

# DMM NEWS

NEWSLETTER OF THE INTERNATIONAL ASSOCIATION FOR THE STUDY OF ATTACHMENT

OCT 07

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## Introduction

The task of 'IASA' was seen as the focus for the work from the Dynamic Maturational Model (DMM) to bring together not just the existing literature, but the now significant potential of the manpower involved in developing practise and research. These people include a wide variety of experienced, mental health clinicians, social workers and researchers, with strong contingents in North and South America, Europe and Australia. Many of these have attended courses and even become trainers in applying DMM methods, developed by Patricia Crittenden.

Over the next year, we are looking to stimulate bringing together existing and new developments in research, guidelines in the use of (DMM) tools in forensic work, including infant welfare; and facilitate a marriage of these ideas with mainstream social and mental health knowledge and practise.

### How are we going to carry this forward?

A committee was formed in Newcastle (UK) in April 2007, which hopes to announce a structure and constitution that will serve its interest group and professional needs with a clear vision of its ethical and research responsibilities - internationally. More news on this in our second newsletter at the end of October.

The newsletter will link (hopefully everyone) who has participated in courses, to those engaged as trainers or in research.

We aim to 'cascade' the newsletter via international representatives, and ambitiously will try to translate it to all the participating languages.

To date we have translators for Italian, Spanish and Swedish. If you wish to volunteer to be an international rep or to translate, **please contact the newsletter Editor at [dmmnewsletter@talktalk.net](mailto:dmmnewsletter@talktalk.net) or feedback on this issue.** At present the newsletter is free and operates along with Patricia Crittenden's website <http://www.patcrittenden.com>, but in the future will likely be part of one website and require a subscription.

The goal is to bring all this together in an exciting conference in Bologna, Italy from 10 -12th October 2008.

Franco Baldoni and Andrea Landini are organising the conference. This promises to be an excellent event supported by the University of Bologna, which also means it will be reasonably priced. The location is 'bella'! Please bring guitars, flutes, Northumberland pipes, singing voices etc - so there will be lots of opportunities for pleasant images.

**Mike Blows** *Editor*

## Greetings to everyone, to all the 'DMMers'!

These are exciting times! The meeting in Newcastle, organized by P.O., set lots of things in motion. Thanks to your hard work, we left with a plan. Over the summer a few of us brought that plan to life. Since those two days, we have gained a name:



The International Association for the Study of Attachment. IASA.

That's us!

We have a Board:

**Mike Blows** from the UK, newsletter editor

**Patricia Crittenden** from the USA, chairperson

**Kasia Kozłowska** from Australia

**Andrea Landini** from Italy, conference organizer

**Irmie Nickel** from Canada, treasurer

**Bente Nilsen** from Norway, secretary & newsletter associate editor.

We have incorporated as a non-profit organization. We have a budget (Thank you, Irmie). We have a tentative mission statement (Thank you, Andrea & **Simon Wilkinson**). We have an IASA webpage under development (Thank you, Andrea). We have a first small conference coming up for DMM applications to forensic work with violent criminals (Thank you, **Clark Baim**). Look at Clark's column in this newsletter. We hope there will be other such conferences on other topics and in other countries. The planning for our first International Congress in Bologna, Italy, Oct. 10-12, 2008 is moving ahead (Thank you, **Airi Hautamäki, Franco Baldoni** & Andrea). We have a newsletter, the DMM News (Thank you, Mike & Bente), and thanks to **Paul Holmes** who is working on a constitution.

We're on our way!!!

The meeting in Newcastle also marks a moment on the cusp of time, between the accomplishments of the past and the opportunities of the future.

If I think first of what is accomplished, Bowlby's 1954 paper announced the need for a new theory, one based on protecting children from the dangers of separation and loss. Bowlby imagined that attachment theory could reduce suffering by both prevention and improved treatment. His ideas gained little attention and less acceptance until Mary Ainsworth provided empirical data on individual differences in infants' patterns of attachment. Even though data has made attachment theory respectable, and 'attachment' is often mentioned, treatment has barely changed.

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Now, after a half century of effort, we have a developmental extension of attachment theory across the lifespan and an expansion of it across the range of adaptation and maladaptation. With these, we face Ainsworth's challenge:

Can we provide sound, replicable data to (1) validate our theory and assessments and (2) shape a more effective, evidence-based approach to treatment?

