



## **ATTACHMENT AND FAMILY SYSTEMS**

**PSY541**

Fakulta sociálních studií MU  
2018

# ATTACHMENT AND FAMILY SYSTEMS

## Course Description:

This as an English taught course in attachment and family systems, aimed at familiarizing students with the Dynamic Maturational Model of attachment and adaptation (DMM) and its application (together with general principles of the attachment theory) to family systems and family pathology. Students will gain an understanding of the DMM theory and its practical applications through clinical case studies, research studies and the DMM assessment methods. Finally, attachment perspective as an alternative model of mental illness, as proposed by the DMM school of attachment (Crittenden, 2008) to the DSM diagnostic manual will be discussed.

## Learning Outcomes:

- Understanding of the development of attachment strategies in different developmental stages and pathologies related to each.
- Understanding of the development of attachment strategies as a result of the dynamic interaction of a child with care-givers, family systems and the child's maturing brain.
- Understanding of the influence of attachment strategies on communication dynamics in the family and acquiring the ability to use this functionally in family therapy.
- Acquiring the ability to apply attachment perspective to functional case formulation and therapy.
- Acquiring the ability to clinically assess the difference between normative and clinical attachment strategies.
- Understanding attachment strategies in relation to specific pathologies (ADHD, trauma, eating disorders, BPD, addictions).
- Continued development of reflective capacity and critical thinking skills.

## Prerequisite

- It is expected from students to be familiar with basic tenets of attachment theory.

## Who is the course for

- Master's students in psychology (full-time), ERASMUS students

## Lecturer

- Dr. Kristýna Bušková
- Email: [Kristyna@city-practice.com](mailto:Kristyna@city-practice.com)
- Tutorial: By appointment

## Guarantee

- Assoc. Prof. Lenka Lacinová, Ph.D.

## Course Schedule

There will be four lectures (L), each consisting of three 90 minutes „hours“. Dates are as follows:

L1 Friday 9 March 2018, 13:30 – 18:30

L2 Friday 20 April 2018, 13:30 – 18:30

L3 Friday 4 May 2018, 13:30 – 18:30

L4 Friday 18 May 2018, 13:30 – 18:30

**Room U35.**

### Lectures by week

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|--------|----|---------|--|
| 9. 3.  | L1 | Bušková | Revision of the basic attachment principles, introduction to the DMM theory, From Internal Working Model to Dispositional Representations  |
| 31. 3. | L2 | Bušková | The DMM theory and its application to different developmental stages; the DMM assessment applied to family communication patterns and family therapy<br>Discussion of attachment informed family communication patterns in relation to culture |
| 28. 4. | P3 | Bušková | Attachment and pathology (the DMM perspective): Trauma, ADHD, Eating Disorders, Addictions;<br><b>FUNCTIONAL CASE FORMULATION</b>  |
| 19. 5. | P4 | Bušková | Group Presentations of functional case formulations<br>Discussion of the DMM theory as an alternative method of assessment to the DSM manual.  |

Students are expected to attend every lecture. Only one block absence is allowed. Any exception from this rule has to be discussed with the guarantor of the course Assoc. Prof. Lenka Lacinova (lacinova@fss.muni.cz).

## Thematic description of individual lectures

Reading materials will be placed on IS on an ongoing basis. They form the mandatory readings for this course.

### L1 – Theoretical Lecture

Active revision of basic tenets of attachment. Introduction to the DMM model of attachment and adaptation to danger. Introduction to the DMM assessment – basic discourse analysis

Required reading: Selected chapters from Crittenden & Landini, 2011. To be found on IS.

### L2 – Developmental and clinical applications of the DMM model

Attachment and communication in the family among spouses and between parents and the child. Attachment and communication issues pertaining to each developmental stage. Attachment and family therapy (incl. special topics such as attachment and triangulation, spousification, neglect, etc.).

Required readings: Selected chapters from Dallos (2006) and Crittenden, Dallos, Landini, & Kozłowska (2014) will be provided via IS.

### L3 – Attachment and pathology

Attachment functional case formulation of trauma, ADHD, Eating disorders, addictions.

Required readings: Selected chapters from Crittenden, Dallos, Landinini, & Kozłowska (2014) will be provided via IS.

### L4 – Learning attachment functional case formulation in practice

Students will learn to formulate clinical cases using the attachment perspective. Group presentations (to be prepared prior L4 as an assignment)

Required preparation: Group presentations

**Required Readings:**

Crittenden, P., Dallos, D., Landini, A. & Kozłowska, K. (2014). *Attachment and Family Therapy*. Open University Press.

Selected chapters from: Crittenden, P. & Landini, A. (2011). *Assessing Adult Attachment: A dynamic-maturational approach to discourse analysis*. Norton Professional Book.

Selected chapters from Dallos, R. (2006). *Attachment Narrative Therapy: Integrating Systemic, Narrative, and Attachment Approaches*. Open University Press.

**Recommended Readings:**

Gerhardt, S. (2011). *The Selfish Society: How We All Forgot to Love One Another and Made Money Instead*. Simon & Schuster.

Gerhardt, S. (2014). *Why Love Matters: How affection shapes a Baby's brain*. Routledge.

Howe, D. (2011). *Attachment across the Lifecourse: A Brief Introduction*. Palgrave Mc Millan.

Pietromonaco, P. & Barrett, L.F. (2000). The internal working models. What do we really know about self in relation to others. *Review of General Psychology*, 4, 155-175.

Pleshkova & Muhamdrahimov (2010). Quality of Attachment in St. Petersburg. A sample of family reared infants. *Clinical Child Psychology and Psychiatry*, 15, 355 – 362.

van IJzendoorn, M.H., & Sagi-Schwarz, A. (2008). Cross-cultural Patterns of Attachment: Universal and Contextual Dimensions. In J. Cassidy, & P. Shaver (Eds.), *Handbook of Attachment. Theory, Research, and Clinical Applications* (pp. 880 – 905). New York: Guilford Publications.

**Requirements for a successful completion of the course (for earning "zapocet")**

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| <b>1. Active participation in class</b>   |
| <b>2. Group presentation of a functional case formulation</b>   |
| The presentation should include the following: <ul style="list-style-type: none"><li>- identification of key issues</li><li>- functional formulation of identified issues using attachment systemic perspective (including the DMM concepts)</li><li>- identification of potential pitfalls (points of risk of misdiagnosis/ misformulation)</li></ul> suggestion of psychotherapeutic approach |

