

THE WRIGHT INSTITUTE PRESENTS:



Developing Secure Attachment: Make Sense of Your Past to Empower Your Future

Course Level: Intermediate

Saturday, January 14, 2017

9:00am-4:00pm

Fees: Free for WI Faculty/Staff/
Collaborative Supervisors/WI Training Directors/Students (space permitting)

WI Alums: \$90
Non WI Students: \$60
General: \$150

Instructor: Lisa Firestone, PhD

Location: First Presbyterian Church of Berkeley,
Geneva Hall, 1st Floor, Calvin Room
2407 Dana St., Berkeley, CA 94704

To Register: www.wi.edu/continuing-education

Contact: The Wright Institute Continuing Education
Email: julie@wi.edu Phone: 510-841-9230

Credits: 6 CE hours. The Wright Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. The Wright Institute maintains responsibility for this program and its content.

WORKSHOP DESCRIPTION:

Research has demonstrated that securely attached therapists have the best patient outcomes, and change in attachment status is a positive therapeutic outcome. In this workshop, Dr. Lisa Firestone will draw upon the latest neurobiological research, attachment theory and clinical experience to guide you through the process of creating a coherent narrative for yourself and your clients. This process can help you and your clients resolve old traumas, big and small, so that they no longer intrude on the present. When a person creates a coherent narrative, they actually rewire the brain to cultivate security within themselves and their relationships.

Sparked by Bowlby's original insights, attachment research has revolutionized our understanding of human development, the internal world, and the consequences of development gone awry. No other empirically-based theory tells us more about how we become who we are – and how to change who we have become.

Research demonstrates that a therapists attachment style is predictive of client outcomes and those therapists with secure attachment have better outcomes. Many psychotherapy outcome research studies are using change in attachment status, to earned secure attachment, as a measure of successful psychotherapy. In addition, what could be more important for you and your clients than understanding the past and how it shapes who you are? We carry around deep wounds, behaviors and beliefs about others and ourselves from our earliest attachments, which unconsciously direct our lives.

Please contact us in advance if you require special accommodations on the day of the event.

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Research shows that when people fail to make sense of their past, they find themselves reliving and recreating it, essentially re-experiencing old hurts over and over again. Attachment research demonstrates that making sense of the past is the best predictor of your ability to shape your future.

The workshop will provide the tools for you to dig deep and resolve old traumas, big and small, so that they no longer haunt you and strategies to apply these tools with your clients. This workshop will draw upon the latest attachment research and outline the process of writing a coherent narrative. Research in neurobiology shows that when a person writes a coherent narrative, they actually rewire their brain to feel more secure within themselves and their relationships. In addition, creating a coherent narrative contributes to developing earned secure attachment. Through guided writing exercises and experiential activities, you will get to know yourself better and gain valuable insight. Additionally, this workshop will provide you with tools to help clients integrate their emotions, heal insecure attachment, and flourish in all their relationships. This workshop will provide you with the tools to help clients have better relationships with their children and romantic partners.

After attending this workshop participants will be able to:

1. Demonstrate how child attachment patterns continue to affect people throughout their lives.
2. Describe, using cutting edge neurobiological research, how clients can rewire their brains to feel more secure.
3. Explain how a patient, through the process of psychotherapy, can develop an earned secure attachment in adulthood.
4. Apply step by step guidelines for how to help clients develop a coherent narrative for their life.
5. Apply techniques to help clients better understand and integrate their emotions.
6. Discuss a framework for helping clients resolve childhood traumas.

Instructor Bio:

Lisa Firestone, Ph.D. is the Director of Research and Education at The Glendon Association and Senior Editor for the mental health website PsychAlive.org. She is the author of several books including Conquer Your Critical Inner Voice, Creating a Life of Meaning and Compassion and most recently The Self under Siege. Dr. Firestone has been involved in clinical training and applied research in the areas of suicide and violence. In collaboration with Dr. Robert Firestone, their studies resulted in the publication of several assessments including Firestone Assessment of Self-Destructive Thoughts (FAST) the Firestone Assessment of Violent Thoughts (FAVT).

Lisa Firestone is a national and international presenter on the topics of suicide and violence as well as **couple relationships, parenting**. Dr. Firestone is a clinical Psychologist in private practice in Santa Barbara and a consultant on the management of high risk clients.

Lisa Firestone also is very popular blogger on Psychology Today and the Huffington Post and you can visit the websites www.glendon.org and www.psychalive.org to learn more about her work.

Cancellation Policy:

If you have paid for a workshop and are unable to attend, please email us at julie@wi.edu with your mailing address and we will mail you a refund check for the full amount paid. Checks will be mailed within 30 days of notification.

Please contact us in advance if you require special accommodations on the day of the event.