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MARTE MEO METHOD

Attachment Cycle –
From Theory to Practice

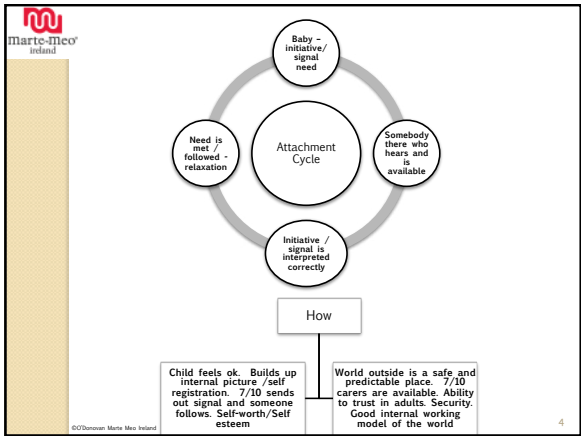
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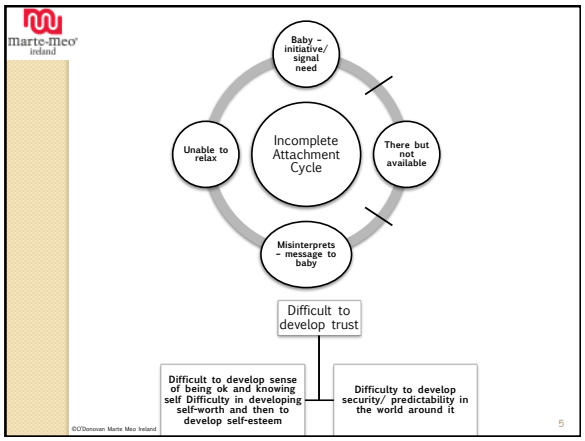
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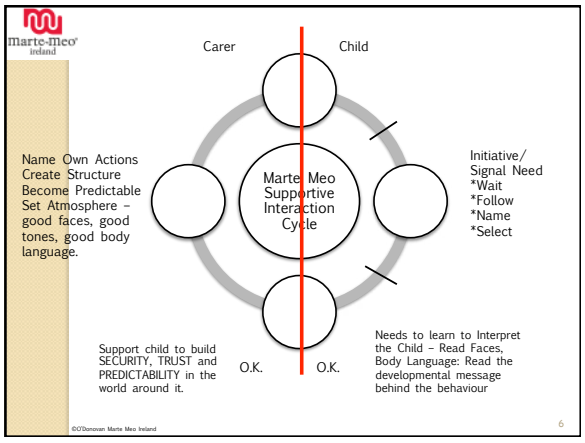
Definition of Attachment

Attachment has been defined as an affectionate bond between two individuals that endures through space and time and serves to join them emotionally
(Vera Falhberg 1994)

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Baby – initiative/ signal need
Attachment Cycle
Need is met / followed - relaxation
Somebody there who hears and is available
Initiative / signal is interpreted correctly
How
Child feels ok. Builds up internal picture /self registration. 7/10 sends out signal and someone follows. Self-worth/Self esteem
World outside is a safe and predictable place. 7/10 carers are available. Ability to trust in adults. Security. Good internal working model of the world
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Baby – initiative/ signal need
Incomplete Attachment Cycle
Unable to relax
There but not available
Misinterprets – message to baby
Difficult to develop trust
Difficult to develop sense of being ok and knowing self Difficulty in developing self-worth and then to develop self-esteem
Difficulty to develop security/ predictability in the world around it
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Carer
Child
Name Own Actions
Create Structure
Become Predictable
Set Atmosphere – good faces, good tones, good body language.
Marte Meo Supportive Interaction Cycle
Initiative/ Signal Need
*Wait
*Follow
*Name
*Select
Support child to build SECURITY, TRUST and PREDICTABILITY in the world around it.
O.K.
O.K.
Needs to learn to Interpret the Child – Read Faces, Body Language: Read the developmental message behind the behaviour
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MARTE MEO PROCESS OF WORK

To Support Carer(s) to:

- Get to know the child
- Get to know the child's world
- Make life predictable for the child.

Child Develops

- Sense of self through self registration
- An ability to differentiate feelings
- Appropriate expression of feelings and needs
- Trust in himself and the outside world

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