



## **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:**

Attachment trauma fundamentally shapes how clients approach relationships, regulate emotions, and experience intimacy. When left unaddressed, it can significantly impact therapeutic outcomes across various presenting problems.

This advanced clinical training equips you with concrete therapeutic tools to address both developmental and adult-onset attachment trauma. Through detailed case conceptualization and practical interventions, you'll strengthen your ability to:

- Implement targeted strategies for repairing attachment ruptures and rebuilding relational safety-
- Apply evidence-based techniques for emotional regulation and secure attachment development-
- Integrate attachment-informed approaches when working with personality disorders and complex trauma-
- Utilize specific interventions to address generational attachment patterns

Dr. Reese draws from over two decades of clinical experience to demonstrate how these approaches can be effectively integrated into your existing therapeutic framework. You'll examine real clinical cases that illustrate the practical application of attachment theory in adult trauma treatment.

This training bridges theoretical understanding with concrete clinical skills, enabling you to facilitate meaningful change in your clients' attachment patterns and relational capabilities.

### **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 brings over 20 years of specialized experience in attachment-based trauma treatment and clinical supervision. As a Licensed Clinical Professional Counselor practicing in Maryland, Maine, and Pennsylvania, she has developed extensive expertise in addressing complex trauma and attachment disorders. Her research and clinical work focus on the intersection of trauma, attachment, and behavioral change, as evidenced in her study "A Qualitative Study of Gang Desistance in Former Gang Members." Dr. Reese holds a Ph.D. in Counselor Education from George Washington University and has authored several influential works including "Attachment," "The Attachment Connection," and "Trauma and Attachment." As a TBRI (Trust-Based Relational Intervention) Practitioner, she integrates cutting-edge attachment-based approaches with trauma-informed care. Her work particularly emphasizes practical, implementable strategies for repairing attachment trauma in both clinical and supervisory contexts.

**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

**Access timeline:** Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. From the moment the training begins, you will have 4 months to complete it.

**Questions?** Feel free to contact us at *contact@asadis.net*