



Patricia Crittenden

## 4th IASA Conference Special Issue # 2

### Ainsworth, the DMM, and me

An interview with Patricia Crittenden  
(Family Relations Institute, USA)

By Susan Spieker

#### After 20 years developing the DMM in Europe, is the 2015 IASA conference in Miami a breakthrough for the DMM?

Correction! The DMM is 30 years old! The first DMM publication was in 1985 in *Child Development*; it proposed the A/C classification and was my dissertation under Mary Ainsworth. Ainsworth also approved the A3-4 and C3-6 classifications and named B3 'Comfortable.' In Crittenden and Ainsworth (1989), we argued that 'disorganization' was only ephemeral transitions. The DMM brings attachment into the 21st century!

The rift between the DMM and ABC+D attachment has kept the DMM out of the USA for two decades, but it flourishes in Europe. Psychoanalysis kept Bowlby's attachment out of the UK for almost half a century. Americans brought attachment back to England. Maybe the British will bring DMM theory and clinical applications to the USA?

#### How do you explain your drive to develop and refine the DMM?

First, American faculty need to know that the DMM exists! In the USA, it is the black hole of attachment theory. The DMM needs to be in basic texts and in Wikipedia. The American Psychological Society (APS) has sought to get accurate science into Wikipedia. **Challenge your students to add the DMM to Wikipedia!**

The DMM is in UK training programs. A DMM psychotherapist certification program is starting at the Tavistock Centre in London. Certification will help people find DMM therapists. Maybe we could do this in the USA or Canada.

"The DMM is the most clinically sophisticated model that attachment theory has to offer."

Peter Fonagy

#### What are your research priorities for the DMM?

##### 1. Studies that connect biology with behavior and history.

Lane Strathearn's collaboration with Peter Fonagy is a good example of both basic and treatment research. Testing of treatment programs doesn't tell us which parts work and which don't.

##### 2. DMM vs ABC+D comparative studies across the lifespan.

Let's get an empirical basis for what each method offers.

##### 3. More research on the School-age Assessment of Attachment (SAA), the Toddler CARE-Index (TCI), and the Parents Interview (PI).

These assessments can guide intervention and forensic applications. Plus they complete the DMM lifespan set of assessments.

## Contents

### Page

- 1 Ainsworth, the DMM, and me. Interview with Patricia M. Crittenden
- 3 Pat Crittenden speaks. Franco Baldoni
- 3 Conference Program: Plenary Speakers, Symposia, Workshops & Special Events
- 4 DMM Pre- and Post-Conference Courses

Editorial Board: Franco Baldoni (Editor-in-Chief), Patricia M. Crittenden, Clark Baim and Andrea Landini

## Where is the DMM Court Protocol being used?

In Italy, England, the Republic of Ireland and Northern Ireland. It costs more up front, but the long term savings can be great. With attachment evidence, some cases even settle out of court. A good cost effectiveness study is needed.

## How does the DMM account for behaviors that have been labeled as 'disorganized'?

Strangely, we agree on the behavior, but not its meaning. DMM coders need to see more than one person's behavior; they need to understand its interpersonal function, especially when there is threat. Clinically, the DMM finds protective meaning, not disorganization, in behavior.

**"The DMM is a brilliant piece of work that should be studied and debated by all who wish to improve our understanding of adaptation."**

Susan Spieker

Knowing how people protect themselves can inform intervention that respects the past learning of troubled people while providing a direction for change. Giving troubled people hope and self-respect promotes adaptation.

*Dr. Crittenden has published more than 100 scientific articles and books, many translated in several languages.*



Mary Ainsworth and Patricia Crittenden in Ainsworth's lab, circa 1980

Her books include "Raising Parents: Attachment, Representation, and Treatment" (2nd Ed. 2015), "Attachment & Family Therapy" (Crittenden et al., 2014), and "Assessing Adult Attachment" (Crittenden & Landini, 2011).

**"The DMM has value to the extent that it values and helps people to improve their lives."**

Patricia Crittenden



Susan J. Spieker, PhD

Director, Center on Infant Mental Health & Development  
Professor in the Department of Family and Child Nursing  
University of Washington, Seattle, USA



Franco Baldoni

## Pat Crittenden Speaks

This is the second DMM News dedicated to the plenary speakers at the 4th IASA International Congress to be held in Miami, 9th -11th November 2015. In this issue, we presented an exclusive interview by Patricia M. Crittenden, founder and past-president of IASA and a leading figure in the field of attachment studies.

