

Psykologisk Perspektiv organizes training and certification in

Adult Attachment Interview

The 13th-17th and 20th-24th of November 2017, Copenhagen

Adult Attachment Interview

The Adult Attachment Interview (AAI) was developed by George, Kaplan and Main in 1985 in USA and is a psychological assessment tool that can be used to evaluate an adults' ability to talk about emotions and memories of early attachment experiences. AAI is a semi structured interview consisting of 20 questions about an adults' own attachment history, both covering questions about adjectives describing the primary caregivers and questions about specific incidents and relationships with these persons. Based on the statements given in the interview and the assessment of these the attachment pattern of the interviewee can be evaluated. The attachment pattern is then categorized as secure or insecure (dismissing or preoccupied) and/or unresolved with regard to loss and trauma.

The validity of AAI as a psychological test is high and the result is independent of the interviewee's cognitive abilities.

It takes about 45-90 minutes to administer an AAI. The coding process requires the interview to be transcribed verbatim.

In Denmark the AAI is used in research contexts and in psychological assessments of parental abilities. Internationally the interview has also been used in psychological reports prepared for family court.

Experienced clinicians can easily be trained to administer the AAI interview whereas the coding is particularly demanding and special education is needed to attain reliability.

The training seminar

Learning to score and code the Adult Attachment Interview begins with a 10 day intensive trainingseminar.

- As important background, the institute starts with a brief summary of Bowlby's attachment theory, a description of the Infant Attachment categories of Mary Ainsworth (including the Strange Situation Procedure), and the subsequent links to adult attachment theory and the Adult Attachment Interview.
- Following this preliminary review, most of the training is focused on the AAI scoring and coding system developed by Mary Main and Ruth Goldwyn. AAI transcripts are both studied and scored by trainees outside of class and also carefully reviewed during class time.

- Less formal discussions of research and clinical questions that arise during the training is scheduled and conducted as needed.

Upon completion of the course, trainees are given several booklets to take with them for continued study and practice in preparation for certification testing.

Certification

The certification process takes an additional 18 months and consists of three tests taken at 6-month intervals. Each test is a set of about ten transcripts to be coded and send to University of Berkeley for a reliability check.

The teachers

The teachers at the training seminar held in Copenhagen will be Pehr Granqvist and Tord Ivarsson, both of whom have extensive experience in educating professionals in scoring and coding the AAI as well as lecturing about attachment related topics in general.

Pehr Granqvist is a professor at Department of Psychology, University of Stockholm, where he lectures on developmental psychology and attachment theory. The majority of his research is about attachment related issues with regard to children and adolescents as well as adults.

Tord Ivarsson is a child and adolescent psychiatric consultant, researcher and lecturer at the Regionscenter for barn og unges psykiske helse, Helseregion Øst og Sør as well as at the University of Gothenburg. Originally trained in psychodynamic therapy, he has more recently devoted his time to attachment related issues and to the treatment of obsessive compulsive disorder using both CBT and drug treatment. He is as well involved in neurobiological research on OCD using MR- imaging.

Pehr Granqvist, Tord Ivarsson, Anders Broberg and Pia Risholm Mothander have authored *Anknytningsteori*, a widely used textbook on attachment and development.

Practicalities

Time and place: the training seminar will be held on the 13th-17th and 20th-24th of November 2017 at Hvidehus, Valbygårdsvej 64A, 2500 Valby, Denmark.

Price: dkk. 26.500 without Danish VAT/dkk. 33.125 incl. Danish VAT. This amount includes tuition, certification process and catering during the trainings seminars.

Participants: Psychologists and other professionals as well as researchers and PhD student in relevant disciplines for whom the test might be useful. There will be room for a maximum of 25 % participants with educational backgrounds other than psychology.

The course will be held with a minimum of 15 participants. The maximum number of participants is 20.

Language: training and certification will be in English.

Registration

Participants register by email to: susanne@psykologiskperspektiv.dk or gry@psykologiskperspektiv.dk.

Please send the following information: Name, address, country, telephone number and educational background.

Upon receiving your email, we will send you payment information. When we have received your payment, your registration will be definitively confirmed.

The registration is open until the 31st of July 2017.

Cancellation of registration can also be done until the 31st of July 2017. After the 31st of July tuition will not be returned regardless of the cause of cancellation.

If no more than 14 participants have registered on the 1st of August 2017, the training will be cancelled and tuition fees returned to registered participants.