

ATTACHMENT ASSESSMENT and ACES

Introduction

(you must read this introduction before you take the tests in order to get credit for this)

These are two separate self-report questionnaires that indicate two different things. You may have completed one of them in the past two years but for the *Trauma-Informed Care Proficiency Training Plan* you are asked to do both.

The results of these simple tests are “for your eyes only.” You will not be asked to share the results with anyone. This process is for your self-awareness. You will be asked to simply indicate that you have completed them and that you understand the basic meaning of your results.

It is fundamental for each of us to understand our own adult attachment style and our ACES in order for Patrick Henry Family Services to be successful in providing trauma-informed care. The process of you becoming more proficient in understanding and practicing trauma-informed care begins with you understanding yourself.

Adult Attachment Assessment:

Assessment Theory, grounded in extensive research, has shown that patterns of attachment in childhood have a tremendous impact on how we handle relationships as adults. An important part of a person’s attachment style is the level of security experienced and how the brain adapts in the absence of security.

There are a variety of assessment tests that are designed to catch a glimpse of a person’s attachment style as an adult. We have selected the test designed by Diane Poole Heller for several reasons. It is easy to access online, it does not take long to complete, it provides results immediately, and it is free. (for it to be free you will be added to her email list for an occasional announcement or information but you can easily opt out at a later time.)

Adverse Childhood Experiences Score

The ACE questionnaire has become the standard for quickly assessing the level of trauma a person experienced in childhood. It is used in education, in the courts, by social service agencies, in the medical field, in research and in any other context where it is helpful to understand the level of trauma experienced.

You can find this short questionnaire in many places online or in print, but again we have selected an online site that is easy to access, easy to take, and provides brief explanations.

Here is the link for the ADULT ATTACHMENT ASSESSMENT

- <https://dianepooleheller.com/attachment-test/>

IMPORTANT!! When you complete this, the site provides the results (in color even!) with a very helpful brief explanation. However, you will not be able to save it or download it. So, PLEASE REMEMBER to “Print Screen” to capture the report before you exit from the site.

Here is the link for the ACES

<https://www.npr.org/sections/health-shots/2015/03/02/387007941/take-the-ace-quiz-and-learn-what-it-does-and-doesnt-mean>

The result of this brief test is a number 0 to 10. Simply write down your score to remember it in the future.

Thank you for completing these helpful tests. As we emphasized before, the results are yours and you decide with whom you will share them or not share them.

There can be great value in sitting down with someone trained in attachment and trauma to discuss your results. They will be able to help you benefit the most from knowing these results by helping you to understand them in the context of your life.

If this is something you would like to do, either now or perhaps sometime in the future, there are people on the staff of Hope for Tomorrow Counseling prepared to do this. Or HFT can give you information about someone not associated with PHFS who can provide the same service if you would prefer.

When you have completed these assessments, please print the form on the next page and fill in the information. Once the form is completed and signed give it to your supervisor.

Thank you.

Trauma-Informed Care Proficiency Training

When you have completed these assessments, print this page, sign and date it. Then turn this sheet into you supervisor.

Name: _____
(print first and last)

I have read the introduction and I have completed the following assessment(s).
I have given thoughtful consideration to what my results indicate.

_____ ADULT ATTACHMENT ASSESSMENT

_____ ACES (Adverse Childhood Experiences Score)

(signature)

(date)