



THE CIRCLE OF SECURITY®: INTEGRATING CIRCLE INTO PRACTICE

Infinity

Training & Consulting

“Endless possibilities”

Nicole Milliren M.S LPC

Web: Infinity-Training-Consulting.org

History of Attachment & Circle of Security

John Bowlby



Mary Ainsworth



Bob Marvin - Circle of Security Network



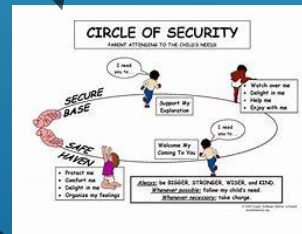
Nicole Milliren



Infinity Training & Consulting



Circle of Security International
Kent Hoffman, Bert Powell & Glen Cooper



Coulee Connections



AGENDA

- ▶ Everyday attachment, Circle is everywhere in everything
- ▶ 3 patterns of relational interactions
- ▶ Broader understanding of challenging behaviors in kids.
- ▶ Putting Circle into practice

**FOR PARENTS AND
NON-RESEARCH
PROFESSIONALS WE
DEVELOPED:**

**A USER-FRIENDLY VERSION OF
ATTACHMENT THEORY**

And

AN ATTACHMENT INTERVENTION

EVERYDAY ATTACHMENT

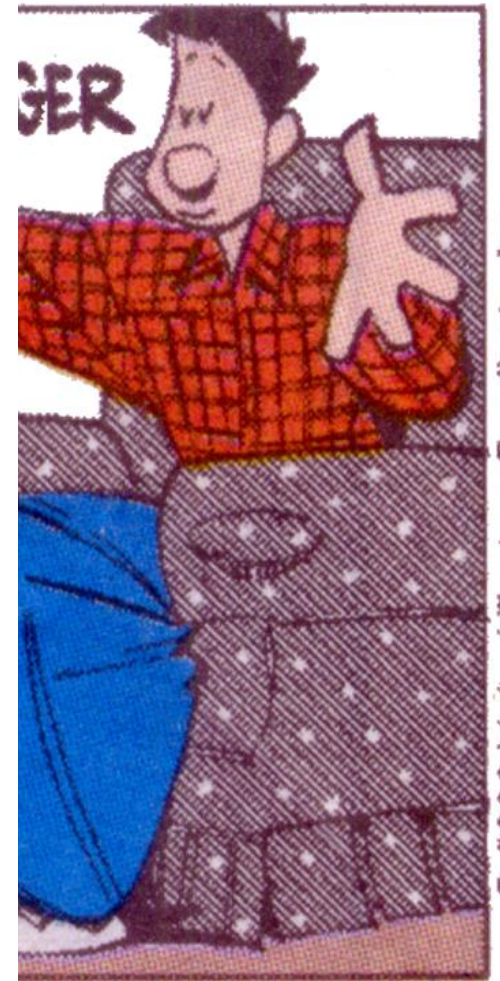
Rose is Rose

Pat Brady

DEPLETED
POWER
CELLS



FULLY CHARGED
CELLS CAPABLE
OF ANYTHING



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Animated Circle of Security Video

