



Fundamentals of Infant Attachment Assessment: The Ainsworth Method

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Length: 30 Hours

Day 1:

1. Introduction
2. Strange Situation Procedure/Attachment Organization
 - a. Orientation to and description of the ASP, brief history, the fundamentals of attachment theory and the nature of attachment, attachment organization
 - i. **Video: Introduction to attachment**
 - ii. **Video: Primate attachment behavior (the “gorilla video”)**
3. **Attachment Security:** attachment/exploration balance
 - a. SSP secure relationship example (video)
 - i. Secure examples (B3, B1, B2 - 3 videos)
 - ii. Practice cases video distributed and first “homework” case assigned

Day 2:

1. Review homework assignment
2. **Attachment Insecurity: Resistance** – *maximizing attachment signals*
 - a. SSP resistance relationship example (video)
 - b. Edited resistance examples (video)
 - c. Resistance examples (C2 video, B4 video)
3. **Attachment Insecurity: Avoidance** – *minimizing attachment signals*
 - a. SSP avoidance relationship example (video)
 - b. Edited avoidance examples (video)
 - c. Avoidance examples (A1 video, B1 video)Homework Case assigned (video)

Days 3 & 4: Coding Practice

1. Review homework assignment
2. Coding: Cases are selected from the SSP “library” and presented for coding and classification. This involves viewing each case, repeated viewing of the reunion episodes, and discussion of the “correct” scores for proximity seeking, contact maintaining, resistance, and avoidance along with the final classification.

Day 5: Review & Questions

1. Review homework assignment
2. General review and questions (additional coding examples if necessary)
3. The legacy of attachment security: **Missy** (video)

Disorganized attachment: Introduction