

MELBOURNE

Monday 8th & Tuesday 9th November 2010
Oaks On Market

SYDNEY

Friday 12th & Saturday 13th November 2010
Vibe Hotel, North Sydney

BRISBANE

Monday 15th & Tuesday 16th November 2010
Sebel & Citigate King George Square Hotel

PERTH

Friday 19th & Saturday 20th November 2010
Perth Concert Hall, Wardle Room

9.00 am to 5.00 pm

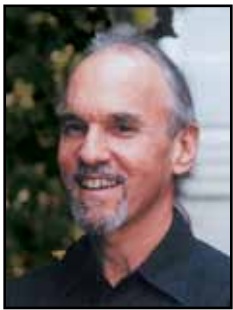


PsychOz Publications presents
David Wallin Ph.D.

Attachment in Psychotherapy:

Integrating attachment with neuroscience, relational psychoanalysis, mindfulness and a focus on the body

ABOUT David Wallin Ph.D.



David J. Wallin, Ph.D. is a clinical psychologist in private practice in Mill Valley and Albany, California, USA. A graduate of Harvard, he received his doctorate from the Wright Institute in Berkeley, and has been practicing, teaching and writing about psychotherapy for nearly three decades. His recent book, **Attachment in Psychotherapy**, is being translated into seven languages. He is also co-author (with Stephen Goldbart) of **Mapping the Terrain of the Heart: Passion, Tenderness and The Capacity to Love**.

Dr. Wallin is a lively and engaging speaker who combines a scholarly perspective with unusual candor about his own experience as a therapist. He lectures on attachment and psychotherapy in Europe, Canada and the USA.

For further information www.attachmentinpsychotherapy.com

WHAT OTHER'S HAVE SAID ...

"What a delight! Wallin synthesizes recent literature on attachment theory and research, mindfulness, mentalization, metacognition, nonverbal communication, intersubjectivity, and mechanisms of therapeutic change. In Wallin's skillful hands diverse theoretical and empirical advances fit together beautifully, deepening our understanding of the human mind, its relational context, and its transformation in psychotherapy." Phillip R. Shaver, Ph.D., Department of Psychology, University of California, Davis, Co-editor, *Handbook of Attachment*.

"An important advance in the examination of the implications of attachment theory for psychotherapy. Wallin provides a rich conceptual scaffolding for understanding the role that the therapeutic relationship plays in the change process. He also provides an intriguing perspective on the potential contributions of mindfulness practice to the cultivation of a therapeutic stance. Theoretically sophisticated and clinically enlightening." Jeremy D. Safran, Ph.D., Department of Psychology, New School for Social Research, co-author, *Negotiating the Therapeutic Alliance*, Editor of *Psychoanalysis and Buddhism*.

"Simply the best integration of key advances in attachment theory and research and their application to psychotherapy. Complex concepts are carefully elucidated and brilliantly illustrated with clinical examples... A vital resource for understanding how attachment processes may be applied in a clinical context." Peter Fonagy, Ph.D, FBA Freud Memorial Professor of Psychoanalysis at University College London, Director, Child and Family Center, The Menninger Clinic, Topeka, KS.

"A clinically relevant, and particularly pragmatic application of recent science to a variety of clinical problems." Allan N. Schore, Ph.D., author of *Affect Regulation and the Repair of the Self*.

"Wallin offers a brilliant leap in realizing the clinical promise of attachment theory..." Daniel Goleman, Ph.D., author of *Emotional Intelligence*.

"John Bowlby would have been delighted with this book, which links the biological imperatives of attachment to the dialogues that define the self and the nature of key relationships. He would also have been delighted to see his theory articulated as a guide to psychotherapy in such an eminently readable manner. The use of attachment as this kind of guide is a rich vein that has just begun to be tapped." Susan M. Johnson, Ed.D, School of Psychology, University of Ottawa, Ontario, Canada, author of *The Practice of Emotionally Focused Couple Therapy: Creating Connection*, Co-Editor of *Attachment Processes in Couple and Family Therapy*.