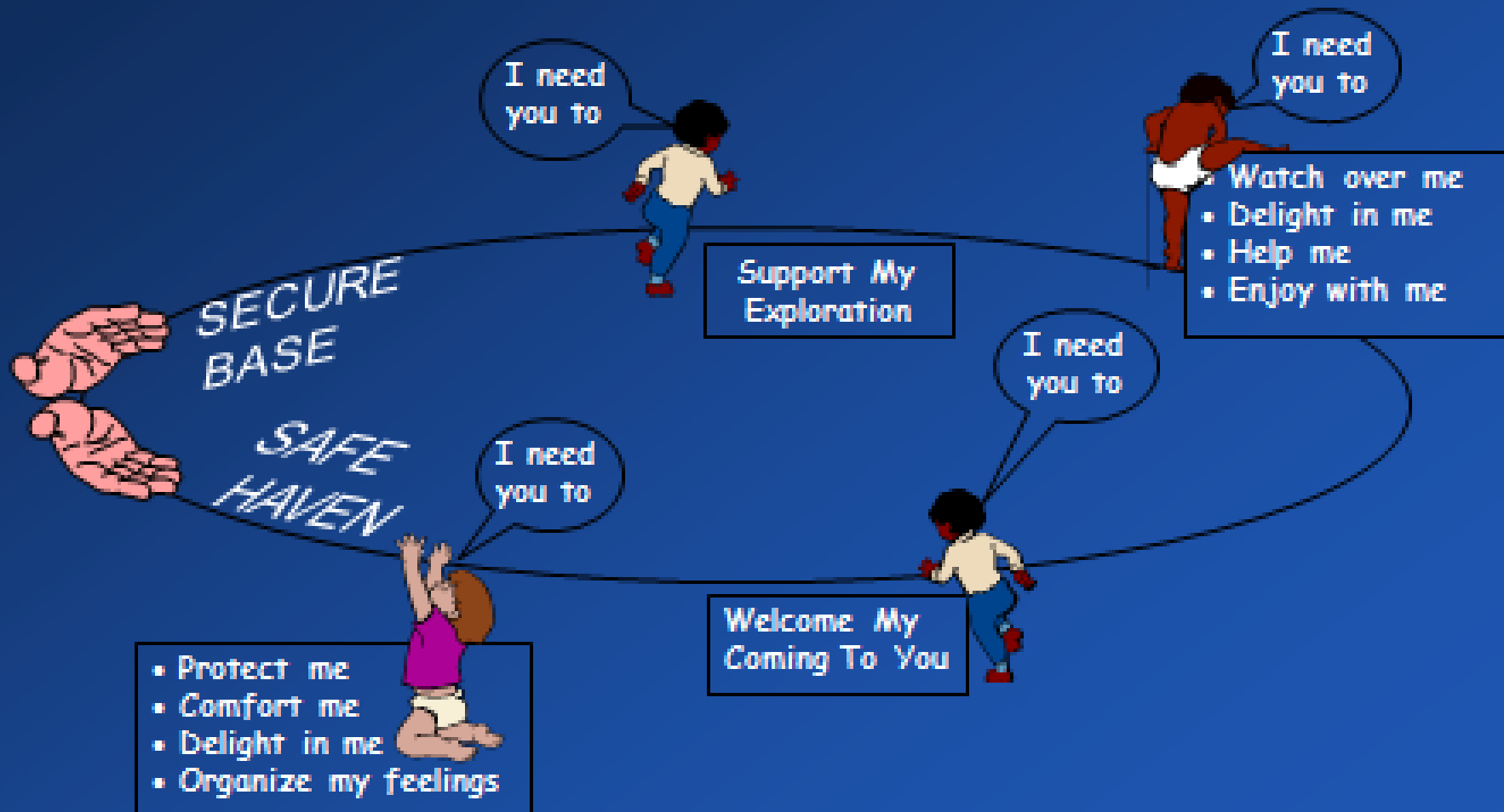
4:23 seconds



Circle of Security

Parent Attending to the Child's Needs

© Cooper, Hoffman, Marvin, & Powell, 1999



HOMEWORK.... SHOULD YOU SO CHOOSE

*(Almost)
Everything I Need to Know About Being a Parent in
25 Words or Less*

- Always: be BIGGER, STRONGER, WISER, and KIND.
- Whenever possible: follow my child's need.
 - Whenever necessary: take charge.

