

# Contents

Notes about the authors	v
Acknowledgements	vi
<b>1 Introduction</b>	<b>1</b>
Secure Base – a framework for caregiving	1
International developments	3
Using Secure Base in practice	3
<b>2 Attachment and resilience concepts</b>	<b>4</b>
Attachment formation	4
A secure base	6
Internal working models	6
Mind-mindedness	7
Attachment and resilience	8
The impact of abuse and neglect	9
Secure and insecure attachment patterns	9
The importance of a secure base	11
<b>3 Secure Base</b>	<b>13</b>
The caregiving cycle	13
Dimensions of caregiving	14
Availability – helping the child to trust	17
Sensitivity – helping the child to manage feelings	20
Acceptance – building the child's self-esteem	24
Co-operation – helping the child to feel effective	28
Family membership – helping the child to belong	31
<b>4 Using Secure Base: assessing prospective foster carers and adopters</b>	<b>36</b>
Availability – helping the child to trust	37

Sensitivity – helping the child to manage feelings	38
Acceptance – building the child’s self-esteem	39
Co-operation – helping the child to feel effective	40
Family membership – helping the child to belong	41
<b>5 Using Secure Base: assessing the capacity of caregivers to provide a secure base for children in their care</b>	<b>43</b>
The Secure Base Interview	44
Analysis of the Secure Base Interview	48
<b>6 Using Secure Base: supporting caregivers</b>	<b>57</b>
Introducing the caregiving cycle	58
Exploring each Secure Base dimension with caregivers	58
Availability – helping the child to trust	58
Sensitivity – helping the child to manage feelings	60
Acceptance – building the child’s self-esteem	61
Co-operation – helping the child to feel effective	63
Family membership – helping the child to belong	64
<b>7 Using Secure Base: assessing and reviewing the development of fostered and adopted children</b>	<b>66</b>
Framework for assessment	67
Secure Base Checklist	67
<b>Frequently Asked Questions</b>	<b>77</b>
<b>References</b>	<b>80</b>
<b>Resources</b>	<b>82</b>
Secure Base Summary Chart	82
Secure Base Progress Record	83
Secure Base star	84
Secure Base – caregiving cycle and dimensions	85
<b>Secure Base – Guide to the DVD</b>	<b>91</b>