



Fundamentals of Infant Attachment Assessment: The Ainsworth Method

Presenters: Alan Sroufe, PhD &
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Dates: August 8 – 12, 2022

Time: 10:00am – 5:00pm EDT

Day 1 – August 8, 2022

AM

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”)**

PM

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 – August 9, 2022

AM

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)

PM

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 – August 10 -11, 2022

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 – August 12, 2022

AM

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

PM

Disorganized attachment: Introduction

**Includes a 60-minute lunch break*