

**ASSESSING ANGELS IN THE NURSERY**  
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**Instructions:** Make your notes as detailed and as close to the actual language used by the participant as you can. Let the participant know that you will be taking notes so that you can remember what she or he has said very clearly. **If the participant has given consent, you will also be audiotaping the interview.** Please take good notes anyway to protect our data against technical failure.

As you do this interview and discuss the memories that you will try to elicit, remember that Angels in the Nursery refer to **states of mind** when the person evokes memories of feeling especially loved, understood, or protected. These memories are states of mind in the sense that they are associated with feelings of profound wellbeing that may be manifested in body sensations such as being lovingly touched or cuddled, or the smells and tastes of comforting food.

These states of mind typically involve people, but the memory is the focus of the interview. It is not accurate, for example, to say that a participant's "angels" are particular people. The participant may also have memories of that person that are not at all benevolent, and the memory that is elicited by the interview question may sometimes not involve a person at all.

Please use only the prompts below. If a participant answers quickly and says that s/he has no memories, say only, 'Why don't you take a minute and think about it. Sometimes memories come to mind.' If the participant continues to deny memories, proceed with the interview.

If the participant has memories listen to the way in which s/he speaks about them and ask follow-up questions that will elicit as much detail as possible about the memory.

**1) Do you have a memory of a time when you were little when you felt especially loved, understood or safe?** Use prompts to elicit the following information. *If the participant does not spontaneously offer a memory and speaks generally about not feeling loved by parents or in family, clarify that the memory does not necessarily have to involve parents or family members. If the participant offers a general description of a feeling, e.g., “My mother was very loving. I always felt accepted and understood,” ask the participant to **tell you about a specific time when s/he felt that way**. If the participant says something general about memories of events such as, “My mother and I always baked cookies together”, ask the participant **to tell you about a specific time when that happened**.*

**What is the content of the memory?**

Once the participant has given a memory, if the following information has not already been given, use these prompts:

**How old were you at the time?**

**Do you remember any smells, sights, sounds or other sensations that are connected with the memory?**

**2) Do you have another memory involving your [Name or person involved in the first memory] where you felt especially loved, understood, or safe?** *Use the probes given above to obtain as much detail as possible.*

**3) Are there memories of feeling especially loved, understood, or safe with anyone else? (If yes) Can you tell me about that? Use the probes given above to obtain as much detail as possible**

If the participant has been unable to talk about any memories, tell him/her at this point that given the kind of treatment that we provide, memories that have previously been forgotten sometimes emerge during the treatment.

**4) How do you feel now as you speak about these memories?**

**Interviewer: Is this stated affect congruent with the emotional content of the memories?**  
Yes \_\_\_\_\_ No \_\_\_\_\_

**5) Ask only if the participant has spoken of memories: Is there anything about these memories that you use to sustain you as you raise your child? Or that you use to help you raise your child?**

**6) Ask only if the participant has spoken of memories: Is there anything about these memories that you would like your child to experience with you, either at home or in our work together?**

**7) If I were to see your child 20 years from now, what would you like him/her to tell me about you?**

**Interviewer: How difficult was it for the participant to provide answers without prompts?**

**Very Difficult**

**Not at all difficult**

**1**

**2**

**3**

**4**

**5**

**6**