Zones of regulation

GREEN ZONE
 Happy
 Calm
 Feeling Okay
 Focused
 Ready to Learn

Top of the Circle



5 point scale

2	 Things are pretty good.	<input type="checkbox"/> Play with my squishy thing <input type="checkbox"/> Think of my favorite things <input type="checkbox"/> Say "I'm going to be O.K." to yourself <input type="checkbox"/> Take 3 or 4 deep breaths
1	 Feeling Great!	<input type="checkbox"/> Enjoy the feeling! <input type="checkbox"/> Have fun

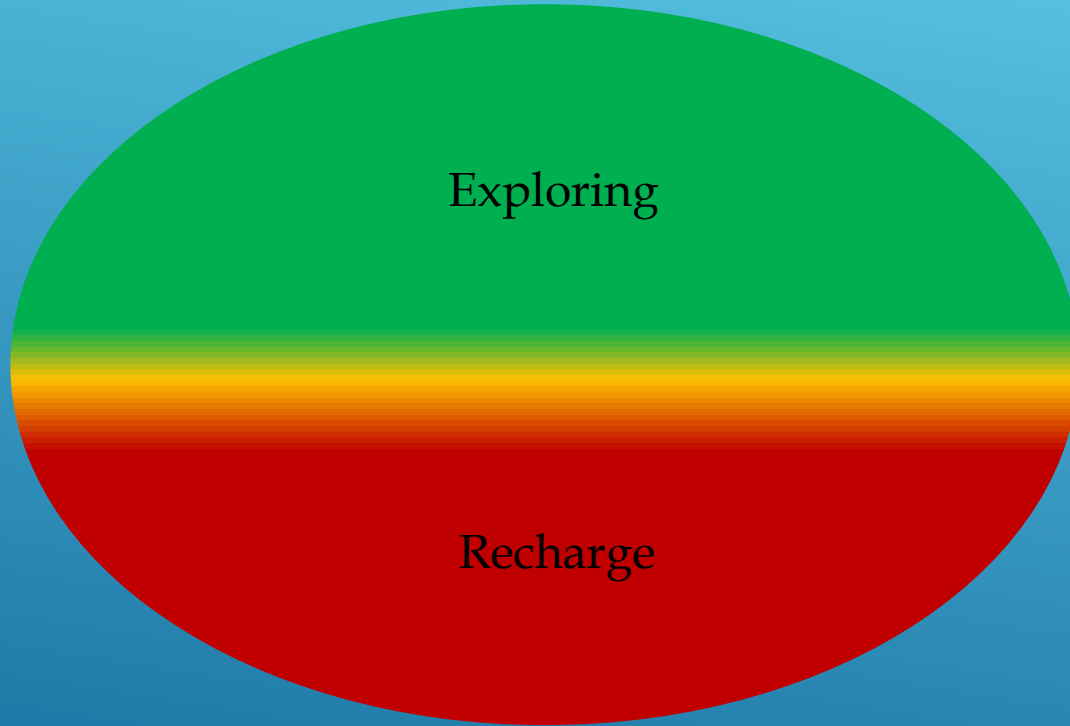


Bottom of the circle

 YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	 RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control	 BLUE ZONE Sad Sick Tired Bored Moving Slowly
--	--	--

Feelings Chart		
	How I feel	What I can do
5	 I need some help!	<input type="checkbox"/> Ask to go visit Mrs. Holland <input type="checkbox"/> Ask to take a break/use therapy <input type="checkbox"/> Hold on to Luke Skywalker [if he is here] <input type="checkbox"/> Take 4 or 5 deep breaths
4	 I'm really upset.	<input type="checkbox"/> Ask to go visit Mrs. Holland <input type="checkbox"/> Ask to take a break/use therapy <input type="checkbox"/> Hold on to Luke Skywalker [if he is here] <input type="checkbox"/> Take 4 or 5 deep breaths
3	 I've got a problem.	<input type="checkbox"/> Let a teacher know that you have a problem and need some help <input type="checkbox"/> Play with your squishy thing <input type="checkbox"/> Hold on to Luke Skywalker [if he is here] <input type="checkbox"/> Take 4 or 5 deep breaths

