

REVIEW

CHILD ATTACHMENT INTERVIEW TRAINING

At the beginning of June seven of us met at the Anna Freud Centre to undertake the CAI Training, the interview protocol, coding and classification developed and taught by Dr Yael Shmueli-Goetz. We comprised two child psychotherapists, three clinical psychologists, a counsellor in training and a child psychiatrist. In addition to being a multidisciplinary group we were also multicultural, comprising British, Finnish, German, Israeli and Polish nationalities.

Before the training we were each asked to conduct several CAIs and then bring a 10 minute video section of an interview to the first day of the course. This proved a salutary introduction to the difference between research and clinical methodologies and thus focused our minds on the rigours of the interviewing task. Each day we watched videoed interviews and then coded them individually, meeting the following morning with Yael to discuss how we had arrived at our classifications and the extent to which they accorded with the reliably rated classification.

We were fortunate in being able to meet for a week and during that time became excited about the CAI's potential both clinically and for research purposes. By Friday we each had challenging ideas for its use including: helping to identify the best available attachment "fit" between accommodated children and prospective foster carers; an assessment tool for children referred to CAMHS; a baseline measure on entering psychotherapy and an outcome measure at the end of therapy; and as a research tool in a current project looking at non-compliant diabetic children.

We all agreed we had enjoyed a rare week of space to think and explore within a supportive network, encouraged and challenged by Yael and the week ended with a suitably convivial lunch in the garden setting of the Camden Arts Centre, the Finchley Road seeming far away. Our next step is to achieve reliability as coders and then we hope to meet again to share research/clinical outcomes in the future!

MARY PENWARDEN