I can't tell you how special it was to see so many of you in Newcastle. Almost 50 professionals from 20 countries and 4 continents, representing at least 6 disciplines and all the major theories of treatment were represented. With the energy and skills of a group like ours, we have the possibility of fulfilling the dream of transforming the way treatment is conceptualized and delivered. Specifically, our new organization faces the challenges of:

1 Providing sound research that addresses theory, assessment, and application,

- 2 Using empirical findings to continue to develop theory and assessment,
- 3 Applying these to a theory of treatment that can guide social policy and service implementation.

The Dynamic-Maturation Model of Attachment (DMM) offers a way to join theory of adaptation, empirical data, and theory of treatment.

I want to thank each of you for your contribution to this effort to help children and families. Whether you contributed cases that informed theory, or data to test ideas, or experience with treatment, without each of you, the DMM could not exist, nor our IASA.

Finally, I want to invite each of you to become a Founding Member of IASA. Soon you will receive a membership application. Please help us by choosing Founding Member.

I look forward to seeing each of you in Bologna, 2008!

**Pat Crittenden**

## Newcastle: April 2007



**Standing (L-R):** Irmie Nickel, Gyrid Gylseth, Judit Bigset, Angela de Mille, Yvette Preston, Raquel Corval, Steve Farnfield, Barbro Linde, Mike Blows, Bente Nilsen, Valerie Ahl, Alison Tooby, Elaine Thomson, Mary Heller, Trina Robson, Patricia Carranza, Franco Baldoni, Paul Holmes, Andrea Landini, Hélène Hétu, Olav Bendiksby, Cecilia Moraga Gutiérrez, Kaja Lagerkvist, P.O. Svanberg, Nicola Sahhar. **Sitting (L-R):** Kasia Kozłowska, Clark Baim, Simon Wilkinson, Patricia Crittenden, Peder Nørbech, Emilia Sasson, Airi Hautamäki.

### “Whae ae Hinny” or Greetings from Newcastle!

When I first heard about Pat's idea for the DMM Planning meeting last April which was combined with clinical seminars, I was quite excited. But my spirits dampened when clear it would be in Britain. Could Britain, the island of conquerors, warm beer and with a traditional inability to cook, become the background for intellectual and personal stimulation? A typical Pat challenge, happily accepted by 35 colleagues from 13 countries.

Newcastle-Upon-Tyne turned out mostly sunny and not too bad, and with names and dialect recalling when Britain was conquered by Vikings.

P. O. (Svanberg) had personally organized a good venue in the university, central to Newcastle. We are thankful to P.O. making it possible for us to use the university facilities.

A surprise photo slide show of the 'DMMers' started the DMM meeting, with Pat telling a unique, very warm personal story about everyone including some absent friends.

Simon Wilkinson (Norway) carefully chaired the schedule, with subsequent presentations providing information about existing research on the application of each of the DMM assessment tools. In particular, Pat's first developed assessment with the most data, the CARE-Index which was

presented by myself. Bente Nilsen (Norway) presented studies about the Preschool Assessment of Attachment (PAA) followed by Kasia Kozłowska (Australia) updating on the new School-age Assessment of Attachment (SAA). Mary Heller (Britain) showed us the AAI data and Andrea Landini (Italy) updated us on the latest teenager's TAAI.

Later, the CARE-Index trainers met for a relaxed dinner. Chinese restaurants are clearly a big import success, maintaining the survival of the British population!

A principal focus of the CARE-Index seminar was the differentiation of the 'active unresponsive' pattern (Ua), the latest addition to the interaction patterns. This pattern is frequently found in formerly depressed adults after treatment with medication. Different video interactions were shown and discussed avidly. There were fascinating interactions between children and their psychotic parents.

There was a typical DMM new challenge. Each trainer selecting exemplar tapes of difficult and passive children, with up to three participants. These were then presented in front of the whole group, and for those of us less used to teaching, it was rather exciting.

The Norwegians typically came in force (Viking habits) with strong ideas and a nose for good shops!



More DMMers joined us the next day for a demanding task; to start a society which continues to promote development and influence other people in the field of attachment, psychotherapy, developmental psychology and prevention.

