



Circle of Security

I N T E R N A T I O N A L™

Early Intervention Program for Parents & Children

Training in the Circle of Security-Intensive Model

Historically, training for the COS-Intensive model was conducted over a 10-day period in person. This training, in its original format, is still available one or two times per year in selected countries and languages (Australia/English, Norway/Norwegian); however, our goal is to deconstruct the 10-day training by offering a combination of online and in-person coursework so that masters' level licensed psychotherapists can expand their understanding of the Circle of Security without having to travel for a 10-day in-person training.

We expect the first online course, which will focus on understanding the psychological defenses that clients have around relationships (known as the Core Sensitivities), to be available in 2020. In the coming years, we expect to continue to offer both online and in-person trainings focused on comprehensive assessment of attachment relationships, treatment planning and intervention.

As we put together the new pathway for training on the COS-Intensive model, clinicians interested in building relevant skill should start by taking the 4-day Circle of Security Parenting training. Once completed, using the COSP model will deepen any clinician's understanding of COS principles. Those facilitators interested in accelerating their skill development should consider contacting us (info@circleofsecurityinternational.com) to learn about Fidelity Coaching. Fidelity Coaching is a form of reflective supervision focused on implementation of the COSP program and is excellent preparation for moving into the Circle of Security-Intensive model. Before moving into training on the COS-Intensive model, clinicians are encouraged to read the book entitled: [The Circle of Security Intervention](#). This book provides a detailed review of the COS-Intensive model covering the theoretical and research underpinnings of the model, the comprehensive assessment approach, the intervention protocol and case studies.

Overview of the COS-Intensive Model Training Requirements

In order to use the COS-Intensive model, we require therapists complete the Circle of Security Parenting 4-day training and then pursue advanced training, successfully pass a written exam, and obtain supervision from a Certified COS-Intensive Supervisor while leading two COS-Intensive groups. These groups average ~20 weeks in duration (based on 6 caregivers/group and weekly sessions of 90-120 minutes).

To make use of the COS-Intensive model, therapists need a working understanding of and ability to track caregiving and attachment behavior in the Strange Situation Procedure. Based on each dyad's Strange Situation, and the accompanying Circle of Security narrative interview, providers need to be able to develop treatment goals that address what we call the "linchpin struggle." The linchpin struggle is the one defensive process that, if changed, would be most productive in promoting secure attachment. One key to identifying the linchpin struggle-- and to shaping the intervention with the caregiver-- is analysis of the caregiver's core sensitivity.



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Intensive training overview

- A basic understanding of the attachment and caregiving system and development of observational skills.
- The use of Object Relations theory to understand and intervene with caregivers' core sensitivities (e.g., the different defensive relational strategies all humans exhibit).
- The ability to make a differential diagnosis of the caregiver/child interaction by conducting and analyzing a standardized video assessment including the Strange Situation Procedure.
- The ability to select video clips that are related to the linchpin struggle of each caregiver in the group and to present them in ways that are matched to each caregiver's core sensitivity.
- A basic understanding of the treatment intervention process.

Written Exam

The exam consists of writing two case presentations following the provided template. The cases are based on videotaped assessments (Strange Situation and Circle of Security Interview) with two families. Applicants for the exam are mailed test and given access to the video material. The fee for grading the exam is \$350. All test materials are to be submitted and returned within 6 months of receipt of the test.

Supervision

Ongoing supervision by a Certified COS-Intensive Supervisor is required for the first two COS-Intensive Groups. Each provider, or pair of providers if cofacilitating, needs to organize parent groups in their own community, videotape those groups for their supervisor to review, and make themselves available each week to review each session as their group unfolds. Supervision requires an hour and a half a week of prep time for the supervisor and an hour and a half a week for the supervisor to spend with the therapist(s). Supervision can be done in person or via online videoconference. The focus of supervision sessions is video-review of each week's group session as well as planning for the next week's session.

Supervision Overview

- Review the Strange Situation and the Circle of Security Interview and develop the treatment plan for the dyad including potential video vignettes for review = 3hrs/dyad X 6 dyads per group = 36 hours
- Consultation regarding setting up groups including how to run a Strange Situation, technology issues, recruitment of families, contracting with families, and facility set up = 4 hours
- Prep-time for group supervision includes review and finalization of treatment plan for the next dyad in the group and review and video-analysis of the intervener leading the most recent group = 1 ½ hrs/wk X 20 weeks = 30 hours
- Weekly supervision sessions in person or via videoconference with group interveners = 1 ½ hrs/wk X 20 weeks = 30 hours



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Fees

Supervision is \$150/hour. The written exam cost is \$350.

Supervision Costs for Each of Two Groups

We recommend co-therapists facilitate the group. Since the cost is the same for one or two therapists leading the same group, two therapists can split the cost.

Review the Strange Situation and the Circle of Security Interview and develop the treatment plan	36 hrs	\$150	\$5,400
Consult regarding setting up groups	4 hrs	\$150	\$600
Prep-time for group supervision	30 hrs	\$150	\$4,500
Supervision time on the phone with group interveners	30 hrs	\$150	\$4,500
Total for 20-week group	100 hrs	\$150	\$15,000

Circle of Security-Intensive Certification

Upon successful completion of the 10-Day Training, the written exam and two COS-Intensive Groups, individuals are eligible to be Certified COS-Intensive providers. While we understand that becoming a certified provider requires a considerable investment of time and money, the intensive training, exam and supervision are all crucial in maintaining the fidelity of the COS-Intensive model.

We have also trained people to use the underlying principles of the Circle of Security to use videotape reviews with individual parents in office or home visitation settings. The Circle of Security has been adapted to work with a wide range of children. Currently, we are working with children from prenatal to elementary school age. So, another area to consider is what type of intervention setting will work best in your community. We find the same basic training, with some adaptation, applies to different settings and age groups.