

ERIK HESSE

Education

University of California, Berkeley 1981 Psychology B. A. (High honors)

Leiden University, The Netherlands 1999 Psychology Ph.D. (Summa cum laude)

Research and Professional Experience

1982--1988 Research assistant, Department of Psychology
University of California at Berkeley

1988-- Consultant regarding analysis of infant disorganized/
disoriented Strange Situation behavior:

University of Chicago,
University of Regensburg,
University of Rome,
University of Minnesota,
University of Texas at Austin,
University of California at Los Angeles
University of Western Ontario

1990-- Consultant regarding Adult Attachment Interview analysis, and project designs
utilizing the Adult Attachment Interview:

Harvard Medical School,
University of Virginia,
University of California at Berkeley,
University of Indiana,
Penn State University,
New York University,
Tavistock Clinic, London,
University of Maryland
University of California at San Diego

1990 -1996 Researcher, cross-national project, Berkeley-Leiden Attachment Inventory

1991 Visiting Scientist, Department of Child and Family Studies, Leiden University

1997 -- Director, Social Development Project,
Department of Psychology,
University of California, Berkeley

1997 -- Co-Director of Adult Attachment Interview Trainers' Consortium

1999 -- Adjunct Scientist, Center for Child and Family Studies
Leiden University, The Netherlands

2006 - Lecturer, University of California, Berkeley

Editorial Boards

- 2000 -- International Advisory Board, *Attachment and Human Development*
- 2003 - Associate Editor, *Infanzia e adolescenza*

Honors and Awards

American Psychoanalytic Association. Journal Prize for year 2000. Awarded to Erik Hesse for the article "Disorganized infant, child and adult attachment: Collapse in behavioral and attentional strategies" *Journal of the American Psychoanalytic Association*, 2000, 48 (4), 1097-1127".

Publications

Main, M. and Hesse, E. D. (1990). Parents' unresolved traumatic experiences are related to infant Disorganized attachment status: Is frightened and/or frightening parental behavior the linking mechanism? In M. Greenberg, D. Cichetti, and M. Cummings, (Eds), *Attachment in the Preschool Years*. Chicago: Chicago University Press.

Main, M. and Hesse, E. D. (1992). Disorganized/disoriented infant behavior in the Strange Situation, lapses in the monitoring of reasoning and discourse during the parent's Adult Attachment Interview, and dissociative states. In M. Ammaniti & D. Stern (Eds), *Attachment and Psychoanalysis*, (pp. 86-140). Gius: Rome.

Minde, K. and Hesse, E. (1996). The role of the Adult Attachment Interview in parent-infant psychotherapy: A case presentation. *Infant Mental Health Journal*, 17 (2), 115-126.

Hesse, E. (1996). Discourse, memory and the Adult Attachment Interview: A note with emphasis on the emerging Cannot Classify category. *Infant Mental Health Journal*, 17 (1), 4-11.

Hesse, E. & Van IJzendoorn, M. (1998). Parental loss of close family members and propensities towards absorption in offspring. *Developmental Science*, 1, 299-305.

Hesse, E. (1999). Unclassifiable and disorganized responses in the Adult Attachment Interview and in the infant strange situation procedure: Theoretical proposals and empirical findings (417 pp). Unpublished doctoral thesis, Leiden University.

Hesse, E. & Van IJzendoorn, M. (1999). Propensities towards absorption are related to lapses in the monitoring of reasoning or discourse during the Adult Attachment Interview: A preliminary investigation. *Attachment and Human Development*, 1, 67-91.

Hesse, E. & Main, M. (1999). Second-generation effects of unresolved trauma in non-maltreating parents: Dissociated, frightened, and threatening parental behavior. *Psychoanalytic Inquiry*, 19, 481-540.

Hesse, E. (1999). The adult attachment interview: Historical and current perspectives. In J. Cassidy and P. Shavers (Eds.), *Handbook of Attachment: Theory, research, and clinical applications*, 395-433. New York: The Guilford Press.

