



## Course: repairing attachment trauma in adulthood

**Address:** <https://asadis.net/en/course/attachment-trauma-and-repair-in-adulthood/>

**Duration:** 3h

**Type of course:** continuing education

**Location:** online course

**Individual price:** \$120.00

### Overview:

Whether attachment trauma occurred in childhood or adulthood, building healthy attachments can be a challenging journey.

Childhood trauma often means that the frame through which we view relationships is dysfunctional or unhealthy. Understanding what healthy attachment looks like and how to grow it can be life changing as relationships that used to produce anxiety or frustration can become fulfilling and meaningful.

Adulthood attachment trauma as a result of divorce, death and loss, or other separations can result in a hesitancy to trust again. How do we restore trust in a relationship? How do we know who to trust and who our heart is safe with? Re-establishing confidence in our ability to trust again can help us to re-engage in relationships where vulnerability and felt safety are found.

In this workshop, Dr. Christina Reese, a clinical counselor with over 20 years of experience, attachment and relationship specialist and published author, will explore the development of attachment trauma and effective strategies for healing and repair.

She will go over the mechanisms of ruptures and repair, how to restore felt safety and security after childhood or adulthood trauma, how to improve relationship skills with personality disorders, how to teach emotion regulation and the characteristics of healthy relationships so that you can guide your clients towards more fulfilling and more secure ways of connecting with others.

She will cover:

- The mechanisms of rupture and repair in relationships,- Strategies for restoring a sense of safety and security following trauma in both childhood and adulthood,- Approaches for enhancing relational skills in clients with personality disorders,- Techniques for teaching emotional regulation,- Techniques to build healthy relationships.

Everything you need to guide your clients toward more fulfilling and secure connections with others.

**Learning objectives:**

1. Understand the development of healthy attachment
2. Diagnose attachment styles and identify generational attachment patterns
3. Identify how trauma impacts attachment and how to restore felt safety
4. Recognize attachment dysfunction in personality disorders and apply techniques to teach healthy relationship skills

**Learning material:**

A theoretical course illustrated with clinical examples. This course is composed of videos of 5 to 15 minutes each. The PowerPoint of the course to download.

**Audience:** This course is intended for mental health professionals.

**The expert, Dr. Christina Reese**

Dr. Christina Reese has been working with children and families for over 20 years. She is a licensed clinical professional counselor in Maryland, Maine and Pennsylvania and is a licensed clinical supervisor. She received her Master's Degree in Community Counseling from McDaniel College in Westminster, MD and her Ph.D. in Counselor Education from George Washington University in Washington, D.C. Dr. Reese's research includes the study "A Qualitative Study of Gang Desistance in Former Gang Members". She is the author of Attachment, Puzzle Pieces, The Attachment Connection, Trauma and Attachment, The Socially Confident Teen and Leveling Up. She is a TBRI Practitioner.

**Syllabus**

PowerPoint

Introduction

Understanding Healthy Attachment

Attunement-Meeting Needs

Trust Development & Vulnerability

Healthy Attachment

Generational Attachment

Internal Working Models

Experiments on Attachment

Attachment Styles in Relationships

Avoidant Attachment Style

Anxious Attachment Style

Disorganized Attachment Style

How Different Attachment Styles React to Each Other

How to Repair and Heal

Ruptures and Repairs

Childhood Trauma

Death Trauma

Divorce or Separation Trauma

Abuse Trauma

Personality Disorders

Emotion Regulation

Attachment and Mental Health Disorders

Depression and Anxiety

Bipolar, Schizophrenia, ADHD

Conclusion

Bibliography