**Top of The
Circle**



Exploring

Recharge

**Bottom of The
Circle**



VIDEO REVIEW

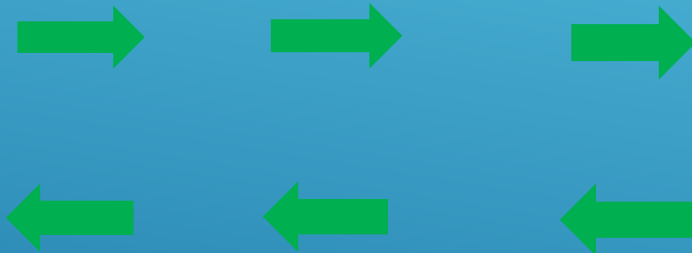
- ▶ Lily
- ▶ Teen

Caregiver

Exploring



Recharge



Child

Exploring

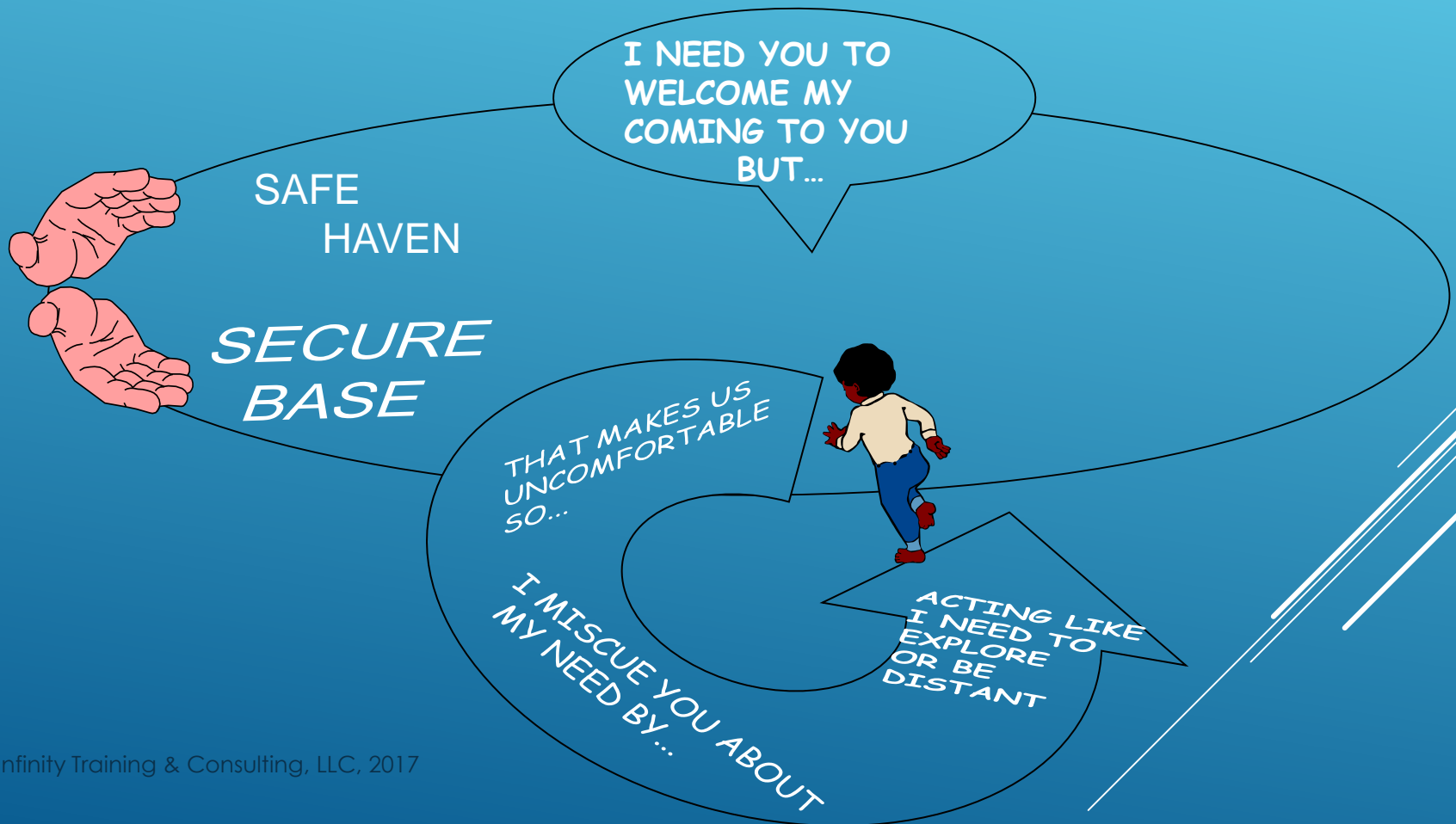


Recharge

CIRCLE OF LIMITED SECURITY

Child Miscuing

© Cooper, Hoffman, Marvin, & Powell, 1999

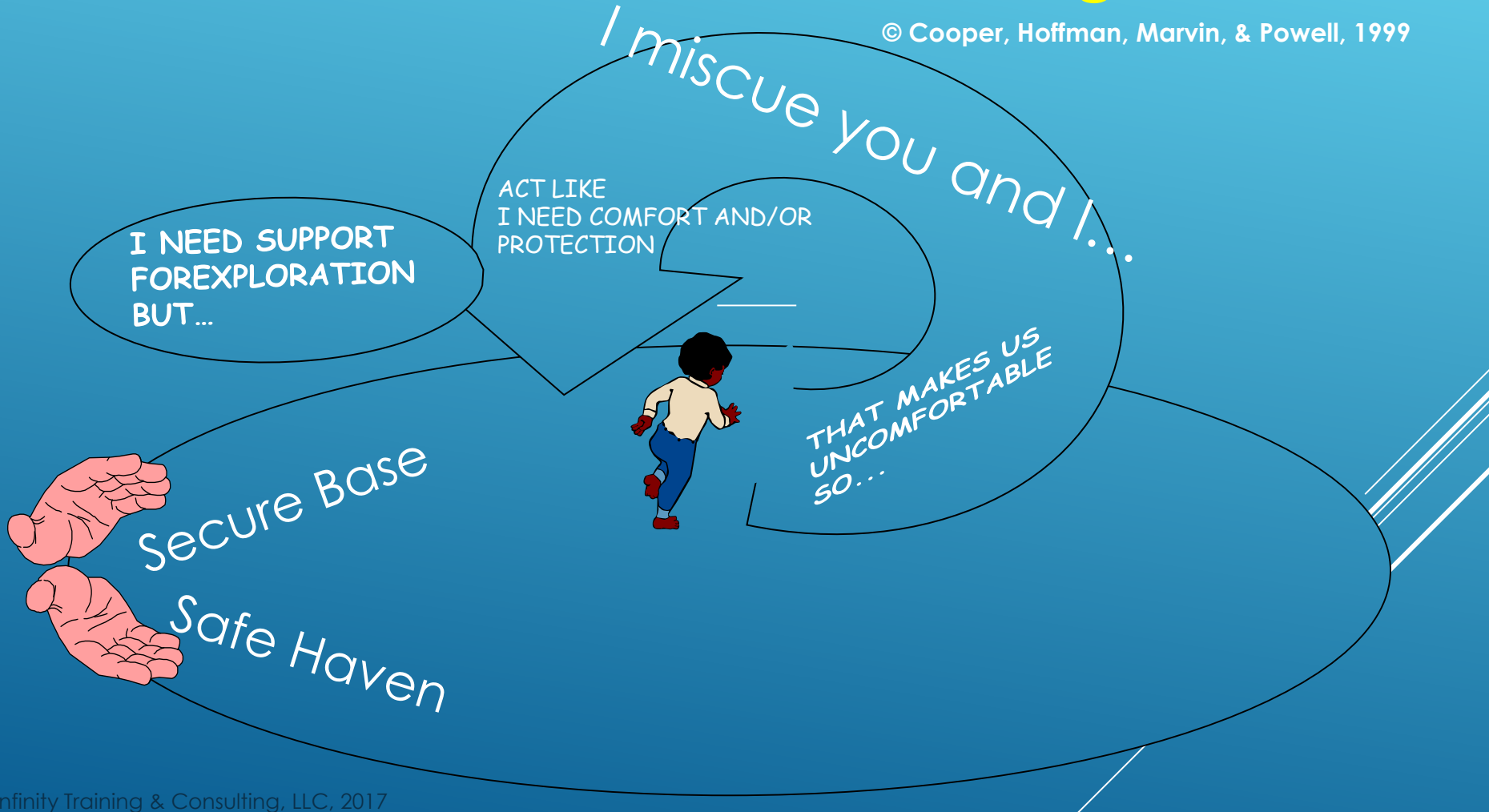


VIDEO REVIEW

- ▶ A1 Baby
- ▶ A1 Preschooler
- ▶ Adolescent Girl

CIRCLE OF LIMITED SECURITY Child Miscuing

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VIDEO REVIEW

- ▶ C-Baby
- ▶ C-moment K&D
- ▶ About a Boy

Caregiver

