



Attachment in Psychotherapy

David J. Wallin, Ph.D.

Objectives - Participants will be able to

1. Use the attachment relationship as a crucible of therapeutic change
2. Shape interventions to fit patients' attachment needs
3. Recognize and work with the collusions and collisions that arise where the attachment patterns of therapist and patient intersect
4. Turn these potential obstacles into opportunities for growth and healing
5. Work with the body to reach and regulate patients' emotions
6. Use evocations, enactments, and embodiments to access and integrate dissociated experience
7. Cultivate mindfulness and "mentalizing:" the double helix of psychological liberation.

12 Hour Program

1) How Attachment Relationships Shape the Self

- In Childhood
- In Psychotherapy

2) The Patient's Attachment Patterns and The Therapist's Interventions

- The Impact of the Therapist's Attachment Patterns
- The Dismissing Patient: From Isolation to Intimacy
- The Preoccupied Patient: Making Room for a Mind of One's Own
- The Unresolved Patient: Healing the Wounds of Trauma and Loss

3) Accessing Nonverbal Experience and the Domain of the Dissociated

- Working with Evocations, Enactments, and the Body

4) Upgrading the Stance Toward Experience

- Embeddedness: When Feelings are Facts, When "Pretend" is "Real"
- Mentalizing: Reflecting on Mental States
- Mindfulness: The Present Moment and the Awareness of Awareness

5) Why Focus on the Therapist?

- The Myth of the "All Good" Therapist
- The Therapist's Attachment History as Resistance and Resource
- Trauma and the Therapist

6) The Attachment Patterns of Therapist and Patient Interact

- Mismatches, Collusions, Collisions

7) Identifying the Therapist's Attachment Patterns

8) Mindfulness in Action

- Exploring Interacting Attachment Patterns as They Unfold

David J. Wallin, Ph.D.

David Wallin, Ph.D., is a clinical psychologist and author in private practice in Albany and Mill Valley, California. A graduate of Harvard who received his doctorate from the Wright Institute in Berkeley, he has been practicing, teaching, and writing about psychotherapy for nearly three decades.

His recent book, *Attachment in Psychotherapy*, is presently being translated into half a dozen languages and has been described by Daniel Goleman as "a brilliant leap in realizing the clinical promise of attachment theory, a synthesis that should

be required—and will be rewarding—reading for every psychotherapist." He is also the coauthor (with Stephen Goldbart) of *Mapping the Terrain of the Heart: Passion, Tenderness, and the Capacity to Love*.

He has lectured on attachment and psychotherapy in Europe, Canada, and throughout the United States.

Dr. Wallin is a lively and engaging speaker who combines a scholarly perspective with unusual candor about his own experience as a therapist.

Approved Home Study CE Hours for Psychologists Counselors Social Workers Nurses AOTA

Available for an additional fee - See Exam Enclosed