



UNIVERSITY OF ALBERTA
INTERNATIONAL INSTITUTE
FOR QUALITATIVE METHODOLOGY

AND



THE UNIVERSITY
OF BRITISH COLUMBIA
School of Nursing
Okanagan Campus

PROUDLY PRESENT 20TH ANNUAL

THINKING QUALITATIVELY VIRTUAL CONFERENCE

JULY 5-9, 2021

CONSIDERING SHIFTS IN PARENTING AFTER THE 8-WEEK CIRCLE OF SECURITY[®] PARENTING[™] PROGRAM

Lisa Gray

lmg@ualberta.ca

Gwen R. Rempel

grempe@athabascau.ca

Karen Cook

kcook@athabascau.ca

Gina Wong

ginaw@athabascau.ca

INTRODUCTION

When choosing a parenting program, parents are predominantly presented with two main schools of thought; those that focus primarily on parenting strategies to modify behavior and those that focus on the parent-child relationship, in hopes that building a secure relationship will in-turn modify or lessen undesirable behaviours long-term.

The Circle of Security® Parenting™ (COS-P) program shifts the focus from the traditional behaviour management model to focusing on attachment and the parent-child relationship.¹

Shifts in parenting can be described as changes in the parent's perceptions of their child's needs or as shifts in parent representation. For example, prior to the parent participating in COS-P, parents often describe their child's crying as a manipulative or attention seeking behaviour; a shift occurs if after participating in the COS-P program the parent describes their child's crying as a way to alert their parent to a genuine developmental need.²

Shifts happen by enhancing the parent's relational capacities through the COS-P program.

This study did not evaluate the effectiveness of the intervention in terms of positive shifts in child behaviour or moving from insecure to secure attachment. Rather this study focused on examining parent's descriptions of shifts or no shifts in parenting after participation in the 8-week COS-P program to contribute to COS-P program development and evaluation.

Parent's rich descriptions may also provide program facilitators and clinicians with a deeper understanding of how to help further support shifts in parenting.

AIM

To identify common themes that emerged from parent's descriptions of shifts or no shifts in parenting after completion of the 8-week Circle of Security Parenting program.



QUESTION



What themes emerged from parents' descriptions of how their parenting did or did not shift after completing the Circle of Security Parenting program?

STUDY DESIGN



Purposeful sampling targeting parents who had participated in the 8-week COS-P program and data generation consisted of 13 semi-structured interviews



Data was collected at 3 points in time by 2 interviewers



Interviews utilized the COS-P outcomes protocol, created by the Athabasca University Circle of Security Parenting Program Research and Evaluation Team



Interviews were in person, or via telephone or Zoom



Interviews conducted before and after parent participation in Circle of Security® Parenting Program



