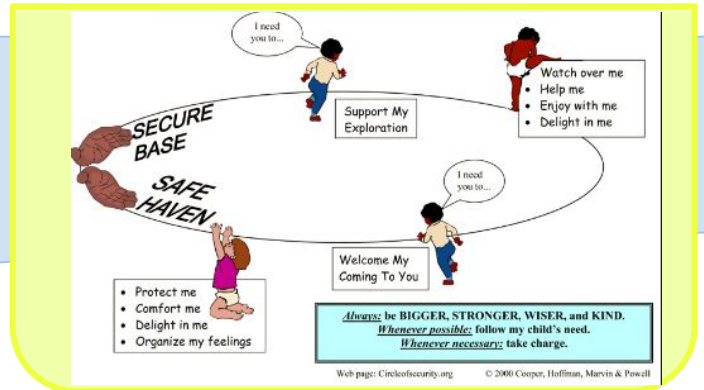


EICS CONNECTIONS PROJECT



Jody Carrington on Circle of Security

[Video](#)



Key Understandings:

An attachment figure is both a “**secure base**” from which to explore and a “**safe haven**” in times of distress (John Bowlby - attachment theory)

Sensitive responses foster secure attachments. Consider: where are they on The Circle?

- During times of dysregulation (bottom of the circle), people need support from a regulating other. They need “**bottom hands**”.
- When regulated and curious (top of the circle), people need encouragement and a secure base to explore from. This is “**top hands**”.

Children benefit from many “hands on the circle”. Educators can be attachment figures for the children/teens in their classrooms.

Always **bigger, stronger, wiser, and kind**.
Whenever possible, follow a lead.... whenever necessary, take charge.

Questions for Discussion:

1. In Dr. Carrington’s explanation of the Circle of Security, what resonated most with you?
2. Can you think of a time where someone in your life provided “bottom hands” when you needed it? How did that feel?
3. Dr. Carrington talks about how adults often “take charge” in times when it is important to “follow a lead”. What does she mean by that? What makes it difficult to follow a child’s lead?
4. Think about the Circle of Security in the context of your own relationships. Will this new understanding change anything for you?

Additional Resources:

Dr. Jody Carrington <http://www.drjodycarrington.com/>

Circle of Security International (Cooper, Hoffman, Marvin & Powell)
<https://www.circleofsecurityinternational.com/>

[Raising a Secure Child](#) by Hoffman, Cooper & Powell (with forward by Dan Siegel)

Information about [Attachment Theory](#)