply/ coerce	4. Coercive, controlling, threatening (sometimes menacing). Aggression and charm function together as a pincer to coerce compliance. May manipulate rules to coerce.
5. Caregiving, wanting to give care and comfort. May be smothering, take away other's autonomy, hide self.	5. Care	5. Care needing, wanting to receive comfort. May be insatiable, and involve feigned helplessness.
6. Idealizes other to make them feel needed or important. <i>"I will take care of you. Don't worry about me, I'm fine."</i>	6. Rescue	6. Can seduce others to rescue them, <i>"It's an emergency. You're the only one who can help me."</i>
7. Other-focus, meeting other person's needs is most important, may not tend to own/children's needs.	7. Self/other focus	7. Self-focus, meeting his/her own needs most important thing, may have difficulty considering other person's needs.
8. Anger display possible, may be "bubbling under the surface", often expressed toward self, may be quick and brief explosion out of built up frustration.	8. Anger	8. Anger displayed easily, may be frequently "on the surface", usually directed at others and functions to coerce others to satisfy needs and demands.
9. Rule follower. <i>"I Should do this", "I Musn't do that"</i> . Rules more important than feelings or consequences. Rules should apply equally to all.	9. Rule handling	9. Rule avoider, holds others to rules; <i>"Rules are meant to be broken", "You should"</i> . Feelings are more important than rules or consequences. Different standards for themselves.

Cognitive-Affective Aspects and Facets worksheet (CAAF)

- Attachment demonstrates a primary division in human functioning: Cognitive and affective
- Cognitive: Prefers information temporally ordered
- Affective: Prefers information related to intense feelings

- Questions:
 - What are the relevant aspects of this division?
 - How does each type differ on an individual aspect?
 - How can clinicians quickly sort out information processing preference?

Cognitive-Affective Aspects & Facets (CAAF)

Cognitive Facet

Very sequential, if/then
 Split +/-, dismiss –
 Rule follower “I should”
 Yarnball, denotative
 Giving
 Avoided, abandoned

Self
 Self, not other
 Self
 Other
 Other’s

Aspect

Cognition
 Affect
 Rule handling
 Narrative style
 Care
 struggle

Self vs other:

- Relies on
- Causation
- Placement of blame
- Perspective
- Needs focus

Affective Facet

Logic based on feelings
 Split +/-, oscillate both
 Avoider, “you should”
 Snowball, connotative
 Needing
 Present, unresolvable

Other
 Other, not self
 Other
 Self
 Self

CAAF: Function of behavior is crucial to distinguish A vs. C

Cognitive Facet (A)	Aspect	Affective Facet (C)
False positive affect? W/self responsibility	Smile If/then	Charm/disarm -causal attributions, -self responsibility (C5)
Idealize and focus on other	Positive attribute of other	Acknowledged & transformed into a weakness (C5)
Fast (leaves no room for interruption or comment)	Speech	Run on sentences (blurring facts, events, people, semantic conclusions)

CAAF: Controversial aspects

- #4 Comply vs. coerce
- #15 Rejection (from rejection social science*)
 - Tends to lead to increased prosocial behavior or aggression
- #16 Jealousy
- #17 & 18 **Shame vs. Humiliation**
 - Shame: intrapersonal and rule-based quality**
 - Humiliation: interpersonal and relational quality

How would you label or describe these aspects and facets?

* Gerber, Jonathan, and Ladd Wheeler. "On Being Rejected: A Meta-Analysis of Experimental Research on Rejection." *Perspectives on Psychological Science* 4(5), 468-88.

Leary, Mark R., Jean M. Twenge, and Erin Quinlivan. "Interpersonal Rejection as a Determinant of Anger and Aggression." *Personality and Social Psychology Review* 10(2), 111-32.

** Shame is clearly associated with cognitive processing in Crittenden P.M. and Landini, A. (2011), *Assessing Adult Attachment: a dynamic Maturational Approach to discourse analysis*, W.W. Norton & Company, at pages 92, 140,142, 164, 177, 356. Humiliation is not mentioned.

CAAF: More info

To request a copy of the current
CAAF email

office@markbaumann.com

What are the most relevant aspects?

How would you describe the aspects or facets?

