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 patterns established in the first years of life continue to govern adult relationships, emotional regulation, and intimacy—yet these deeply embedded relational blueprints remain accessible to clinical intervention. This paradox defines the therapeutic challenge: working with unconscious models formed before language while addressing their manifestations in adult dysfunction.

In this advanced clinical training, you will develop refined diagnostic skills for identifying attachment styles in adult clients. You will learn to recognize how anxious, avoidant, and disorganized patterns manifest across presenting problems. You will strengthen your ability to trace generational transmission of attachment dysfunction using established assessment frameworks.

You will deepen your understanding of foundational attachment research—from Bowlby's internal working models to Ainsworth's Strange Situation methodology. You will implement targeted interventions for rupture repair, including specific techniques for apology, trust rebuilding, and conflict resolution. You will learn to restore felt safety in trauma survivors, whether the trauma originated in childhood or adult experiences of loss, divorce, or abuse. You will integrate attachment-informed approaches when treating personality disorders, applying concrete methods for teaching emotion regulation and healthy relationship skills.

Dr. Reese will demonstrate how attachment dysfunction intersects with common mental health presentations including depression, anxiety, bipolar disorder, and ADHD. You will examine how to adapt your interventions based on these diagnostic complexities. You will strengthen your capacity to facilitate attunement, appropriate vulnerability, and secure relating in clients with severely compromised relational foundations.

These evidence-based tools will enable you to address attachment disruption regardless of your clients' primary presenting concerns. You will leave equipped to facilitate meaningful shifts in relational patterns that have persisted for decades. Your enhanced clinical precision will support deeper therapeutic outcomes across your entire caseload.

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 is a Licensed Clinical Professional Counselor with over 20 years of experience treating attachment trauma across the lifespan. Licensed in Maryland, Maine, and Pennsylvania, she serves as a clinical supervisor specializing in complex trauma and attachment-based interventions for adults, adolescents, and families.

Dr. Reese earned her Ph.D. in Counselor Education from George Washington University, where her dissertation research explored attachment disruption and behavioral change in adults. Her study "A Qualitative Study of Gang Desistance in Former Gang Members" examined how individuals with severe attachment trauma develop capacity for relational transformation. She holds a Master's degree in Community Counseling from McDaniel College.

As a TBRI (Trust-Based Relational Intervention) Practitioner, Dr. Reese integrates attachment theory, neuroscience, and trauma-informed practice to help clients rebuild secure relationships and emotional regulation. She has authored six books translating attachment research into clinical practice: "Attachment," "The Attachment Connection," "Trauma and Attachment," "The Socially Confident Teen," "Leveling Up," and "Puzzle Pieces."

Dr. Reese's clinical approach draws on foundational attachment researchers including Bowlby, Ainsworth, and Harlow while applying contemporary evidence-based interventions for rupture repair, emotion regulation, and relational healing. Her work addresses attachment dysfunction across diagnostic presentations including personality disorders, depression, anxiety, bipolar disorder, and ADHD. She provides practical, implementable strategies that clinicians can apply immediately with adult clients experiencing relationship difficulties, trauma histories, and insecure attachment patterns.

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

Evaluation:

To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.

In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.

These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

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