Simon Wilkinson Chaired, and we founded some transitional sub-groups with different goals;

- a) organisation and planning of the first International Conference (Andrea Landini and Franco Baldoni et al),
- b) co-ordination of the conference programme (Airi Hautamäki et al),
- c) conception of a newsletter (Mike Blows as our editor),
- d) legal structure and financing of a society (Paul Holmes et al),
- e) searching areas of agreement and common ground with different types of psychotherapeutic schools (Clark Baim, Bente Nilsen, Gyrid Gylseth, Valerie Ahl, Emilia Sasson et al), and
- f) forensic issues (Peder Nørbech, Olav Bendiksbj et al).

A big dinner party at the end of the day was a great opportunity to exchange memories, and become involved in personal exchanges with colleagues and friends from different countries, one only meets during such rare occasions.



Pat expressed her very personal thanks to us, and our chief entertainer, Steve Farnfield, who (on the food theme) provided a menu of DMM attachment dishes, with dry humour and perfect comic timing, (menu on demand from the Ed).



Elaine Thomson, Sally Mitchison and Karen Raine got us singing and Mary Heller gave us 'local' music on her Northumberland pipes.



The last three days were reserved for a clinical AAI seminar, in which interviews especially of severe psychopathology like Borderline Personality Disorder were coded and classified. Pat presented a series of DMM based, AAI derived diagnoses of importance for the system and for therapeutic considerations.



All in all, it was an inspiring week. I hope we will meet again. Our designated venue for our first congress will be in Italy, Bologna (10th - 12th October 2008). Intellectual and personal stimulation will become blended with culinary perfection and will provide a hopefully secure base for our plans and aims.

"Auf Wiedersehen Pet" as they say in Geordie land!

See you in Bologna!

**Nicola Sahhar**

## IASA Aims & Objectives

The International Association for the Study of Attachment (IASA) aims to foster the development of theory and research that will reduce the suffering and facilitate the adaptation of individuals, families and groups of people who have been or are exposed to adversity, with a special attention for those whose own behavior maintains their distress.

The goal is to seek and promote theoretically meaningful and testable integrations of treatment methods to generate a meta-model of treatment that is systemic, developmental, transactional, and evolutionary. To address this purpose, the association finds a useful basis in the Dynamic-

Maturational Model (DMM). This model addresses the complexity of human experience from infancy to adulthood. The DMM seeks to create a testable framework of constructs and hypotheses that has the potential to maximize communication among both biological, psychological, and social researchers and also mental health, social work and law practitioners.

### Specific activities of IASA:

#### To facilitate communication amongst members

- Newsletter, website, reviews of published research, theory, and applications, construction of databases

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### To promote DMM thinking and methods

- Talks, conference presentations, publications
- Reviews, meta-analyses
- Teaching, training, supervision

### To foster basic research on development and adaptation

- Continuing to integrate new theory and empirical results into existing theory (correcting error, increasing precision, expanding into new areas)
- Promoting research on both basic and applied aspects (Research consultation)

### To foster research on interventions and treatment

- Research on existing treatments and techniques, informed by DMM (with a specific focus on interpersonal processes in treatment, including therapist contributions)
- Production of new (testable) theory on integrated treatments

### To influence treatment and social policies

- Social policies
- Organization of services for treatment and prevention
- Clinical treatment

## Announcement & Call for Papers



### 1st Biennial Conference of the International Association for the Study of Attachment

University of Bologna, October 10-12, 2008

**Theme:** The conference is dedicated to the presentation of the DMM-model, research and clinical work, with a focus on building bridges between theory, research and application. The conference offers possibilities to share knowledge, point out theoretical discrepancies and resolve gaps between theory and practice.

A multi-disciplinary conference for researchers and practitioners:

**We invite:** researchers, clinicians, practitioners, and students in different fields, who have an interest in and apply the DMM-thinking and methods, to participate in the First IASA Conference 2008. The topics of interest include, for example, the following sub-themes, but are not limited to these:

- Research conducted with the DMM
- Cognitive neurosciences and the DMM
- Successful treatment strategies
- Building an integrative theory of treatment with the help of DMM.

Keynote addresses will be invited, together with round-table discussions and invited symposia. It is our pleasure to invite you to participate in the First International Congress of IASA, 2008 by submitting an abstract of your presentation.