5-Step Change Process Model

- Legal clients who want an optimal outcome usually need to change:
 - Perspective
 - Memory systems accessed
 - Information they are consider
 - Pattern of Information Processing

5-Step Change Process

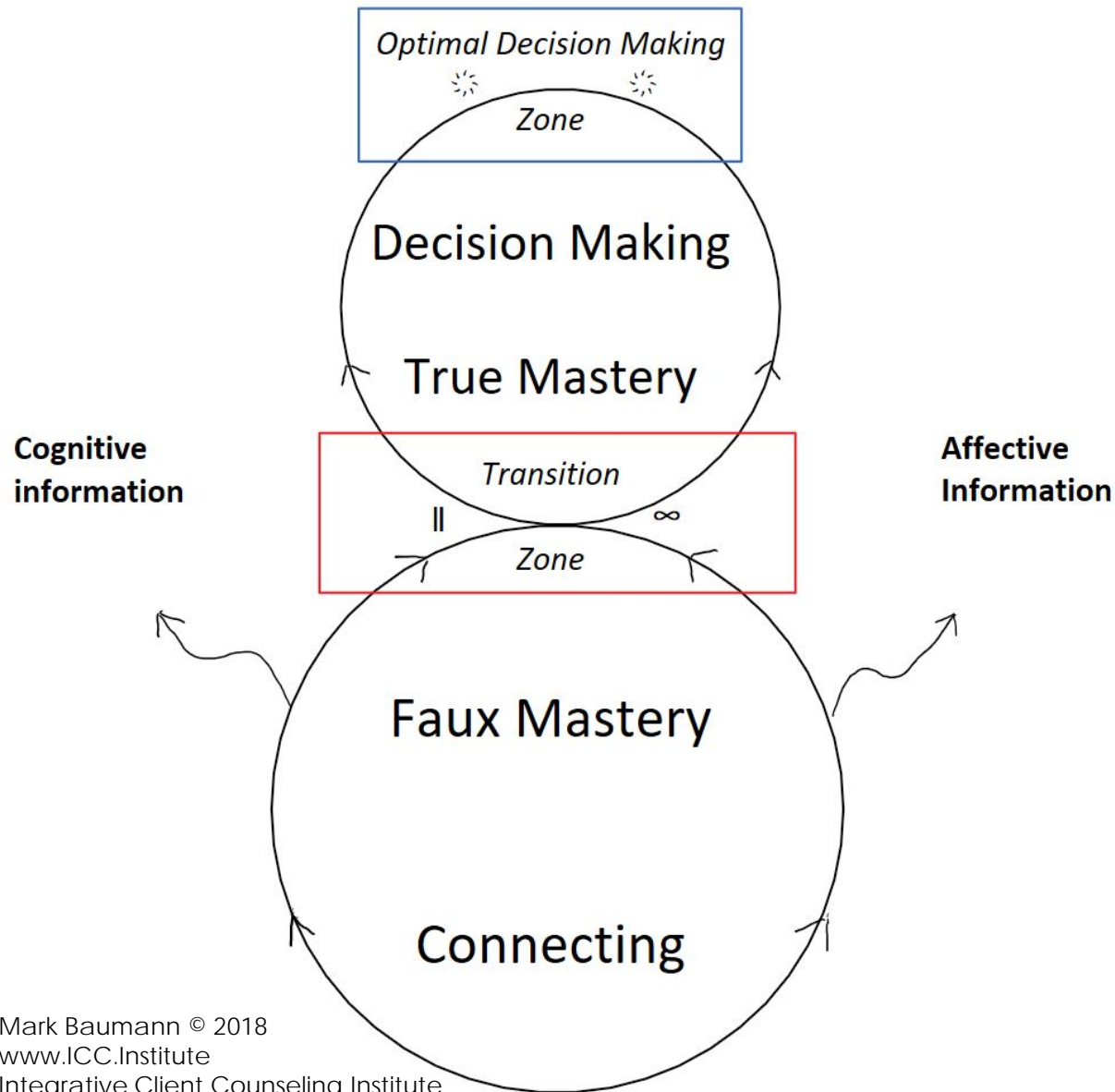
1. Connection (therapeutic alliance, working alliance)
2. Faux mastery
3. Transition
4. True Mastery
5. Decision making

Mastery

- **Faux Mastery:** Solve the problem the client's way
 - With primarily cognitive information, or
 - With primarily affective information
- **True Mastery:** solve the problem with an integrated perspective
 - Expand the facts and context, or
 - Tighten the facts and context

Do you know a model that describes the concept of faux mastery?

5-Step Change Process Model



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5-Step Change Process Model: Open questions

- Can we make a list of techniques a relational professional use to connect cognitively and affectively?
- Can we make a list of techniques to help people get through the Transition Zone?
 - How do the techniques differ for people preferencing cognitive vs. affective information?



Bertinoro, 2008



Cambridge, 2010

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Frankfurt, 2012



Miami, 2015