

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: \$80.00

Overview:

This training provides you with evidence-based frameworks and practical assessment protocols for integrating attachment theory into your clinical work across diverse patient presentations. You will gain structured interview techniques for eliciting attachment history and current relational patterns, learn to identify how your own attachment orientation influences session process and countertransference, and acquire specific intervention strategies tailored to dismissive, preoccupied, and disorganized attachment presentations.

Throughout this course, you will:

- Apply systematic clinical interview questions to assess patients' attachment styles through childhood experiences, current relationship patterns, and responses to separation and reunion dynamics
- Recognize attachment-based presentations in the consulting room, including deactivating strategies in dismissive patients, hyperactivating patterns in preoccupied patients, and the conflicted behaviors characteristic of disorganized attachment
- Differentiate your role as secure base versus safe haven depending on whether patients require support for exploration and autonomy or need containment during attachment system activation
- Implement goal-corrected empathic attunement that responds to attachment-related defenses without reinforcing maladaptive patterns, fostering earned security through the therapeutic relationship
- Evaluate cultural variations in attachment distribution and expression to avoid misattributing culturally normative interdependence or independence as pathological attachment patterns

By integrating these assessment methods and attachment-informed interventions into your practice, you strengthen your capacity to anticipate how patients will engage with therapy, navigate alliance ruptures more

effectively, and adapt your therapeutic stance to provide the specific relational experiences that support both symptom reduction and more secure internal working models. The framework extends beyond individual therapy to inform your understanding of intergenerational transmission patterns, parenting interventions, and the developmental origins of presenting psychopathology across the lifespan.

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. You can access the training for as long as Asadis has the legal right to diffuse it (typically 10 years).

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

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