"A remarkable achievement—a clear synthesis of the latest developments in attachment theory, intersubjectivity, social neuroscience and mindfulness. Wallin layers these 'maps' onto the therapy experience, and then takes the reader through the territory to emerge with a new vision of therapy. David Wallin is a trustworthy guide through the complexities of clinical work where the therapy relationship itself is the intervention." Christopher K. Germer, Ph.D. Clinical Instructor, Harvard Medical School, Co-editor of *Mindfulness and Psychotherapy*.



TRAINING DESCRIPTION

Sparked by Bowlby's original insights, attachment research has revolutionized our understanding of human development, the internal world, and the consequences of development gone awry. No other empirically-based theory can tell us more about how we become who we are—and how to change who we have become. Until recently, therapists were largely left to draw their own inferences about the practical application of this growing body of knowledge.

DAY ONE: Relational Transformation, Nonverbal Experience And The Mindful Self

In this clinically-focused training, David Wallin translates the findings of attachment theory research into an innovative framework that grounds adult psychotherapy in the facts of childhood development. Advancing a model of treatment as *transformation through relationship*, he integrates attachment with neuroscience, trauma studies, relational psychoanalysis, and the practice of mindfulness to help clinicians become more effective facilitators of growth and healing.

Bringing this groundbreaking synthesis to life with vivid case material, he shows how tailoring interventions to fit the attachment needs of patients can help them generate the internalized secure base for which their early relationships provided no foundation. He demonstrates how therapists can access the *nonverbal* experience that attachment, neuroscience, and trauma researchers all identify as the affective core of the self. Describing powerful techniques for working with patients' emotional responses and bodily experiences, he explores how therapists can use their own subjective experience, awareness of enactments, and attention to the body to help bring patients' inarticulate and dissociated experiences to light.

While Bowlby stressed the formidable influence of the *realities* of early attachment experience in shaping the self, subsequent research has shown

that the *relationship* of the self to experience past and present can be even more influential—and that changing one's stance toward experience can transform it. In light of this finding—that takes us from Bowlby to Buddha—Wallin demonstrates how, as therapists, we can cultivate a more reflective and mindful stance toward experience, in both our patients and ourselves.

At the core of the attachment-focused approach Wallin describes, is the understanding that our personal involvement, emotional responsiveness, and unavoidable subjectivity are essential features of every successful therapy—and that the relationship we create together with our patients is, in itself, the mainspring of therapeutic change.

DAY TWO: Attachment And The Therapist: How Our Own Attachment Patterns Shape Therapy

The second day of the training explores attachment one step further, starting with the fact that in childhood and psychotherapy, the relationship is where the developmental action is—and *development takes two*. Attachment research shows that the parent's security, insecurity or trauma is unavoidably transmitted to the child. Clinical experience suggests the same is true of the therapist in relation to the patient. Because we *are* the tools of our trade, no factor influences our effectiveness as therapists more than our own attachment patterns. Rather than our theories or techniques, it is who we are—and who we can become—that ultimately determines our capacity to create with our patients a genuinely therapeutic relationship.

Illustrating his approach with vivid case material and video examples, Wallin explores how the therapist's mindfulness and reflection can transform impasses generated by attachment history into opportunities for insight and inspiration. Using attachment research to clarify the impact of the therapist's attachment patterns as these interlock with those of the patient,

FURTHER ENQUIRIES

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PROFESSIONAL DEVELOPMENT POINTS

**This training has been endorsed for 14 APS
Clinical and Counselling points.**

Certificates of Attendance detailing 14 hours of professional training will be supplied at the mid-afternoon break on the final day. Certificates must be collected IN PERSON.

TERMS AND CONDITIONS

CONFIRMATION OF REGISTRATION

Registrations are not confirmed until payment is received.

ONE-DAY REGISTRATIONS

One-day registrations MAY be made available ONLY in the TWO WEEKS PRIOR to the event at \$290.00. It is NOT possible for two people to share a registration at the two-day rate.

