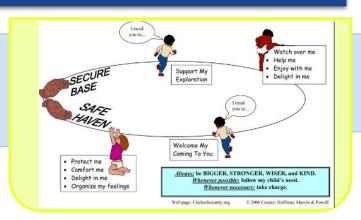
EICS CONNECTIONS PROJECT



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.

