



Attachment Across the Lifespan: Supporting Relational Security –

Practice-focused interventions and approaches for specific developmental periods.

Attachment consists of diverse lifespan phenomena. Studies have now expanded including all age cohorts: younger and older children, adolescents, adults and older adults. Both understanding and responding to attachment needs of each group requires knowledge of important differences and similarities, continuities and discontinuities. This seminar provides a unique overview of practical interventions applicable across the full attachment lifespan. For each age group, one evidence-based approach will be engaged whereby specific skills and activities are explored with a focus on applicability for practice. Although fewer practitioners work with every lifespan age group, awareness of the full spectrum remains valuable for understanding clients, their families and their relations.

After an initial introduction to Attachment Theory, the seminar focuses on six specific age groups. (1) The initial glance takes in earliest pre-language attachments where implicit patterns of interaction dominate. Some of the greatest clinical progress in the attachment world has occurred in supporting first attachments with key caregivers.

(2) The emergence of goal-corrected partnerships between ages 2 and 5 has historically received less attention than earlier attachments. Indeed, we have only recently been able to fully measure. But social work home visit interventions are producing valuable evidence for shifting less optimal attachments.

(3) Middle childhood attachment includes greater integration within the family system and new attachments possibly formed with key mentors such as teachers and sports coaches. The practical value of promising combinations of attachment and system interventions will be considered, especially as regards school performance.

(4) Adolescence sees the emergence of an individual's first peer or symmetrical attachments as adulthood beckons. This period remains the most challenging as our grasp of these immense changes remain only partially understood. Again, a look at the more efficacious interventions for the world of the adolescent will be explored: both parent-child and peer.

(5) Adulthood sees the emergence of new long-term relationships, both romantic and close friendships. The application of attachment to couples work as depicted in Susan Johnson's important work with Emotionally Focused Therapy [EFT] for couples takes the next focus. [Please not more in-depth work with adult maladaptive attachment is considered in Seminars 2] (6) Finally, the seminar concludes with a vital glimpse of emerging research on shifts in attachment in later life. Existential and familial considerations will also be taken up for this period.

In summary, the seminar seeks to skill up mental health workers by providing a relatively focussed but still comprehensive picture of the most current research and available practical interventions by lifespan period.

Learning objectives of this training:

1. Understand attachment across each phase of development
2. Develop a more comprehensive understanding of client's relational world
3. Apply most recent evidence-based interventions
4. Coach clients who are struggling with parental responses to their children
5. Envision the emerging and complex world of adolescent relationships
6. Assist clients in enhancing their attachment relationships
7. Develop attachment informed strategies with client's whose parents or loved ones may suffer with Alzheimer's and dementia



Kevin Keith, PhD is a counsellor, psychotherapist and supervisor. He splits time between private practice and education/academic activities. He is a lecturer in the Jansen Newman Institute (JNI) and Australian College of Applied Psychology (ACAP). In 2017, he completed his PhD at the University of Sydney (History and Philosophy of Science Unit) with primary research interests in Attachment Theory. His thesis—The Goal-Corrected Partnership: A Critical Assessment of the Research Programme—brings focus on attachment development post-infancy. This work rearticulates Attachment Theory in light of advances in the lifespan developmental sciences, especially approaches to biological complexity. Kevin presents regularly on Attachment Theory to a wide range of audiences, including a May 2016 paper at the International Society for Philosophy of Psychiatry in Atlanta GA USA [on attachment within the NIMH Research Domain Criteria, an alternative model to the DSM-5]. He is acclaimed as an engaging and inspiring presenter whose seminars change the way therapists perceive and work with their clients in ways that surprise and delight.

This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.

We'll bring this training to your team at your workplace anywhere in Australia or New Zealand.

We can also deliver to your team by live webcast no matter where you and they are located.

Our continuing professional development events meet the quality standard recognised by many relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

We recommend checking with your association for the correct calculation of points for this event.

A certificate of attendance for 6 hours of face-to-face training is issued to all participants.

Morning Session

Includes a short morning tea break.

Attachment Introductory Basics; Understanding development and current interventions for infancy, pre-school and middle childhood

Afternoon Session

Includes a short afternoon tea break.

Understanding development and current interventions for adolescence, adulthood and later life
Evaluation and closing.

"Understanding lifespan attachment phenomena—both the similarities and differences by unique age period—, enables us to engage more effectively with our clients and their families."

Kevin Keith

How will you benefit from attending this training?

- Gain a view of current research on the full lifespan of attachment phenomena
- Possess a more comprehensive perspective on evidence for interventions at each stage of the lifespan
- Expand skills and practice interventions for age specific attachment

Booking process:

1. Choose face-to-face or online delivery.
2. Request a quotation.
3. Agree upon a date and venue.
4. Finalise booking with payment.
5. Let us make it easy for you!

We include:

- Presenter travel and accommodation costs.
- Soft copy of resources.
- Individual attendance certificates.

Contact our in-house program director 1300 887 622 or info@PDPseminars.com.au for information, quotation or to have a helpful chat about the needs of your team.

[Seminar 1 of 2 in an updated 2020 Attachment Theory Seminar Series (4th Edition) Seminar One has been designed both as a recommended starting point for those seeking a current update of the theory and practice. It has also redesigned as a preliminary complement for Seminar 2 in 2020.]

This seminar has been designed to extend the clinical knowledge and applied skill of Counsellors, Psychotherapists, Coaches, Psychologists, Hypnotherapists, Social Workers, Community Workers, Mental Health Nurses and Psychiatrists.

Here's what people have said recently about Kevin's training for PDP:

"One of the better presentations/seminars that I have attended in years. Well targeted, excellent pacing."

"Made it interactive and relevant to people attending."

"Very well done, valuable subject with application to today's profession."

"Thank you – I'd forgotten all the attachment stuff from formal study days – good new and helpful research, particularly dealing with 'difficult client groups', giving us and our clients hope."

"Very interesting, hopeful perspective."

"Very informative and stimulating! Made me want to explore the area of attachment more and more."

"Interesting references to the progression of this theory."

"One of the best seminars I have done! This seminar improved my understanding about attachment theory in a significant way. Kevin is an amazing presenter, he engaged participants from the beginning to the end of the seminar!"

"Always enjoy the high quality and clarity of Kevin's work. It is well researched, well structured, time is extremely well managed and consistent effort is made to meet the personal needs of all attendees. Gluten free food is good!"

"Kevin was an engaging and knowledgeable presenter who demonstrated an in-depth knowledge of his field."

"Great presenter, venue."

"PDP staff were amazing, useful, so friendly. Kevin was really great, loved his passion and knowledge. Interesting content."