Hesse, E., and Main, M. (2000). Disorganized infant, child and adult attachment:: Collapse in behavioral and attentional strategies. *Journal of the American Psychoanalytic Association*, 48 (4), 1097-1127.

Reprinted: Hesse, E., and Main, M. (2002). Desorganisiertes Bindungsverhalten bei Kleinkindern, Kindern und Erwachsenen: Zusammenbruch von Strategien des Verhaltens unter der Aufmerksamkeit. In K-H Brisch, K. E. Grossmann, K. Grossmann & L. Kohler (Eds.) *Gindungen under seelische Entwicklungswege: Grundlagen, Prevention und klinische Praxis*. Stuttgart, Germany: Klett-Cotta, pp. 219-248. (Translation and reprint of "Disorganized infant, child, and adult attachment", JAPA, 2000).

Hesse, E., Main, M., Abrams, K. Y., & Rifkin, A. (2003). Unresolved states regarding loss or abuse can have "second-generation" effects: Disorganization, role-inversion, and frightening ideation in the offspring of traumatized non-maltreating parents. In M. F. Solomon and D. J. Siegel (Eds), *Healing Trauma: Attachment, Mind, Body, Brain*, pp.57-106. New York: W. W. Norton & Co.

Main, M., Hesse, E., & Kaplan, N. (2005). Predictability of attachment behavior and representational processes at 1, 6, and 19 years of age: The Berkeley longitudinal study. Grossmann, K. E., Grossmann, K., & Waters, E. (Eds). *Attachment from Infancy to Adulthood: Lessons from the Longitudinal Studies*. New York: Guilford Press.

Hesse, E. & Main, M. (2005). Attacamento disorganizzato nella prima e seconda infanzia e nell'eta adulta: fallimento delle strategie comportamentali e attenzionali. *Psicoterapia*, 10, 30, 193-208. (Reprint of article from J. American Psychoanalytic Association, 2000).

Hesse, E., & Main, M. (2006). Special Section on Frightened, Threatening, and Dissociative Parental Behavior: Theory and Associations with Parental Adult Attachment Interview Status and Infant Disorganization. *Development and Psychopathology* 18. Lead three articles for issue 18.

Hesse, E. & Main, M. (2006). Frightened, threatening, and dissociative parental behavior in low-risk samples: Description, discussion, and interpretations. *Development and Psychopathology, Special section on Frightened/frightening Behavior*, 18, 309-343.

Abrams, K.Y., Rifkin, A., & Hesse, E. (2006). Examining the role of parental frightened/frightening sub-types in predicting disorganized attachment within a brief observational procedure. *Development and Psychopathology, Special section on Frightened/frightening Behavior*, 18, 345-361.

Behrens, K., Main, M., & Hesse, E. (Accepted pending revision). Mothers' attachment status as determined by the Adult Attachment Interview predicts their 6-year-olds responses to separation and reunion: A study conducted in Japan. *Developmental Psychology*.

Under revision

Attachment security in autism: The role of maternal sensitivity and child characteristics. Rozga, A., Beckwith, L., Sigman, M., Hesse, E. & Main, M. *Development and Psychopathology*.

In preparation

Hesse, E., Main, M., & Goldwyn, R. (invited/accepted for publication). The Adult Attachment Interview: An overview of the protocol and system of analysis. In H. Steele and M. Steele (Eds), *The Adult Attachment Interview in Clinical Context*. Guilford Press.

Hesse, E. (invited/accepted for publication). Updated chapter on the Adult Attachment Interview for new *Handbook on Attachment*, edited by J. Cassidy & P. Shaver, Guilford Press.

Research Methods Devised

Main, M., Hesse, E. & Van IJzendoorn, M (1989 --). The Berkeley-Leiden Adult Attachment Questionnaire (BLAAQ). Unpublished inventory, Leiden University.

Main, M. & Hesse, E. (1992 -- 1998). Coding system for identifying frightening, frightened, dissociated or disorganized parental behavior in video-taped interactions. Unpublished manuscript, University of California at Berkeley.

