



# Maladaptive attachment, trauma and dissociation - informed approaches for treatment.

## Trauma and attachment informed responses skills and practice interventions.

Attachment Theory has offered a truly valuable framework to understand many of the mental health care risks associated with childhood difficulties. Indeed, research in key areas of risk is increasing at exponential rates. This seminar focuses on longer-term work with maladaptive attachment and the accompanying experience of trauma and dissociation. New to this year's 4th seminar series will be an added focus on current views in the memory sciences and considerations of attachment for the therapeutic relationship.

The first half of the day will focus on identifying the lifespan risks associated with maladaptive attachment. Two associated phenomena will also be considered: trauma and dissociation. The evidence for attachment risk and psychopathology will be shown to be considerable and growing, especially as regards both borderline personality disorder (BPD) and trauma related disorders. An important associated question will also be addressed: What are the developmental trajectories associated with childhood disorganised attachment and adult unresolved attachment, and how might attachment experiences change across the lifespan? Indeed, a new measure of adult disorganization will also be introduced. The seminar will explore how attachments evolve across the lifespan, are not set in stone and may be expected to demonstrate both continuity as well as change. Maladaptive attachment will also be shown to be strongly associated with trauma and dissociation. 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.

The second half of the day focuses on clinical skills for addressing maladaptive attachment. Considerations of therapeutic relationships will be gleaned from Sue Wright's (2016) fascinating *Dancing between Hope and*

*Despair*. Training in longer-term work also typically relies upon 'case study' approaches. The seminar will review key elements included in these approaches and work practically with a selection of the various components. Specific focus will be given to the dynamics of maladaptive attachment and related disorders [i.e. personality disorders, PTSD and complex trauma]. 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? Again, specific work with client traumatic memory will be grounded in the most current insights from the memory sciences.

### Learning objectives of this training:

1. Identify important dimensions of maladaptive attachment and how they differ from more functional styles.
2. Differentiate the more reliable depictions of attachment, trauma and dissociation from less helpful oversimplifications.
3. Explore the breadth of the latest findings within the study of attachment risk and psychopathology.
4. Identify and integrate current conceptual and empirical findings for important phenomena of trauma and dissociation [including DSM5 and alternative depictions].
5. Recognise and work with key components in longer term case-based approaches [e.g. issue/goal identification, diagnosis, transference/countertransference, supervision, 'getting stuck'].
6. Clarify clinical responses for maladaptive attachment, trauma and dissociation.
7. 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 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.**

**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 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.*

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

### **Morning Session**

Attachment basics 2018 with emphasis on range of developmental risks for psychopathology.

Identifying recent advances in our understandings of trauma and dissociation, especially in light of the memory sciences

### **Afternoon Session**

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

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

Practicum 3: Identifying and working at an optimal pace [the present moment] - finding ways to work within and beyond time-limited therapy.

Evaluation and closing.

***"Attachment Theory has provided invaluable insights into how the therapeutic relationship offers needed support to client healing, something increasingly required in working with those struggling to cope with developmental difficulties."***

Kevin Keith

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

- Gain a current understanding of childhood attachment risk and implications for adults.
- Apply current findings from the memory sciences to work.
- Expand skills and practice interventions for working with trauma and a dissociation.

### **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](mailto: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."*