**Individual papers and posters:** The proposal should include title of the paper, author's name, mailing address and email address and a 300-500 abstract on the presentation. The format of the individual papers and posters includes:

- Scientific presentations
- Project presentations
- Case presentations, with video or discourse material and follow-up or outcome evidence
- Works in progress.

**Proposal form:** Each proposal should list the following: Title, authors, topic, hypotheses, subjects, measures, results, implications for theory or practice. A second form of the proposal should omit the authors name (for blind review).

The proposals must be written in English. All proposals will be reviewed.

One research workshop will focus on beginning proposals, how to translate clinical ideas into research designs with the aim of assisting new researchers.

**More information:** [airi.hautamaki@helsinki.fi](mailto:airi.hautamaki@helsinki.fi)

**Submission deadline:** January 31, 2008 to Airi Hautamäki: [airi.hautamaki@helsinki.fi](mailto:airi.hautamaki@helsinki.fi)

All presenters must be registered at the conference.

#### Organizers:

The International Association for the Study of Attachment

In collaboration with the Department of Psychology, University of Bologna.

#### Other events:

Simon Wilkinson: [simon.wilkinson@tele2.no](mailto:simon.wilkinson@tele2.no) is hoping to present at the iacapap conference in Istanbul, Turkey (30/4/08 - 3/5/08) [www.iacapap.2008.org](http://www.iacapap.2008.org) If anyone would like to join him for an introduction to Bologna at this conference please mail him.

#### DMM Course News (Full schedule for 07-08 on web page [patcrittenden.com](http://patcrittenden.com))

Steve Farnfield [steve.farnfield@ntlworld.com](mailto:steve.farnfield@ntlworld.com) is coordinating the SAA and forensic AAI meeting in September in Portsmouth, UK.

For those in N. America; Attachment, Psychopathology and Adaptation is coming to Canada: 3-5/3/08 and 15,16/4/08. Contact Irmie via [aulneau.attachment@shaw.ca](mailto:aulneau.attachment@shaw.ca)

The Teenager AAI course has been moved to Barrow-in-Furness, England for November 08. Contact [trinarobson@hotmail.com](mailto:trinarobson@hotmail.com)



## 'Digging' around in the literature



There is a fascinating wealth of literature with links to DMM, and these are not restricted to connections with attachment theory. I recommend keeping your mind and engine searches flexible and hope to stimulate your appetite in this selection from a wide range of major journals.

I want to highlight science that informs development of DMM and especially its application and at the same time fully appraise ideas within the current attachment paradigm.

Lurtz WJ, Hock E & Kang MJ. Children's communication about distressing events: the role of emotional openness and psychological attributes of family members. *American Journal of Orthopsychiatry*, 77, 86-94. 2007

This post '9/11' study compares historical communication as reported in dyads as well as with spouses, with their responses to the terrorist attack. It adds to papers in the 1990's by Dollinger SJ who attempted a qualitative snapshot of dyadic communication responses following a lightning strike on a school. The paper illustrates exploration of issues well known to those familiar with DMM, whilst not necessarily aware of it.

Knowledge of significant long term studies reporting outcomes are also key to placing and promoting DMM insights into the mainstream eg, from the National Institute of Child Health and Human development (NICHD), a paper discusses mechanisms linking early care experience and 'centre care' with teach-reported externalising problems at 15 years:

Belsky J, Vandell DL, Burchinal M, et al. The NICHD Early Child Care Research Network. Are there long-term effects of early child care? *Child Development*, 78, 681-701, 2007.

As DMM highlights that there is no one-to-one connection between symptoms or behaviour and attachment classification, we do not expect the same treatment approach to be applicable to all patients with the same diagnosis! Note, the paper by Joyce PR, McKenzie JM, Carter JD, et al. Temperament, character and personality disorders as predictors of response to interpersonal psychotherapy and cognitive-behavioural therapy for depression. *British Journal of Psychiatry*, 190, 503-508. 2007.

Similarly a call from London urging for 'testing of possible cognitive processing mediation effects' in Rutter M, Kim-Cohen J, & Maughan B. Continuities and discontinuities in psychopathology between childhood and adult life. *Journal of Child Psychology and Psychiatry*, 47, 276-295. 2006

I invite you to feedback on these or current seminal papers in order to shape this column and meet our needs better.

Don't forget to try <http://scholar.google.com> Try replacing .com with your national code, .no for Norway, .se for Sweden, etc.