Main, M., Goldwyn, R., & Hesse, E. (2002--). Classification and scoring systems for the Adult Attachment Interview. Unpublished manuscript, University of California at Berkeley.

Hesse, E. & Main, M. (1994). A sentence selection task for estimating attachment classification. Unpublished protocol, University of California at Berkeley.

Hesse, E., Main, M., & Granqvist (2004 -). Method of analysis for identifying infant and adult attachment classifications from the above sentence selection task. University of California at Berkeley.

Teaching

Adult Attachment Interview Institutes (two-week institutes taught with Mary Main, each institute has about 20 attendees, about equal parts faculty, post-docs and graduate students)

University of Rome, Italy, 1989, 1990

University of Virginia, Charlottesville, 1990, 1991, 1993

Hincks Institute, University of Toronto, Toronto, 1991, 1996

University of Regensburg, Germany, 1993

Institute of Child Development, U. Minnesota, 1994, 1996

University College, London, 1994, 1995, 1996

Progetto A, Milan, Italy, 1995

Leiden University, The Netherlands, 1991, 1995

University of California at Berkeley, 1997, 1998, 2000

Goteborg University, Sweden, 1999

Manhattan (CUNY Graduate Center), 2001

University of Western Ontario, London, 2001

University of New Mexico, Albuquerque, 2002

University of California at Los Angeles, 2006

Training-to-train institutes (two-week institutes held with Main and providing attendees with certification for holding independent institutes on the Adult Attachment Interview)

University of California at Berkeley, 1997 (Trainees: Professor Nino Dazzi, University of Rome; Professor Deborah Jacobvitz, University Texas at Austin, Professor David Pederson, University Western Ontario; Dr. June Sroufe, University of Minnesota)

University of California at Berkeley, 2001 (Trainees: Professor Sonia Gojman, University of Mexico; Professor Anders Broberg, University of Goteborg, Sweden; Dr. Tord Ivarsson, University of Goteborg; Sweden, Dr. Nancy Kaplan, Clinical Psychologist)

Disorganized/disoriented infant behavior (one-week institute, co-leader with Mary Main)

Institute of Child Development, U. Minnesota, 1990

Leiden University, The Netherlands, 1995

Institute of Child Development, U. Minnesota, 1996

Frightened/frightening parental behavior (co-leader with Mary Main, 5 to 7-day institutes)

University of California at Berkeley, 2004

Leiden University, 2005 (summer)

At Berkeley

Courses Taught:

Attachment: From evolutionary origins to individual differences in behavior and language (Hesse, Spring, 2007).

Current studies in attachment for under-graduate students (Hesse and Main, Spring, 2006).

Undergraduate developmental seminar, Department of Psychology, University of California at Berkeley (3 hour meetings).

Current studies in attachment for graduate students (Hesse and Main, Spring 2006). Graduate developmental seminar, Department of Psychology, University of California at Berkeley.

Courses Taught and Students Mentored: Informal

Attachment and behavior genetics (2004-2005, with Main).

The Adult Attachment Interview (1993, year-long course with Main).

Mentoring students for whom Main serves as dissertation chair or co-chair

Abrams, Kelley – Ph.D. 2000 – Developmental Psychology

Busch, Amy - Ph.D. 2004 – Clinical Psychology

Blount-Matthews, Kirsten, Ph.D., 2004 -- Developmental Psychology

Rifkin, Anne – Ph.D. 2005 Cognition, Brain, & Behavior

Behrens, Kazuko -- Ph.D. 2005 Department of Education

Karlsson, Roger – Ph.D. 2005 Clinical Psychology

Gribneau, Naomi – Ph. D. 2006 Integrative Biology

Alberto Amengual – (Ph.D. from U. Majorca in progress, Computer Science, UCB)

International

Mentoring: Post-doctoral fellow

Pehr Granqvist, Uppsala, Sweden, 2002-2005 (with Mary Main)

