



# Personality and attachment differences: informed treatment for when one size does not fit all.

**Unique skills for working with temperament and trait from an attachment informed view.**

The first half of the day will focus on providing an updated 2018 perspective on difference studies within Attachment Theory with a specific interest in ramifications for the counselling setting. Attachment differences in terms of avoidance and anxiety will be explored as suboptimal but not maladaptive attachments. [The more maladaptive forms of attachment are the subject of Seminar 3.] A review of the two traditions of attachment measures (AAI & Self-Report) relevant for clinical work explores specifics of these differences. Particular interest is devoted to Chris Fraley's recent on-line tools for measuring both styles and multiple relationships. After a break, the day's first practicum turns to Daly & Mallinckrodt's 'Therapeutic Distance Model', (2009) and their newly trialled measure (2015). Best practice sharing, case study exploration and role-plays will be included. The goal is to assemble a detailed clinical approach specifically designed for consideration of attachment difference.

The second half of the day is also both theoretical—developing key up-to-date empirical positions on temperament/personality—and practical—providing a reflective tool for use in a clinical setting. A simple survey of infant temperament as well as adult trait models (NEO-PR & HEXACO) provides an introduction to personality. Consideration will also be given to the utilization of the HEXACO as an on-line tool. Particular focus will be given to the impact of personality. on what are described as the darker traits - e.g. narcissism, Machiavellianism and psychopathy being particularly relevant for understanding domestic violence.

The seminar concludes with a clinical application of

The seminar concludes with a clinical application of McAdam's (2015) three-pronged approach to personality development (Practicum 2). This approach will be applied as a clinical tool for exploring client needs in therapy, where client may be understood as (1) 'agent', (2) 'social actor' and (3) 'autobiographical author'.

The day will offer a chance for participants to also explore their own attachment and personality differences via on-line resources. This will better allow individuals to assess what might be a client's experience.

### Learning objectives of this training:

1. Identify unique skills for working with the key non-maladaptive attachment differences [Security/Autonomy, Avoidance and Preoccupation/Anxiety].
2. Understand the developmental contributions of mothers, fathers and other key attachment figures across the lifespan.
3. Identify and integrate relevant attachment measurements within practice, incl. promising on-line tools. Match clinical technique with client attachment style to manage optimal 'therapeutic distance'.
4. Understand current views on early childhood temperament and personality traits and temperament.
5. Understand how the H-factor in the HEXACO on-line instrument helps to explain problematic behaviours traditionally discussed under the heading of the Dark Triad and potentially relevant for DV settings.
6. Apply McAdams three-pronged approach to personality within treatment approaches.



**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 Focused 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.**

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**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 by APS. Members can accrue 6 active hours.

### **Morning Session**

Attachment Differences: A current look at difference studies and newly emerging measurement tools for therapy practice

Practicum 1: Applying and Expanding Daly & Mallinckrodt's 'Therapeutic Distance Model'.

### **Afternoon Session**

Understanding temperament, adult personality trait models (NEO-PI and HAXACO) and expectations across the lifespan; Understanding the Dark Triad: Narcissism, Psychopathy and Machiavellianism. Exploring relationship between attachment difference and personality difference

Practicum 2: Applying McAdams within client work: i.e. the individual as (1) 'agent', (2) 'social actor' and (3) 'autobiographical author'.

Evaluation and closing.

***" Understanding attachment and personality differences permits us to tailor therapy to client needs and ensure we embrace the notion that 'one size does not fit all'."***

Kevin Keith

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

- Gain unique skills for working with attachment difference.
- Explore on-line measurement tools for use within therapy.
- Integrate insights from personality development (agency, social action and narrative competence) into clinical models.

### **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](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:**

*"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."*