

Circle of Security

Guiding Principles

- Secure attachment relationships with caregivers are a protective factor for infants and pre-schoolers, setting the foundation for social competence and promoting effective functioning of the emotion regulation and stress response systems.
- The quality of the attachment relationship is amenable to change.
- Learning, including therapeutic change, occurs from within a secure base relationship.
- Lasting change in the attachment relationship comes from caregivers' developing specific relationship capacities rather than learning techniques to manage behaviour.
- All caregivers want what is best for their children.

<https://www.circleofsecurityinternational.com/pages/what-is-the-circle-of-security>



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