Presentations and Conference Papers

- 1991 Hesse, E. and Van IJzendoorn, M. *Developing the Berkeley-Leiden adult attachment questionnaire (BLAAQ)*. Poster presented at the biennial meeting of the Society for Research in Child Development, Seattle, Washington, April.
- 1992 Main, M. & Hesse, E. *The adult attachment interview: Some speculations regarding the future*. XXVth International Congress of Psychology, Brussels, Belgium, July 19-24.
- 1993 Hesse, E. Panel respondent (discussant). Conference: *I modelli di attaccamento dall'infanzia all'eta adulta. Models of attachment in infants and adults*. Progetto A, Sala Convengni della CARIPLO, Piazzetta Bossi, 2- Milan, Italy. January 19.
- Hesse, E. *Developing the BLAAQ self-report inventory concerning attachment organization: A conceptual overview*. Paper presented at the biennial meeting of the Society for Research in Child Development, New Orleans, March 28.
- Hesse, E. Panel respondent (discussant). *Clinical applications and recent findings regarding research in attachment*. Ontario Institute for Studies in Education, University of Toronto, October 23.
- 1995 Hesse, E. *Forme disorganizzate dell'attaccamento infantile. Disorganized/ disoriented infant attachment behavior and its relation to frightened/frightening behavior on the part of the parent*. In the conference entitled *Attaccamento: Teoria, ricerca ed implicazioni cliniche*. June 23-24, University of Rome.
- 1996 Hesse E. Panel discussant. *Clinical implications of attachment: The work of Mary Main*. Conference sponsored by University College London and the Anna Freud Centre, London.
- 1999 Hesse, E. *Unresolved adult attachment status as seen in the Adult Attachment Interview and disorganized infant attachment*. August, Goteborg University, Sweden.
- Hesse, E. *Unclassifiable status in the strange situation and in the Adult Attachment Interview* (approximate title). September, presented at the First International Conference on Disorganized Attachment, Leiden, the Netherlands (sponsored by the European Scientific Foundation).
- Hesse, E. *Disorganized attachment and fear: Theoretical mechanisms linking frightened parental behavior to infant disorganized strange situation behavior*. Invited paper presented to the Seattle Psychoanalytic Institute, October.
- 2000 Hesse, E., and Main, M. *The adult attachment interview: Overview and orientation*. Two-day meeting sponsored by the Society of the Masterson Institute, Northern California Alumni Chapter. September 22-23, Seabourg Room, University of California at Berkeley.

Hesse, E. *Frightened and frightening parental behavior: Related to unresolved trauma and to infant disorganization*. Attachment from Infancy to Adulthood. International conference on attachment, Munich, July 13.

Hesse, E. *Disorganized attachment and its correlates*. Paper given at national conference on Attachment: Current Developments in Research, Theory, and Application, New York University Law Center, NYC. December 1.

- 2001 Hesse, E. *Attachment, language, and fear* (joint address with Mary Main). Graduate Center, City University of New York, NYC. January 11.

Hesse, E. *Fear as related to disorganization in behavior and language: Connections from infancy to adulthood*. Colloquium, Department of Psychology, University of California at Berkeley. March 12.

Main, M., Hesse, E., and others. *The adult attachment interview scoring and classification system. Two-day pre-conference*. Preceding the biennial meeting of the Society for Research in Child Development, Minneapolis, Minnesota, April 18 - 19.

Main, M., and Hesse, Erik. *The adult attachment interview scoring and classification system. Two-day pre-conference*. Preceding the annual meeting of the American Psychological Association, Division 39. Santa Fe, New Mexico, April 25-26.

Hesse, E., and Main, M. *Historical background to the field of attachment*. In Attachment: Foundations of the Field and Recent Discoveries. Psychiatry Grand Rounds, Sheehy Memorial lecture series, Herrick Campus, Alta Bates. November 5.

