

## **Course: working with attachment style in psychotherapy**

**Address:** <https://asadis.net/en/course/working-with-attachment-style-in-psychotherapy/>

**Duration:** 2h

**Type of course:** Continuing education

**Location:** Online course

**Individual price:** \$65.00

### **Overview:**

Attachment is not only a developmental construct but also a living dynamic that emerges in the consulting room. Patients arrive in therapy with their attachment systems activated, seeking both a secure base for exploration and a safe haven in moments of distress. These attachment strategies—secure or insecure—shape the therapeutic alliance, interpersonal behaviour, and ultimately treatment outcomes.

This course will help you deepen your capacity to:- Recognize the therapeutic relationship as an attachment relationship, where your secure base behaviours support exploration and symptom reduction.- Adapt interventions to different attachment strategies, fostering engagement with dismissive patients and strengthening autonomy with preoccupied patients.- Use goal-corrected empathic attunement to respond to attachment system activation in ways that increase felt security and therapeutic effectiveness.- Reflect on your own attachment style and states of mind, ensuring that your presence balances safe haven and exploration for each patient.

By the end of the training, you will have an evidence-based framework for integrating attachment theory into your clinical practice, enhancing both alliance and outcomes across diverse patient profiles.

### **Learning objectives:**

1. Learn the principles of attachment theory, as it applies across the life cycle
2. Elicit information on history to establish the predominant attachment style of their patient
3. Know their own attachment style and recognize how that might affect session process
4. Use their knowledge of attachment to intervene in therapy to optimize outcomes

**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**

Gail Myhr, MD, CM, MSc, FRCPC, is Associate Professor of Psychiatry at McGill University and staff psychiatrist at the McGill University Health Centre. A cognitive-behavioural therapist with extensive clinical experience, she is a Fellow of the Royal College of Physicians and Surgeons of Canada, a Diplomate of the Academy of Cognitive Therapy, and a Founding Member of the Canadian Association of Cognitive and Behavioural Therapies. In 2021, Dr. Myhr was named Fellow of the Canadian Association of Cognitive and Behavioural Therapies, recognizing her distinguished contributions to CBT science, practice, training, and advocacy in Canada. Her clinical and research interests include patient suitability for short-term CBT, attachment-informed interventions in CBT, evidence-based CBT supervision, and CBT for psychosis, including Avatar Therapy.

**Syllabus**

PowerPoint

Introduction

Foundations of Attachment Theory

What Is Your Attachment Style

What Is Attachment

Principles of Attachment Theory

Measuring Attachment in Infants and Children

Attachment Measurement in Adults

Attachment Over the Life Span

Clinical Application and Case WorkRecognizing your patient's attachment style

Recognizing your patient's attachment style

Attachment & Psychotherapy

Working with Attachment

Case Example- Dismissive Avoidant Patient

Case Example- Preoccupied Patient

Working with Disorganized Patient

Therapy Outcome & Patient Attachment Style

Therapist Attachment Style- Part 1

Therapist Attachment Style- Part 2

Conclusion

Bibliography

**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. From the moment the training begins, you will have 4 months to complete it.

**Accessibility support:** This training is offered as a pre-recorded video format, without subtitles. If you have a disability, we can provide an adapted alternative (technical assistance for viewing or individual supervision). For any request, please contact our disability coordinator at the following address: [contact@asadis.net](mailto:contact@asadis.net)

**Questions?** Feel free to contact us at [contact@asadis.net](mailto:contact@asadis.net)