

**The Healing Power of Individual Difference:
A Tribute to Mary Ainsworth**

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Patricia Crittenden studied under Mary Ainsworth from 1978 until 1983, when she received her Ph.D. as a psychologist in the Social Ecology and Development Program at the University of Virginia. Her psychology master's thesis, on the CARE-Index, was developed in consultation with John Bowlby and her family systems research, on patterns of family functioning in maltreating families, was accomplished with guidance from Mavis Hetherington. In the last two decades, Dr. Crittenden has worked cross-culturally as a developmental psychopathologist developing the Dynamic-Maturational Model (DMM) of attachment and adaptation, along with a developmentally attuned, life-span set of procedures for assessing self-protective strategies. DMM-based theory and empirical research authored by Dr. Crittenden have been widely published as books, chapters in books, and empirical articles in developmental and clinical journals. In 2004, Dr. Crittenden received a career achievement award for "Outstanding Contributions to the Field of Child and Family Development" from the European Family Therapy Association in Berlin.

Peter Fonagy is an internationally recognized expert in modern psychoanalytic approaches to treatment, particularly those with a grounding in attachment theory. He is perhaps best known for defining the concept of mentalizing and as co-developer (with Bateman) of Mentalization-Based Treatment (MBT) for Borderline Personality Disorder. Professor Fonagy's research has focused largely on prevention and treatment for major societal problems. He has received many millions of pounds in grant funding and has international collaborators across the globe. He has to date over 400 published papers, 17 books, 15 edited books, 200 book chapters. He has given countless talks to professionals. Professor Fonagy has received a great number of awards over his distinguished career, but perhaps most notable of these is the British Psychological Society (BPS) Lifetime Achievement Award (2012), the Order of the British Empire, The Queen's Birthday Honours (2013), and election as Fellow to the Academy of Medical Sciences (2014).

Susan Spieker has been studying attachment for more than 25 years and is a widely-recognized expert in the field with many collaborators across North America and the world. She has obtained millions of dollars in grant funding, chiefly aimed at intervention and prevention with vulnerable infants and young children. She is Director of the Barnard Center for Infant Mental Health & Development, which offers an interdisciplinary graduate certificate in infant mental

health. Professor Spieker has published over 100 empirical papers and book chapters and given countless professional talks. She is also the President of the Washington Association for Infant Mental Health.

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This symposium celebrates Ainsworth's research on individual differences in attachment, particularly its importance to working with distressed families. Mary D. Salter Ainsworth provided the empirical grounding for John Bowlby's attachment theory and her Infant Strange Situation became the basis for assessing attachment at later ages.

Three leading figures in attachment will discuss Ainsworth's legacy, with special emphasis on applications to clinical work. Patricia Crittenden was Mary Ainsworth's student and developed the Dynamic-Maturational Model of Attachment & Adaptation (DMM) with Ainsworth's support. The DMM applies the notion of individual differences to understand variation in human adaptation. Susan Spieker has spent her career using attachment-based interventions with parents of infants and toddlers. Peter Fonagy has built a bridge between psychoanalytic and attachment theories in both research and treatment.

Crittenden, Fonagy, and Spieker, will explore the clinical implications of Ainsworth's work in this symposium.

Objectives

1. To show how Ainsworth's ABC infant patterns of attachment are related to ABC strategies at later ages
2. To highlight how awareness of individual differences in attachment can contribute to more effective mental health treatment in both early childhood and adulthood