Hesse, E. *Disorganized attachment and frightened/frightening parental behaviors*. In Attachment: Foundations of the Field and Recent Discoveries. Psychiatry Grand Rounds, Sheehy Memorial lecture series, Herrick Campus, Alta Bates. November 12.

Main, M., & Hesse, E. *Fear, disorganization and attachment*. Northern California Society for Psychoanalytic Psychology and San Francisco Psychoanalytic Institute Child Colloquium Series, November 17.

- 2002 Main, M., Hesse, E., & Kaplan, N. (2002). *Adult Attachment Interview: Overview and Clinical Implications*. Invited workshop for the conference on "Attachment and Relationships", Society for the Exploration of Psychotherapy Integration, IVIII Annual Conference. May 4.

- 2003 Hesse, E. (2003). Discussant. Symposium organized by Professor David Pederson on my work with Main on frightened-frightening parental behavior, as well as an extension of our method by Professor Karlen Lyons-Ruth. *Society for Research in Child Development*, April, Tampa, Florida.

Hesse, E. (2003). *What is disorganized attachment? How is it related to traumatic events from infancy to adulthood?* Invited presentation in "Attachment and Trauma in Child Development: New Directions in Research, Interventions, and Public Policy". University of San Francisco, two-Day conference. February 7.

Main, M. & Hesse, E. (2003). *Attachment Behavior and Attachment Representation from Infancy to Adulthood: Cross Generational and Life Course Coherence in the Berkeley Social Development Project*. In the international conference held in Regensburg, Germany, "Attachment From Infancy and Childhood to Adulthood". July 11-13.

Hesse, E. (2003). Longitudinal Correlates of Attachment to Multiple Caregivers and Communal Sleeping: Discussion of presentations by Avi Sagi and Ora Aviezer. In the international conference held in Regensburg, Germany, "Attachment From Infancy and Childhood to Adulthood". July 11-13.

Hesse, E. (2003). Attachment and fear revisited: The discovery of disorganized attachment and its clinical implications. In day-long conference sponsored by the San Gabriel Valley Psychological Association and the Center for Contemporary Psychoanalysis, "*Clinical applications of attachment theory: The work of Mary Main and Erik Hesse*". Pasadena, California, 15 November.

Main, M. & Hesse, E. The adult Attachment Interview: How people discuss their life histories with respect o attachment predicts their parenting and couple interactions. In day-long conference sponsored by the San Gabriel Valley Psychological Association and the Center for Contemporary Psychoanalysis, "*Clinical applications of attachment theory: The work of Mary Main and Erik Hesse*". Pasadena, California, 15 November.

Main, M., & Hesse, E. (2003). The Adult Attachment Interview: How people discuss their life histories with respect to attachment predicts their parenting and couple interaction. In day-long conference sponsored by the San Gabriel Valley Psychological Association and the Center for Contemporary Psychoanalysis, "*Clinical applications of attachment theory: The work of Mary Main and Erik Hesse*". Pasadena, California, 15 November.

2005 Hesse, E. (invited paper, July 8, Paris, France). Trauma, dissociation and disorganized attachment. In first international conference held in France *L'Attachement: Applications therapeutiques chez l'enfant, l'adolescent et l'adulte* Paris, 6-8 July 2005

Hesse, E., & Main, M. (June 6). Brief remarks in honor of Alan Sroufe's receipt of an honorary doctorate., Leiden University, the Netherlands.

Hesse, E. (October, San Francisco, California). Introduction to the field of attachment. For Robert Cassidy seminars.

Hesse, E. (October 21, Sacramento). Disorganized attachment, unresolved trauma, and frightened/frightening parental behavior. For Robert Cassidy Seminars.

2006 Hesse, E. San Diego, January 22. (Invited paper). Disorganized attachment and its clinical implications. Conference on attachment: Organizer, Professor Pat Judd, U. C. San Diego.

Hesse, E. (San Francisco, May 8). Discussant, Introduction to attachment. *Scientific Meeting of the San Francisco Psychoanalytic Association*.