



# Early and ongoing attachment disorganisation: Implications for Working with Trauma and Disordered Personality in Adults

**Understanding and responding to complex and challenging client presentations.**

The concept of attachment difference within Attachment Theory has offered a truly valuable framework to understand many of the serious mental health care risks associated with childhood difficulties. This second 2019 attachment seminar extends this focus to addressing a relatively new set of adult differences identified as 'attachment disorganisation', something potentially influenced by 'early and ongoing' trauma and associated with adult personality disorders. In addition to clarifying current knowledge of 'attachment disorganisation' into adulthood, the seminar will also introduce more integrated approaches to treatment that include attachment and might also provide greater direction to our work.

The first half of the seminar will focus on updating current empirical understandings of 'attachment difference' and identifying manifestations of 'disorganised attachment' in adulthood. The aim is to provide an informative picture of adult disorganization that will enhance initial assessment and evaluation of ongoing clinical progress. Historically, the traditional adult identifications of maladaptive attachment—Unresolved/Disorganized/Cannot Classify Attachment (categories from the ground-breaking Adult Attachment Interview (AAI)) and Fearful-Avoidant Attachment (a continuum quadrant emerging from well validated self-report tools in Social Psychology)—have proven too broad to adequately inform clinical concerns; the two measures have also proven difficult to integrate. However, researchers have begun to identify greater specificity in the more disordered adult 'disorganised attachment' through the employment of new and expanded measures. Participants will be introduced to currently proposed specifics for 'disorganised attachment' in adulthood, drawing on important updated measures of attachment difference. Groups will consider these perspectives in light of their work with clients who are confronted by longer-term mental health challenges. 'Disorganised attachment' will also be considered in light of early and ongoing experiences of trauma and dissociation.

The second part of the seminar focuses on clinical skills for addressing 'disorganised attachment' including the clinical alliance and ongoing development of attachment. The seminar will also clarify 'what' we may treat in therapy: 'changing attachment'-a lifespan dynamic personality construct, 'resolving trauma' - a causal contributor to disorder, 'modifying dissociation' - a consequent symptom, and 'enhancing' reduced functional capacities typically associated with personality disorders, especially emotion- and self-regulation. Attachment work will be situated within two integrated models of treatment [The Sequential Model of Emotional Processing (Pascual-Leone & Greenberg, 2007) & Character Adaptation Systems Theory (Henrique 2107)], one of which will be engaged in detail. Finally, attention will also be given to the practical considerations involved in working in a world of limited resources: How can we best respond to the need for longer-term work where clients may lack resources?

In summary, the seminar will explore how even disorganised attachments evolve across the lifespan, are not set in stone, and may be expected to demonstrate both continuity as well as change. This may serve as a beacon of hope for clients and therapists alike.

### Learning objectives of this training:

1. Identify important / emerging dimensions and measures of disorganised attachment and how they differ from more functional attachment styles.
2. Differentiate the more reliable depictions of disorganised attachment, trauma, dissociation personality disorder from less helpful oversimplifications.
3. Understand possible dynamics in disorganised adult romantic relationships, including risk of abuse.
4. Clarify clinical responses for working with disorganised adult attachment, esp. with trauma and personality disorders.
5. Assist clients in enhancing their emotion regulatory skills
6. Evaluate options for longer term work that may sit outside 10 session models.



**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 a focus on attachment development post-infancy. This work also 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.**

**MELBOURNE: 22<sup>nd</sup> June 2019**  
MANTRA ON RUSSELL

**SYDNEY: 28<sup>th</sup> June 2019**  
UTS SHORT COURSE ROOMS

**BRISBANE: 22<sup>nd</sup> November 2019**  
PARK REGIS NORTH QUAY



**ACA:** Members can accrue 14 CPD points.

**AASW:** Members can accrue 7 CPD hours.



**APS:** Activities do not need to be endorsed by A



**ACWA:** Members can accrue 7 CPD hours.

**PACFA:** Members can accrue 7 CPD hours.

ers can accrue 7 active hours.

### **Morning Session**

Includes a short morning tea break.

Exploring Disorganised Attachment: (1) early and ongoing development, (2) current measures, (3) newly identified behaviours and manifestations

Understanding overlapping concepts: Disorganised attachment, trauma, dissociation and personality disorder

How to assess attachment in clinical setting without specific measures

### **Afternoon Session**

Includes a short afternoon tea break.

Practicum 1: Exploring the therapeutic relationship as a vehicle for traversing hope and despair

Practicum 3: Identifying and working within an integrated therapeutic model

Practicum 2: Longer-term psychotherapy work [the big picture] - integrating attachment within a case-based approach.

Practicum 4: Finding ways to work within and beyond time-limited therapy. Evaluation and closing.

***"Recent research into Disorganised Attachment has provided valuable insights into how 'early and ongoing' attachment develops through adolescence and into adulthood, offering greater specificity from which to identify client difficulties and apply more informed responses."***

Kevin Keith

### **How will you benefit from attending this training?**

- Gain a current understanding of adult 'disorganised attachment'
- Apply current findings on disorganization to enhance client assessment and ongoing case formulation
- Expand skills and practice interventions for working with disorganization in the context of trauma and personality disorders

### **Registration details:**

Standard registration: **\$288**

A current PDP 'Student and New Graduate' discount code may be applied to this standard registration fee. (Apply online)

This seminar provides 7 hours for CPD points.

Morning tea, lunch and afternoon tea included.  
We accept payment by Visa, Mastercard, Amex PayPal, cheque and EFT.

**Register at [www.PDPseminars.com.au](http://www.PDPseminars.com.au) or call us on 1300 887 622**

**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:**

*"Extremely well-informed presenter."*

*"Very interesting, thank you!"*

*"Kevin was knowledgeable, approachable and concise."*

*"Provided insights, knowledge, expertise with regard to maladaptive attachment, risk and trauma. Many, many thanks."*

*"I really appreciate Kevin's use of scientific literature, he's really well informed. I also liked that he had an appropriate amount of material."*

*"Good to receive the presentation package emailed. This allows us to concentrate in the presentation."*

*"Thank you for the water and food. The presenter was clear and concise and delivered the material in a professional and welcoming way. The workshop reinforced what I already have known and opened up new areas for learning."*