Happy hunting.

**Simon Wilkinson** *Oslo*

## Conference on the Uses of the DMM in UK Prisons



A first-of-its-kind conference on the potential uses of the Dynamic Maturational Model (DMM) in UK prisons will take place in Portsmouth, England on Monday, 1st October 2007. The conference aims to explore the usefulness of the DMM for rehabilitative work in the prison and probation services.

The day conference is being organised and hosted by Professor Graham Towl, Chief Psychologist for the UK Ministry of Justice, who has oversight and responsibility for psychological services provided by the UK prisons and probation services. The co-convenor and primary facilitator of the conference will be Dr. Patricia Crittenden, Developmental Psychopathologist, Family Relations Institute, Florida and developer of the DMM.

### **DMM assessment in Forensics Portsmouth, September 2007**

The conference will aim to (a) explore and examine current applications of attachment theory - including the DMM - in UK prisons. (b) promote research and development into the uses of attachment theory and the DMM model in UK forensic settings.

Up to 30 specialists in forensic work from a range of disciplines including psychology, psychotherapy, psychiatry, social work and counselling will be participating, including specialists attending Dr Crittenden's advanced Forensic-Adult Attachment Interview (AAI) seminar being held concurrently.

While there has not yet been a systematic research project on the use of the DMM in UK prisons, a number of practitioners who have attended Dr. Crittenden's courses have used the model in their clinical work in prisons and have found it a useful framework and guide to treatment. There are also many practitioners who draw on attachment theory in their clinical work, although this may not include an awareness of the DMM model.

Also attending the conference will be managers and heads of a variety of prison rehabilitation programmes from England, Wales and Northern Ireland. The conference is in part intended to articulate what the DMM has to offer prisons that existing approaches do not.

Significant topics will include; attachment and female offenders, adults who commit violent offences or sexual offences, and offenders within high security prisons.

### **The day is scheduled to include:**

- An overview of the DMM and research methodology.
- An overview of existing prison-based interventions, considered in the light of the DMM.
- Uses of the DMM in prisons: current practice.
- Practice developments/pilot studies.
- Research and development opportunities.

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### Anticipated outcomes of the day conference include:

- Compiling a list of research projects that could contribute to revising treatment in prisons and probation, including possible university collaborators and funding sources.
- Outlining one or two prison or probation-based treatment research projects, including likely locations, personnel, training procedures, and funding resources.

- Planning for a prison-wide / probation-wide training on the DMM as it applies to criminal behaviour and treatment.
- Drawing up a list of DMM-skilled lecturers with an interest in forensic issues.

We will have a report from this important and innovative conference in our next newsletter with links for further information.

**Clark Baim** - [cbaim@hotmail.com](mailto:cbaim@hotmail.com)

## Finally a survey (inevitably - Ed.)



**Please take the trouble to fill in Andrea's attached form (DMM-Survey.doc) or copy and paste the questions below into the body of an email.**

**This will help build up a body of known practice and assist in directing future guidelines and service ideas which will be less prominent in the research literature:**

Please email your completed form to Emilia at [esasson@montevideo.com.uy](mailto:esasson@montevideo.com.uy)

The next newsletter will be at the end of October 2007. Contact Mike Blows at [dmmnewsletter@talktalk.net](mailto:dmmnewsletter@talktalk.net) or [mikeblows@hotmail.com](mailto:mikeblows@hotmail.com) with more news on the mission statement and constitution of IASA, course updates and 'chusma'.

**Andrea Landini**

## Treatment in a DMM perspective

### Questionnaire for therapists

**Name:**

**E-mail:**

**Country:**

**Who are you professionally?**

In which agency/role do you work?

What kind of interventions do you do?

If you do psychotherapy, or if you intervene on the basis of a theoretical psychotherapeutic model, what is the model or models you have used?

**What is your experience with the DMM?**

What DMM courses have you done?

What are the ideas that for you encapsulate the DMM?

Did you take any assessment course? Which one(s)?

Are you reliable in any assessment?

**What is your judgement about how the DMM influenced you in terms of the treatments you do?**

Which parts of the DMM do you think have influenced the interventions you do?

How?

If you are familiar to several of the DMM methods, how would you think they're applicable to your therapeutic work? Have you applied them? How?