

Adult Attachment in Clinical Practice: Understanding & Treating Insecure Adult Attachment

Presented by Annette Kussin, MSW, RSW

Workshop Details

Nov 30 – Dec 1, 2020

9am – 4pm

Location

**BEST WESTERN PLUS
The Arden Park Hotel
552 Ontario Street
Stratford, Ontario**

Fees:

Early-Bird Rate: \$399 + HST

After Oct 29th: \$429 + HST

Fee includes lunch, morning & afternoon refreshments.

Discounted rates are available for groups of 5+ people registering together OR for individuals registering for more than one workshop

Registration

Register online at
missionempowerment.ca

About the Workshop

Relationships with caregivers in the early years have a profound influence on an adult's self-perceptions, perception of others and his/her capacity for healthy intimate relationships. Adults with secure attachments and healthy adult relationships usually had early experiences of consistent nurturing and care from parents or caregivers. Adults with insecure attachments and unhealthy relationships, on the other hand, usually had early experiences of inconsistent nurturing, rejection or even severe neglect and abuse. The good news is that adults with insecure attachments can redevelop their capacity for secure attachments by understanding the impact of early childhood experiences on their personality development and present relationships, mourning the losses and longings from these early child/parent relationships and developing a non-judgmental stance in exploring their patterns.

This workshop will present a model of therapy and interventions for helping professionals to assist clients recognize their unconscious models of relationships, to develop greater security through the therapeutic relationship and to risk new and healthy interactive patterns in present relationships. Attendees will also develop awareness of their own attachment style and its importance in their therapeutic work with clients.

Participants will learn: how to assess adult attachment using the Adult Attachment Interview and Behavioural Determinants; the neurobiology of adult attachment; the connection between mental health disorders and attachment categories; goals and stages of attachment focused counselling; and treatment interventions for each of the adult attachment categories.

About the Presenter

Annette Kussin, MSW, RSW, is a registered Social Worker, a registered Marriage and Family Therapist and an advanced Attachment Focused Therapist. She worked in Children's Mental Health for over 30 years as a therapist, supervisor, manager and clinical director. Currently Annette maintains a private practice, where she specializes in Attachment Focused Therapy for adults, couples, adolescents, and adoptive families. She also offers parenting capacity assessments and attachment and trauma assessments in her private practice. She has developed a model of Attachment Focused Therapy for adults struggling with intimacy and for couples with relationship problems.



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