



Why COSP™: A Path to Good Enough

A User's Guide for Facilitators

INTRODUCTION

This brief video was created with facilitators in mind to provide an introduction to Circle of Security Parenting and as a tool to help generate interest in the COSP™ Program and recruit participants. The hope after watching is to leave caregivers feeling intrigued by the material and wanting more information, and to stimulate thinking about the central presence of relationship in their lives and, particularly, the lives of their children.

As a Registered COSP™ facilitator, you might also like to use the short video to offer a brief overview of the model to professionals who may want to learn more from you about COSP™.

Because facilitating COSP™ is not about delivering content, but about creating an environment for reflection on caregiving and the central role that relationship plays, we want to embody this stance in this introduction to the model. The goal of this introduction is to leave people feeling more curious and wanting to know more. Facilitators are not going to be able to solve problems or focus on specific issues in this brief time, but we can remain empathic to caregivers' struggles and offer an invitation to learn more about COSP™, where they may find some answers.

The video was designed to provide flexibility in how facilitators deliver the material, depending on how much time you have and the nature and purpose of the group to which you are presenting.

OPTIONS

The following summaries give facilitators options for how to use this brief video depending on the time you have available to introduce Circle of Security Parenting – whether you have 10-15 minutes, 20+ minutes or 30+ minutes. For both the 20+ and 30+ minute sessions, you will see there are places identified to pause the DVD and invite caregivers to reflect.

Sections that quote directly from the video are captured inside a grey textbox and marked with a clapboard icon.



IF YOU HAVE 10-15 MINUTES

- Play the video in its entirety
- **END VIDEO**
- Invite questions about ways to get involved

IF YOU HAVE 20+ MINUTES

- Play the video and stop at first pause
- **PAUSE ONE**
Handout: The Difference that Makes a Difference (included)
Follow reflective questions provided
- **END VIDEO**
- Invite questions about ways to get involved

IF YOU HAVE 30+ MINUTES

- Play the video and stop twice
- **PAUSE ONE**
Handout: The Difference that Makes a Difference (included)
Follow reflective questions provided
- **PAUSE TWO**
Follow reflective questions provided
- **END VIDEO**
- Invite questions about ways to get involved

Throughout the process, bring the Circle of Security™ into the room - watch for those few moments where *Being-With* might be allowed and recognized as a unique option.

GUIDE TO FACILITATION



“Hello, I’d like to introduce you to Circle of Security Parenting, a relationship program for caregivers. So, let’s get started. What is the Circle of Security? It’s a program that was developed with the goal in mind of finding ways to enhance secure attachment in caregiving relationships, because as caregivers we all want to do the best we can, and of course, we want to have secure relationships with our children. But what does that mean, ‘to enhance secure attachment’? We all want to have secure relationships, but here’s the problem. Children don’t come with an owner’s manual. And it can be hard to know how to respond to the difficult behaviors and how to manage them. And, of course, every child is different. But here’s the good news. Children are born experts on the Circle of Security. Circle of Security is like an owner’s manual that’s been written by your child. Learning how to use the Circle of Security helps us figure out caring ways to get the job done. Because it is no secret, caregiving can be the hardest job on the planet. Having an owner’s manual makes it easier to know the questions to ask that can help us find helpful answers. But sometimes when we are trying to make sense of what is going on with our children, the way we ask the question, can get it our way of finding caring ways to help.

“What’s wrong with my child?”

“Why do they keep doing this?”

“Why don’t they listen?”

“What does my child want from me?”

We all want to get it right, so what if we asked the question in a different way? The Circle of Security roadmap helps us ask the question in a different way.

When we think about behavior, we think about reinforcing the behavior we like. We might use stickers, or treats, or give compliments. And when we think about behavior we don’t like, we try to find ways to stop the behavior. We might do things like time outs, or spankings, or ignoring the behavior. Circle of Security gives us a way to think differently about either trying to reward the behavior we like, or trying to get rid of the behavior we don’t like. The Circle is about thinking outside of the box. And when we start to use the Circle of Security roadmap, we start to switch the focus. And instead of focusing on the behavior and trying to figure out what to do with it, we start to focus on the behavior as communication of a need, and the need within the relationship.