Data analysis completed using a qualitative descriptive framework²

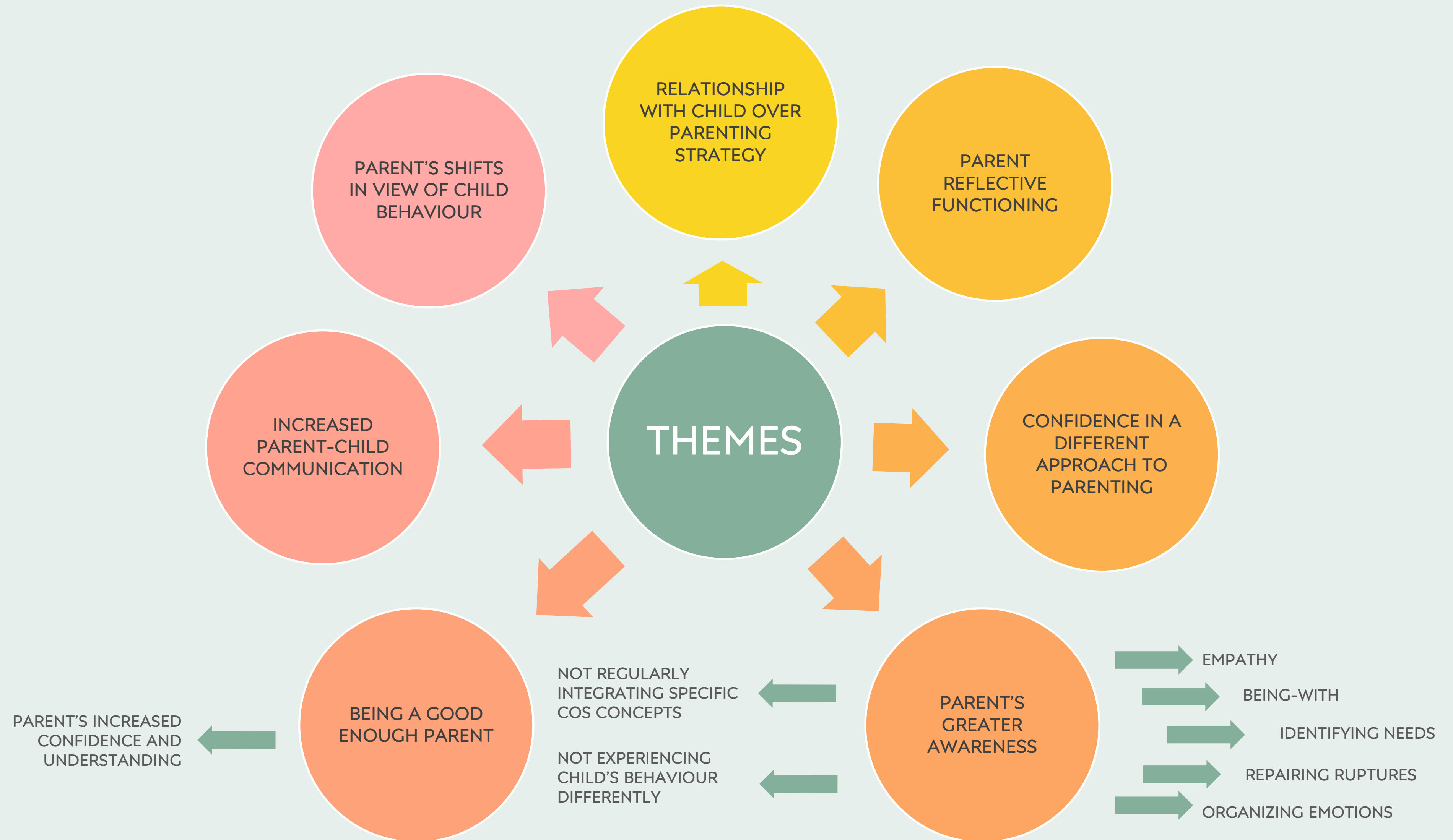
FINDINGS

13 semi-structured interviews conducted. Interviews ranged from 23 mins to 2-hours in length.⁴

9 parents were interviewed by G. Rempel, immediately following their COS-P participation (4 women and 2 men). 8 interviews were conducted in-person and 1 via phone.⁴

4 of these nine parents participated in a second follow-up interview via Zoom. For one parent it was one year after their COS-P and for 3, it was two years since their COS-P program.⁴

Working from a qualitative descriptive framework, Miles and Huberman's (1994) six analytic strategies to guide data analysis were employed.³



CONCLUSIONS

- 1 From parents' descriptions, there was a shift in terms of how parents perceived their child's behaviours, how they responded to their child's behaviours, and the importance they gave to repair when they experienced relationship ruptures.
- 2 A key influence of these shifts in parenting appeared to predominately come from parents' greater awareness through COS-P.
- 3 More research is needed regarding how greater awareness and the sub-themes under it impact shifts in parenting. This will provide facilitators with better insights into how shifts in parenting happen and how they can adapt their program to reflect these new learnings.

FUTURE RESEARCH

Future research may:

- 1 Include recruiting participants from COS-P programs utilizing various program facilitators.
- 2 Expand on this research by interviewing both parents from the same family, if applicable.
- 3 Include a more diverse sample by recruiting stepparents and other non-biological primary parents, and in terms of sex, education, and residence.

LIMITATIONS

We cannot generalize that parents who took the program with a different facilitator would have similar experiences to the parents in this sample.

The COS-P facilitator is also a co-investigator, which may have influenced participants to speak about the program in a positive light.

The sample were mostly mothers residing in urban areas and had at least some post-secondary.

REFERENCES

- 1 Cooper, G., Hoffman, K., & Powell, B. (2009). Circle of Security COS-P® facilitator DVD manual. (Unpublished manual). Circle of Security International, Spokane, WA.
- 2 Powell, B., Cooper, G., Hoffman, K., & Marvin, B. (2014). *The circle of security intervention: Enhancing attachment in early parent-child relationships*. The Guildford Press.
- 3 Miles, M.B., & Huberman, A.M. (1994). *Qualitative data analysis: An expanded sourcebook*. (2nd ed). Sage.
- 4 Gray, L. (2018). Considering shifts in parenting after the 8-week Circle of Security® Parenting program [unpublished master's thesis]. Athabasca University.



AND



PROUDLY PRESENT 20TH ANNUAL
THINKING QUALITATIVELY VIRTUAL CONFERENCE
JULY 5-9, 2021

THANK YOU!

- Access to Research Tools Award (Gray)
- Graduate Student Scholarship (Gray)
- Excellence in Research Award (Gray)
- Research Incentive Grant (Rempel)
- Academic Research Fund (Rempel)
- Academic & Professional Development/SSHRC Exchange (Rempel)

