



## AiMH UK Spring Workshop

**Wednesday 23rd April 2025 9.30am - 12.30pm**

### Recent Advances in Understanding and Supporting Attachment in At-Risk Infants

Presentations from Rebecca Carr-Hopkins, Dr Katrin Braune-Krickau and Helen Johnson

We are delighted to be hosting a line-up of experts, skilled in using the latest approaches for assessing and supporting attachment in at-risk infants, focusing on two main models; **The Dynamic Maturational Model of Attachment and Adaptation (DMM)** and **The Infant Care Index**

The conference will give participants an introduction to approaches which can support professionals' understanding of relational dynamics between parents and their babies. Importantly, the application of these approaches will be brought alive by case examples and we will be given a fascinating insight into how professional bias can blind us to what we think we 'see'.

**AiMH UK Members £25. Non-members £40**

**[Book your place here](#)**



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## Recent Advances in Understanding and Supporting Attachment in At-Risk Infants

This conference will introduce participants to key approaches that enhance professionals' understanding of relational dynamics between parents and their babies. Through real-world case examples, we will explore how these approaches come to life in practice and gain a compelling insight into how professional biases can sometimes distort our perceptions.

### What to Expect:

- An introduction to the Infant CARE-Index (ICI) and its core patterns, offering insights into how the ICI can help identify interactional risks in parent-child relationships.
- A discussion on how cultural and professional biases can shape—sometimes misleadingly—our understanding of what we observe in Infant Mental Health work. The ICI provides a structured approach to carefully observe, recognise discrepancies, and better understand parent-infant interactions.
- A case presentation demonstrating how the Dynamic Maturational Model of Attachment and Adaptation (DMM) can be applied to tailor treatment plans for parents and infants, increasing the effectiveness of interventions.

Participants will have the opportunity to engage in discussions and interact with the speakers, making this a rich and practice-enhancing learning experience.

### Why Attend?

This event will expand our understanding of parent-infant attachment and support the development of best practices in the field.

### Key Models Explored:

#### The Dynamic Maturational Model of Attachment and Adaptation (DMM)

The DMM builds on John Bowlby's attachment theory, emphasizing the role of early relationships in shaping emotional and social development. Developed by Patricia Crittenden, the DMM integrates neuroscience and developmental research to explain how infants' attachment strategies evolve for safety and protection. It highlights how early experiences shape emotional regulation, perception, and behavior, while also considering cultural and environmental influences.

#### The Infant CARE-Index (ICI)

As one of the most accessible tools within the DMM framework, the ICI is a brief observational assessment designed by Patricia Crittenden to evaluate parent-infant interactions from birth to around 15 months. Based on a short video-recorded play session, the ICI measures parental sensitivity, responsiveness, and potential relational risks. Unlike attachment assessments that examine stress responses, the ICI captures the best functioning moments of the parent-infant dyad.

## Recent Advances in Understanding and Supporting Attachment in At-Risk Infants

By integrating the ICI within the DMM framework, professionals can detect early relational risks and implement interventions that foster healthier attachment and emotional development.

Join us for this insightful event and deepen your understanding of parent-infant relationships!

### Programme of the event

#### **9:30 Jane Barlow, President of AiMH UK**

Welcome

#### **9:35 Rebecca Carr-Hopkins, Director: Independent Social Work Matters Ltd.**

Introduction to the DMM and the various methods for assessing attachment, focusing in on the Infant CARE-Index as a risk assessment. Videos will be used to illustrate how 'Things aren't always how they seem'.

#### **10.30 BREAK**

#### **10:45 Dr Katrin Braune-Krickau, Clinical Psychologist and Psychotherapist**

Cultural Bias and other factors that influence what we see, demonstrated with film footage.

#### **11:30 Helen Johnson, Senior Social worker and Director of Attachment Works**

Using the understanding that the DMM assessments provide to strengthen parenting capacity & reduce risk. Case study.

#### **12:15 Questions**

#### **12.30 Programme close**

#### **CPD HOURS 3**



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### **Rebecca Carr-Hopkins**

Rebecca qualified as a social worker in 1996, and has over thirty years experience of working with children and families. Since starting her private practice in 2007, Rebecca has trained extensively in the field of child and adult attachment. She has been trained in all of the methods of assessing attachment tied to the Dynamic Maturational Model (DMM) of Attachment and Adaptation. She has coder level reliability and is authorised to teach the Infant CARE-Index, the Strange Situation Procedure (SSP-DMM), the School-age Assessment of Attachment and the Adult Attachment Interview. She is also an accredited Video Interaction Guidance (VIG) guider, supervisor and trainer and supervises practitioners working in perinatal services and practitioners working with families involved in the child protection system.



### **Dr Katrin Braune-Krickau**

Katrin is a clinical psychologist and psychotherapist trained in psychodynamic and family systems psychotherapy for children, adolescents and families, living in Switzerland. She heads the Team of Clinical Psychology for Children and Adolescents at the Center for Clinical Psychology at Zurich University of Applied Sciences, doing research, teaching and working clinically in the University's Parent-Infant Consultation. She has been trained in various Dynamic Maturational Model (DMM) assessment methods, such as the Infant CARE-Index, the Preschool Assessment of Attachment (PAA) and the Adult Attachment Interview (AAI).



### **Helen Johnson**

Senior social worker and Director of Attachment works has practiced independently since 2009. Helen is trained in the range of the developmentally sequenced attachment assessments tied to the Dynamic Maturational Model (DMM) of Attachment and Adaptation, including the Infant Strange Situation Procedure, the Pre-School Assessment of Attachment, Toddler CARE-Index, the School Age-Assessment of Attachment, and the Adult Attachment Interview. Helen is also trained in various methods of intervention including Video Interaction Guidance [accredited practitioner]. Helen provides attachment based assessments and interventions to birth and adoption families.





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Copies of the CPD Soundbites in Infant Mental Health - Designed to offer IMH practitioners quick CPD activities, helping busy professionals to continue to enhance their practice.



\*Discounted entry to the AiMH UK National Conference, Spring Conference and the AiMH UK IMHAW Conference.

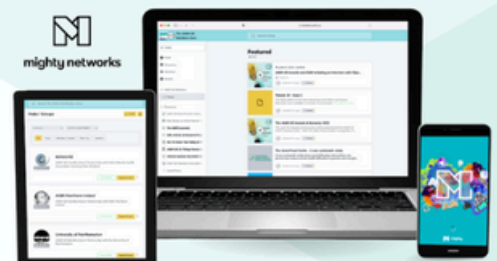
\*(Free with the Bespoke package)



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FOR FURTHER INFORMATION CONTACT: [ADMIN@AIMH.UK](mailto:ADMIN@AIMH.UK)



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