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An exploration of the value of Marte Meo therapy in improving resilience and attachment relationships between caregivers and their children

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Aim: The purpose of this qualitative study was to explore the value of Marte Meo therapy in establishing, re-establishing and supporting attachment and resilient relationships between caregivers and their children. These researchers examined previous works on attachment theory and suggest ways in which the Marte Meo method may provide a practical application of this theory.

Methods: There was a brief history of attachment theory and a review of relevant literature which includes such theorists as Bowlby, Ainsworth, Main, Stern, Schore and Aarts and makes reference to others in the area of attachment. A qualitative approach was decided upon whereby the methods chosen were as follows; two focus groups and three interviews were convened.

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