Crittenden earned her Ph.D. under Mary Ainsworth's mentorship and wrote her M.A. thesis in consultation with John Bowlby. Over the last three decades, she has generated a life-span set of procedures for assessing

self-protective strategies and, with Ainsworth's support, developed the Dynamic-Maturational Model (DMM) of Attachment and Adaptation. The DMM is a brilliant cross-cultural integration of many theories that has changed the scientific understanding of attachment and adaptation.

At the IASA Conference, Dr. Crittenden will present **"10 Ideas for Improving Mental Health & Treatment."**

In the interview with Susan J. Spieker (University of Washington) published in this issue, she discussed her collaboration with Ainsworth and some of the limitations of the construct of disorganization, as recognized by Ainsworth herself.

Below, you will find updated information on the IASA Conference in Miami, including a list of main speakers and events. Note that several DMM courses are offered before and after the conference. Choose to attend one of these and your IASA conference will be even more complete!

See you soon in Miami at the IASA Conference!

Franco Baldoni, DMM News Editor-in-Chief  
(franco.baldoni@unibo.it)

# Conference Program

## Plenary Speakers

**Peter Fonagy, PhD (University College London, UK)**

Mentalization, Reflective Functioning and Treatment.

**Patricia M. Crittenden, PhD (Past President IASA, Family Relations Institute, USA)**

10 Ideas for Improving Mental Health and Treatment.

**Daniel L. Schacter, PhD (Harvard University, USA)**

Constructive Memory and Imagining the Future.

**Rodolfo de Bernart, MD (President IASA, Institute of Family Therapy of Florence, Italy) and**

**Andrea Landini, MD (Family Relations Institute, Italy)**

Issues in DMM Integrative Treatment: Bumps in the Road to Change.



## Research on Brain Functioning & Clinical Issues

- **Lane Strathearn, MD, PhD (USA/Australia):** Brain Reward Responses in Drug Addicted Mothers: Can Oxytocin Reverse the Trend?
- **Lucina Q. Uddin, PhD (USA):** Brain Networks for Social Processing in Autism.
- **James P. McHale, PhD (USA):** Family-Level Security in Diverse Family Systems: How a Coparenting Framework Changes Everything.
- **Sohye Kim, PhD (USA/Korea):** Mothers with Unresolved Trauma: Brain Responses to Infant Distress and Intergenerational Effects.

## Clinical Practice

- **Katrina Robson (UK):** Magic dust for troubled families.
- **Michael Trout, PhD (USA):** Trauma and Loss: Developing a Coherent Narrative in Foster and Adoptive Families.
- **Judi G. Smetana, PhD (USA):** Disagreements, Disclosure and Secrecy in Adolescent-Parent Relationships.
- **Kenichi Mikami, PhD (Japan):** Using the DMM-AAI in clinical practice.

## Special Events

- Meet the authors of DMM Books (English, Spanish, German, & Italian)
- The Healing Power of Individual Differences: Tribute to Ainsworth
- Giving attachment evidence to courts
- SAA Symposium: Learning about children's lives from children

- Assessment Demonstrations: Toddler CARE-Index, Transition to Adulthood Attachment Interview, Parents Interview

## Register now!

[www.iasa-dmm.org/index.php/iasa-conference/](http://www.iasa-dmm.org/index.php/iasa-conference/)

**Group Discount for 3 or more registering together!**

Book your room at the Hyatt (at IASA's special rate!)

Join the conversation with IASA on Facebook.

## DMM Pre and Post-Conference Courses

### Pre-Conference courses

Nov. 5-8: **Spanish CARE-Index**

Nov. 3-7, 2015 & March 6-11, 2016:  
**Infant Strange Situation**

Nov. 6-8, 2015: **Advanced Clinical AAI**

For more information see [www.familyrelationsinstitute.org](http://www.familyrelationsinstitute.org).

### Post-Conference courses

Nov. 11-13, 2015: **CARE-Index Top-Up**

Nov. 12-14, 2015: **Advanced Clinical Toddler CARE-Index**

Nov. 12-17, 2015 & Feb. 5-9, 2016 &  
June 1-6, 2016: **Adult Attachment Interview**

Nov. 11-13: **Spanish CARE-Index**