

UNDERSTANDING ATTACHMENT THEORY

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Theory Based

A workshop designed for those with little understanding of Attachment Theory. This workshop explores the psychotherapy world John Bowlby worked in, and explains how Attachment Theory came about. We will look at what the prevailing ideas of child development were and how Attachment Theory changed everything including how children were treated in hospitals. With this contextual understanding it will be easier to grasp the theory.

The Strange Situation Test

The workshop will look at the important work of Mary Ainsworth et al, that changed how we understand and work with clients based on concepts of safety and security.

Adult Attachment Interview

We will have time to explore the Adult Attachment Interview, look at some of its questions and think about how this knowledge enables us to think about the attachment pattern in childhood and how it develops along the life cycle.

Internal Working Models

Time is taken to understand in depth how the formulation of Internal Working Models contributes to our understanding of human experience, and how this understanding can change the way we work with clients in the consulting room. to form a solid grounding of the theory.

Work with Clients

There will be time in the day to look at how an understanding of the theory translates into our work with clients. How will we know if our client has a 'dismissing', 'preoccupied' or 'unresolved' attachment style? Once we can recognise these attachment styles what does that mean to way we work with our clients? Can we change the attachment style of our clients? These questions will be considered during the day.

Exercise

Participants will be able in small groups to get involved in an exercise that enables them to identify their own attachment style.

Included

The Workshop includes hand-outs, worksheets, reading lists and feedback forms. Following the workshop a report will be prepared and sent detailing the results of the feedback forms.

No previous knowledge of Attachment Theory is required, and participants do not need to be engaged in client work to attend this workshop.

Niki Reeves

Working in clinical practice for almost 20 years Niki trained as a Psychodynamic Counsellor in the early 90's and then as an Attachment Based Psychoanalytic Psychotherapist at The Bowlby Centre in London. A qualified Supervisor, a tutor at BCoT, Niki trains counsellors to diploma level. Niki has been 'Head of Counselling' at Southampton Counselling, and is on the Ethics Committee of the UKCP, in addition Niki writes and runs her private practice in Southampton where she works with individuals, couples and families.

Further Information:

The workshop will include handouts, worksheets, reading lists and feedback forms.

For further information about how you can host these workshops at your service contact me on:

**e-mail: enquiries@attachmenttherapy.co.uk
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