This 5-day course focuses on the development, prevention, and treatment of psychological disorder. It weaves together theory, human development, assessment, case examples, and treatment applications to reframe maladaptive behavior in terms of strategies for self-protection. The course focuses on development from infancy to adulthood, emphasizing the process of adaptation and developmental pathways that carry risk for psychopathology. The model used is the Dynamic-Maturational Model (DMM) of attachment and adaptation. The DMM is relevant to individuals who are at-risk, have been exposed to danger, display disturbed or maladaptive behavior, or are diagnosed as having a psychiatric disorder. A particular emphasis is cultural influences on attachment.

This course is intended for professionals, including psychiatrists, psychologists, attorneys, social workers, teachers and nurses, who work with troubled families or individuals.

The course is structured developmentally and consists of lecture with slides, videotapes, role playing, and interview transcripts to demonstrate the patterns and principles of development. A set of readings and exercises, tied to each day’s material, are offered.

The Attachment & Psychopathology course is prerequisite to all assessment courses, e.g., the Adult Attachment Interview.

Treatment strategies are described for each age period and include an integration of ideas from all the major theories of treatment as well as suggestions regarding risky practices that should be avoided.

An introduction is given to the DMM assessments of attachment:
- Infant CARE-Index (birth - 24 months)
- Ainsworth Strange Situation (SSP, 11-15 months)
- Toddler CARE-Index (15-36 months)
- Preschool Assessment of Attachment (PAA, 2 - 5 years)
- School-age Assessment of Attachment (SAA, 6-13 years)
- Family Drawings (4 -13 years)
- Transition to Adulthood Attachment Interview (TAAI, 16-25 years)
- Adult Attachment Interview (AAI, 25 years and older)
- Parents Interview

Sample Schedule

**DAY ONE**

AM  Evolution, danger and brain
Infancy & parental protection

PM  CARE-Index videotapes
Child abuse and neglect
Cultural influences on self-protection

**DAY TWO**

AM  The Ainsworth patterns of attachment
Disorders versus diseases
*Infant Strange Situation* video
Post-natal depression, autism, & the psychoses
Treatment: Risk, recommended practices, risky practices

PM  Preschool development and the dynamic-maturational model
The coercive and compulsive self-protection strategies
Cross-generational transformations
Treatment in the preschool years

**DAY THREE**

AM  *Preschool Assessment of Attachment* videos
Adoption & foster care
Reducing coercive behavior

PM  School-age: Peers, obsessive & deceptive strategies
Culture: Gender development & parental roles
Conduct problems and psychotic intrusions
Treatment: Hidden problems, recommended & risky practices

**DAY FOUR**

AM  Family Drawings
*The School-age Assessment of Attachment*

PM  Adolescence: Integrating sexuality with attachment
Sexual disorders and sexual offending
Eating & personality disorders
*Transition to Adulthood Attachment Interview*
Dangerous gaps in services & preventative opportunities

**DAY FIVE**

AM  Forming families
Violence & criminality
*The Adult Attachment Interview*

PM  Summary & overview
Differential treatment

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**WHAT YOU WILL TAKE AWAY FROM THIS PROGRAM**

**New skills:**

- Perceiving discrepant behavior: seeing commonly overlooked clues to trouble
- Identifying false-positive affect: uncovering hidden problems in their early stages
- Differentiating symptoms & self-protective strategies: specifying how symptoms function
- Functional formulation: moving beyond diagnoses to understanding behavior
- Treatment planning: choosing treatment strategies to
  - increase efficiency,
  - lower cost,
  - reduce risk of iatrogenic harm

**Take-away Tools**

- Level of Family Functioning Scale
- Gradient of Intervention Scale
- Downloadable materials (on www.patcrittenden.com)
- Daily text of slides (with registration only)
- Color models of strategies
- Numerous published papers

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