Exploring



Recharge



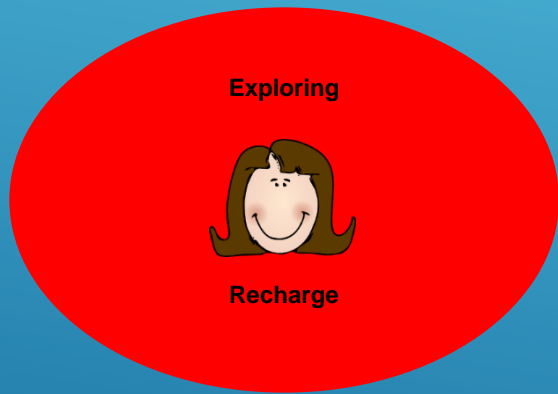
Child

Exploring

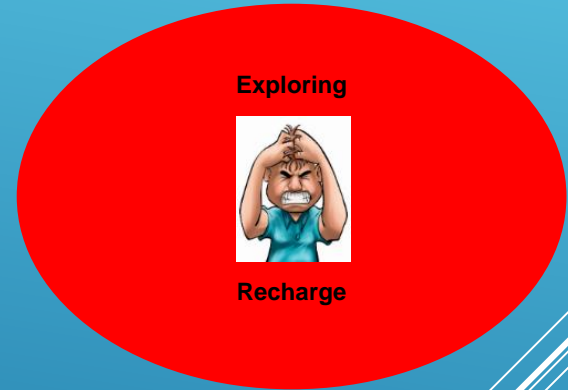


Recharge

Caregiver



Child



READING THE CHILD

Cue

...Direct signal that clearly communicates the child's need

...Easier for the parent to read and respond

...Parent is comfortable with a range of needs

Miscue

Confusing signal that directs away from the child's need

Often mystifying to the parent...& therapist

Child adaptation to parent's discomfort
OR to trauma

IMPORTANCE OF CUES-MISCUES

- ▶ They form & maintain the pattern of the attachment-caregiving bond (the “Dance”)
- ▶ They help both partners regulate or defend against the discomfort of being on the “wrong” side of the Circle
- ▶ They will become a major focus of intervention in problematic patterns



“JOIN THE CLUB!”

Baby Blues / By Rick Kirkman & Jerry Scott



When I get difficult (frustrated, demanding, upset, out of control, aggressive.....):

SECURE

BASE

My behavior actually means that I need you to:

- Take charge
- Be kind
- Soothe me
- Stay with me until we both understand this feeling that seems too much for me alone
- Help me return to what I was doing, with a new option

"I don't know what to do with how I'm feeling."

