

## Caregiver Experiences of Attachment-Based Interventions

**Authors :** Mikaela E. Flood, Elaine Greidanus

**Abstract :** This study will examine how caregivers construct and interpret their experience in applying attachment-based interventions, guided by the research question: How do caregivers construct and interpret their experiences when attempting to apply attachment-based interventions in their relationships? Using a constructivist paradigm, this qualitative study aims to explore caregivers' experiences of attachment-based interventions through semi-structured interviews with five individuals. The research aims to uncover how caregivers perceive, implement, and reflect upon attachment-based interventions, focusing on challenges and successes encountered. Thematic analysis of interview data seeks to reveal recurring patterns and themes, offering insights into the practical implications of attachment theory and interventions within caregiver contexts. The findings may impact the field by integrating theoretical insights with practical applications. They may also inform therapeutic approaches and support services, as well as how attachment-based interventions are implemented, thereby enhancing caregivers' capacity to foster secure attachments. Moreover, this research may inform existing bodies of knowledge by providing empirical support and a deeper understanding of attachment theory's application in real-world caregiving scenarios. In terms of future research, this study may identify potential avenues for further exploration of the application and implementation of attachment-based interventions. Ultimately, this research aims to advance both theoretical understanding and practical applications of attachment-based interventions for enhancing relationship dynamics and emotional well-being in caregiving settings.

**Keywords :** children, attachment, intervention, caregiver

**Conference Title :** ICCCAP 2025 : International Conference on Clinical Child and Adolescent Psychology

**Conference Location :** Vancouver, Canada

**Conference Dates :** May 15-16, 2025