

# Circle of Security

## Description

The Circle of Security (COS) program helps families understand and respond to their children's emotions and behavior. COS classes focus on parent-child interactions, responding to children's needs and reflecting on parent strengths and challenges.<sup>1</sup> COS helps parents look beyond their child's immediate behavior, better understand their child's attachment needs, and recognize when their own reactions impede an appropriate response.<sup>2</sup> Pediatric offices or community-based organizations can offer this service.

## Evidence

- COS decreases caregiver helplessness and stress.<sup>3</sup>
- COS helps parents consider their children's emotions more, and be more patient and less frustrated with their children.<sup>4</sup>
- COS helps parents increase their own emotion regulation capacity and demonstrate greater empathy for their children.<sup>5</sup>
- COS reduces insecure attachment and increases security for children between toddlerhood and early school years.<sup>6</sup>

## Implementation

Providers can link parents to an existing COS class at a neighborhood community-based organization. They can also set up a COS class within their practice through Vibrant Emotional Health's Circle of Security Parent Coaching Department. To register for a class or host a class at your organization, contact the COS Parent Coaching Department at 646-532-3545 or [pcd@mhaofnyc.org](mailto:pcd@mhaofnyc.org).

# Billing and Reimbursement

This program does not currently have a billing code. MHA-NYC currently offers free COS classes.

## Resources

Circle of Security International  
[circleofsecurityinternational.com/](http://circleofsecurityinternational.com/)

The MHA-NYC Circle of Security Parent Coaching Department  
2488 Grand Concourse  
Bronx NY, 10458  
646-532-3545

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1. COS Parent Coaching Program. Retrieved from: <https://www.vibrant.org/what-we-do/community-programs/parents-caregivers/circle-of-security/>.
  2. Zeanah CH, Berlin LJ, and Boris NW. Practitioner Review: Clinical applications of attachment theory and research for infants and young children. *Journal of Child Psychology and Psychiatry*. 2011; 52(8): 819-833.
  3. Kohlhoff J, Stein M, Ha M, Mejaha K. The Circle of Security Parenting (COS-P) intervention: Pilot evaluation. *Australian Journal of Child and Family Health Nursing*. 2016; 13, 3-7.
  4. Horton, GE. (2013). *The Impact of the Circle of Security-Parenting® Program on Mothers in Residential Substance Abuse Treatment: An Action Research Study* (Doctoral dissertation). Retrieved from ProQuest Dissertations Publishing (UMI No. 3609574).
  5. Cooper G, Hoffman K, Marvin R, Powell B. (2000). Circle of Security: Treatment Assumptions. Retrieved from: <http://circleofsecurity.net/treatment-assumptions>.
  6. Hoffman K, Marvin R, Cooper G, Powell B. Changing toddlers' and preschoolers' attachment classifications: The Circle of Security Intervention. *Journal of Consulting and Clinical Psychology*. 2006; 74, 1017-1026.