**SAFE
HAVEN**

CIRCLE OF REPAIR:

Helping My Child Trust that Our Safe & Secure Relationship Will (Almost) Always Set Things Right

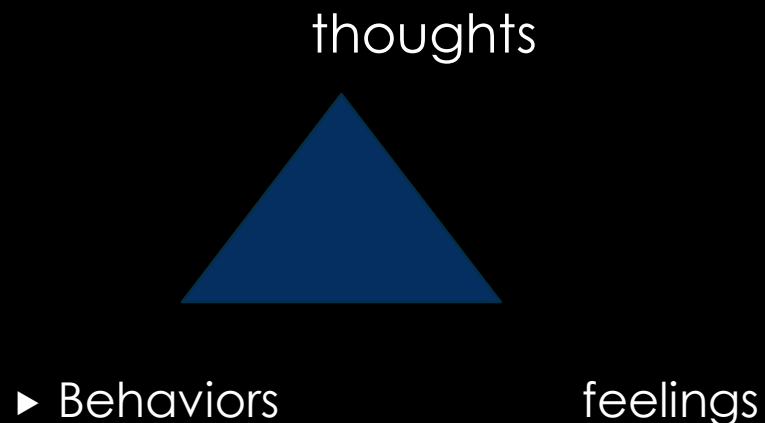
PUTTING CIRCLE INTO PRACTICE

- *Full Charge indicator wiggle
- *Ability to practice seeing if the child/adult is on the top or bottom of the circle and what they need
- *Blending circle into the work that you already do
- *showing the secure circle to children/adults to help them think about identifying where they are on the circle and what they need.
- *Using the Circle of Security video from the web to inform children/adults about circle of security.
- *being a part of the Circle of Security Collaborative to partner with others to support the work you are doing with children/adults
- * What it looks like in class, (Hope)

PUTTING CIRCLE INTO PRACTICE

- ▶ Sam- (person, place, thing)
- ▶ Boston 24/7
- ▶ Re-entry process for schools

- ▶ Where is the student, teacher and principal on the circle?
- ▶ What were the needs of the student on the circle? And how did they get met?
- ▶ How could this have been handled differently?
- ▶ Use the cognitive triangle
 - ▶ for the youth
 - ▶ for the teacher
 - ▶ for the principle



CLASSROOM RE-ENTRY.....EMOTIONAL FIRE DRILLS

Child not able to remain in class

can the child return to class at some pt today?

Use sensory and/or coping skills

Read cues, what are the feelings,
words-may only come from the adults

Mind and body assessment

Create at new plan

Check in with instruction

Check in with teacher

Check in with classmates

Return to class with a new plan for the current instruction

Stay with student until ready to be a part of the class process

**Repair circle has happened

Next steps:

70:20:10

By Morgan McCall
Center for Creative Leadership

Putting it into your practice

MENU OF CIRCLE OF SECURITY OPTIONS

1-day foundations training

4-day intensive training

Circle of Security informed certification

Those working with parents

Those working with students/youth

1:1 consultations using Circle of Security framework.
(enmeshed with trauma informed care & motivational interviewing)

Circle of Security Therapy certification

Attachment Assessments

REFERENCES

1. Circle of Security Network
2. Mary D. Ainsworth Attachment clinic, Charlottesville, Virginia
3. Circle of Security Videos, 4:23 minute video on the web
4. 90 min Documentary, "The Dark Matter of Love"
This film follows a Madison WI family through the adoption of 3 Russian children while also using the circle of security
5. Facebook page: Infinity training & consulting
6. Website: infinity-training-consulting.org
7. Book: Lost at School by Dr. Ross Greene
8. Book: The Whole Brain Child by Dr. Dan Siegel
9. Book: The boy who was raised as a dog by Dr. Bruce Perry

▶ Evaluation

Contact us, Follow us and leave
feedback

Email:

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Circle of Security

Parent Attending to the Child's Needs