PAUSE ONE (2 minutes 34 seconds)

Facilitator Process Moment

Distribute the handout “The Difference that Makes a Difference” (attached) which is a summary of research findings over 60 years on the developmental outcomes of attachment security. Why do we focus on relationship? We know from 60 years of research that our relationship with our children makes a big difference to them long term.

Invite participants to read through the list and choose the three differences that are most important to them. You can then have caregivers share their top choice and why that is so important to them. This is a time to listen and enjoy with caregivers.

- What is your top choice and why is that so important to you?
- What is it like to think that your relationship can offer so much to your child?



Let's take a tour of the Circle, and watch an introduction to Circle of Security Parenting.

Circle of Security introductory video

"This video is available on our website, and it's also available on You Tube and Vimeo if you are interested.

The Circle of Security roadmap helps us to shift from asking the question, "What does this child want from me?" Because when we ask the question like that, 'what does this child want from me,' it can be hard to make sense of this behavior, and things start to look really random, and it's hard to make sense of what's going on. But if we start to use the roadmap, and we ask, 'what does my child need?' we can shift from asking the question to now having an answer. Oh, I see what they need, I'm using the roadmap, it's very easy to understand, I can start to see that there's a pattern that's emerging. When we start to make sense of the behavior, and we begin to see the underlying need, and we see the pattern of going out on the top of the Circle, coming back in on the bottom. It's an emerging pattern and it makes it look safe and it feels predictable, and this is a good thing. Circle of Security offers us a way to see things differently.

Because attachment is so intuitive, Circle of Security has circled the globe. It's now been translated into 14 different languages, and it's available in more than 30 countries, with more than 25,000 facilitators that have been trained all around the world. And the interesting thing is that as the Circle travels the world, at our core, we all have these same needs.

Learning to read the map is an intuitive process, and it's easy to think, "I now understand the Circle of Security. But what good is a road map, when you are in the heat of the storm with your child? How does Circle of Security address problems like crying children, tantrums, screaming, refusing? You need so much more than a road map to be able to respond to these kinds of difficult behaviors.

PAUSE TWO (8 minutes, 38 seconds)

Note to Facilitator

This introduction is a way to get caregivers talking about their own experiences of caregiving and how they currently make sense of relationship struggles with their children. In return, we want to offer caregivers an experience of holding and safety, and to know that they are heard, they are understood, and that Circle of Security can offer them another option. Our goal is to embody curiosity and empathy and not get caught in trying to teach them or solve any of the struggles they are sharing.

Facilitator Process Moment

- When you're in the heat of the storm with your child, what are some of your child's behaviors that you find difficult?
- Describe a struggle you have been having with your child in the past week.
What kinds of things have you tried? After you try, what happens next?
- There's no such thing as perfect parenting. All of us are going to struggle sometimes. We have learned at Circle of Security that good enough is good enough.
What's it like to hear that message?



There's many more layers yet to learn and understand. Thank you for taking time for this introduction to the Circle of Security Parenting. For more information you can visit us at our website at [Circle of Security International.com](http://CircleofSecurityInternational.com)

If you are watching with a Circle of Security Parenting facilitator, now's the time to ask questions about how you can find out more about this program.

Thank you for your time, and I wish you well on your journey learning more about the Circle of Security."

END VIDEO

Invite Questions

After watching we want caregivers to leave feeling intrigued by the material and wanting more information. Remember that the goal of this introduction is to leave people feeling more curious and wanting to know more, not to solve problems. Of course, we want to remain empathic to caregivers' struggles, and then offer an invitation to learn more about COSP™. Invite questions and have information ready about the logistics on ways to get involved in your COSP™ group.

Once again, during this time, bring the Circle of Security™ into the room - Watch for those few moments where *Being-With* might be allowed and recognized as a unique option.

The Difference that Makes a Difference

After 60 years of research we know that the more secure children are, the more they are able to:

- Enjoy more happiness with their parents
- Feel less anger at their parents
- Turn to their parents for help when in trouble
- Solve problems on their own
- Get along better with friends
- Have lasting friendships
- Solve problems with friends
- Have better relationships with brothers and sisters
- Have higher self-esteem
- Know that most problems will have an answer
- Trust that good things will come their way
- Trust the people they love
- Know how to be kind to those around them