



Emotion regulation and attachment: Advanced skills for working with less functional, maladaptive attachment.

Connect attachment development of regulatory capacities with clinical interventions.

A healthy emotional life constitutes one of the key sources for a good life: assisting us to pursue goals, live in the moment and sustain valuable relationships. Indeed, Bowlby proposed in 1969 that emotions were best seen as 'felt appraisals', a position way ahead of its time but now supported by current empirical study. However, many of our traditional modalities—be they cognitively, affectively, narratively or existentially focused—may have also failed to capture the breadth of our complex emotional lives now supported by the research. Attachment Theory has provided valuable insight into the early and ongoing developmental of our capacities to regulate our vital emotions. The theory has also assisted in understanding key differences in an individual's capacity to regulate experience. This fourth of four seminars serves as a follow up on Seminar 3 providing a fine-grained exploration of both intra- and inter-personal regulation. These capacities (or skills) may be seen as practical facilitators of both therapy as well as daily life. The practical activities within the seminar explore therapeutic process, identifying options for client psycho-education and assisting clients to live more satisfying lives.

In addition to providing a brief introduction to current emotions research, the seminar will also focus on a few fascinating and therapeutically relevant emotional phenomena: love, hatred, forgiveness, interpersonal experiences of shame & shame-proneness,

pleasure and a few of the *transcendent emotions*—being moved, awe and curiosity that may also support healing. A mix of case studies, problem solving, skills practice and group discussion will be employed throughout the day.

In summary, the seminar seeks to skill up mental health workers by providing a relatively comprehensive picture of the most current research and available practical interventions for emotion regulation in the context more dysfunctional attachment.

Learning objectives of this training:

1. Gain an update development of attachment as a regulatory capacity.
2. Develop a more comprehensive understanding of affect/emotion regulation.
3. Update our preferred modalities with a contemporary empirically informed idea of the emotions
4. Assist clients in enhancing their emotion regulatory skills.
5. Engage a range of unique affective phenomena including love and hatred.
6. Identify psycho-education options for assisting clients.



Kevin Keith, PhD is a counsellor, psychotherapist and supervisor. He splits time between private practice and education activities. He is a lecturer in the Jansen Newman and ACAP. In addition, Kevin provides facilitated training on behalf of Blue Knot (formerly ASCA), where he also works on a part-time basis training development consultant. 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.

View our range of training topics at www.PDPseminars.com.au to choose from our in-house listings or have one of our calendar events conveniently delivered at your workplace.



ACA: Members can accrue 12 CPD points.

AASW: Members can accrue 6 CPD hours.



ACWA: Members can accrue 6 CPD hours.

PACFA: Members can accrue 6 CPD hours.

APS: Activities do not need to be endorsed CPD by APS. Members can accrue 7 active hours.

Morning Session

Attachment and emotional regulation: Current perspectives on what these include.

Identifying and practicing regulatory clinical skills.

Exploring affective phenomena (our clients' and our own): Emotions, moods, wants/desires, predispositions, traits, felt openness to life.

Afternoon Session

Few fascinating vital emotions: some good some not so good with accompanying case study explorations.

Clarifying appropriate and helpful emotion regulation psycho-education for the distressed clients.

Evaluation and closing.

"Emotions are increasingly seen to provide access to life's unique value and importance (salience); we owe it to our clients to stay current with recent but potentially lesser-known findings."

Kevin Keith

How will you benefit from attending this training?

- Enhance skills in regulating emotions with clients.
- Connect attachment development of regulatory capacities with clinical interventions.
- Have some fun exploring perspectives on some unique emotions, especially the interpersonal and transcendent ones.

Booking process:

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

We include:

- Presenter travel and accommodation costs.
- Soft copy of all slides, notes and resources and evaluation.
- Individual attendance certificates for all participants.

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.

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:

"Enjoyed the course and the diversity of the participants."

"Kevin moves seamlessly between huge topics with such ease and clarity."

"The up to date case study, clinical research and Kevin's expertise in the area really clarified attachment and its implications."

"Very knowledgeable, engaging and informative presenter. Shared knowledge generously and also enjoyed experiential exercises throughout the day."

"This has been an excellent day! Kevin's experience brings a great sense of ease to the room. The group was also terrific – engaged and keenly interested throughout. Thank you!"

"Very professional atmosphere. Great to connect with other practitioners."

"Most helpful – application and learning."

"Great event. Well done! Great presenter in terms of professional attitude and knowledge."

"Very informative and enthusiastic presentation."