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. 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. Pediatric offices or community-based organizations can offer this service.

Evidence

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

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.
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/

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