CANCELLATION POLICY AND DISCLAIMER

Refunds less a \$50.00 administration fee are given for cancellations received in writing via email, mail or fax to PsychOz Publications. Cancellations **must be received at our office by 5.00 pm EST Friday 22nd OCTOBER 2010.** Refunds are not possible after these times, regardless of personal circumstances. Cancellation policy is final and not negotiable. PsychOz Publications regrets the difficult personal circumstances that prevent people attending including medical conditions, emergencies, severe weather or transport difficulties, however the logistics of event management prevents PsychOz Publications from assuming responsibility for these contingencies.

TRANSFER OF REGISTRATIONS TO ANOTHER PERSON

Registrations are transferable IN FULL to another person on notification to PsychOz Publications. Where a delegate can only attend for part of a training, transfer of the remainder of the registration to another person is NOT possible.

TAX INVOICE/REG FORM

ABN: 73 083 230 380 Prices include GST

Morning, afternoon tea and lunch provided.

Please register me for:

Attachment in Psychotherapy

Melbourne Sydney Brisbane Perth

EARLY BIRD REGISTRATION

A\$455 each A\$435 Subscriber rate *

REGULAR REGISTRATION

A\$495 each A\$475 Subscriber rate *

* Individual subscribers to *Psychotherapy in Australia* journal

EARLY BIRD DEADLINES:

Registrations **MUST** be received at our office **NO LATER than 5.00 pm EST Friday 1st October 2010.** Registrations received after these dates will be processed at REGULAR REGISTRATION RATES.

Name

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Cheque to PsychOz Publications enclosed

Please debit my credit card: Visa MC

Expiry date

Name on card

Signature

ACCEPTANCE OF TERMS AND CONDITIONS

I have read, understand and accept the Terms and Conditions of Registration advised in this brochure.

he highlights the reality that for the patient to heal, the therapist must *also* change. Of paramount importance here is a focus on the nonverbal realm of experience that is evoked, enacted, and/or embodied. This focus opens a 'royal road' to the awareness and integration of previously dissociated experience, not only in the patient but in the therapist as well.

PARTICIPANTS WILL LEARN TO

- Use the attachment relationship as a crucible of therapeutic change.
- Shape interventions to fit patients' attachment needs.
- Work with the body to reach and regulate patients' emotions.
- Use evocations, enactments, and the body to access and integrate dissociated experience.
- Cultivate mindfulness and mentalizing: The double helix of psychological liberation.
- Identify and 'decode' your own attachment patterns rather than be defined or dominated by them.
- Detect the collusions and collisions that arise where your attachment patterns intersect with those of the patient.
- Integrate, in yourself and the patient, the mindfulness and reflection (mentalizing) conducive to awareness, flexibility and change.
- Recognize attachment-based obstacles to dealing effectively with issues of money and time in the therapeutic relationship.

DAY ONE MORNING

- **How attachment relationships shape the self**
Attachment, neuroscience, and the developing psyche/soma: the mindful body and the embodied mind. Varieties of attachment experience: security, insecurity and trauma. Attachment in psychotherapy: from dissociation to integration.
- **The stance toward experience: embeddedness, mentalizing, and mindfulness**
Embeddedness: when feelings are facts, when 'pretend' is 'real'. Mentalizing: reflecting on mental states. Mindfulness: the present moment and the awareness of awareness. Strengthening the patient's capacity to mentalize. Cultivating the patient's capacity for mindfulness. The mindful therapist.

DAY ONE AFTERNOON

- **Re-creating the developmental matrix of attachment**
The patient's attachment style and the therapist's interventions. The therapist's attachment patterns as sources of insight and impasse. The dismissing patient: from isolation to intimacy. The preoccupied patient:

making room for a mind of one's own. The unresolved patient: healing the wounds of trauma and loss.

- **Accessing the emotional core of the self: Nonverbal experience and the domain of the dissociated**

What can't be spoken will be evoked, enacted and/or embodied.

The therapist's subjectivity as a resource/ the therapist's capacity to change. Transference/countertransference enactments and self-disclosure. Minding the body. Reading, talking about and mobilizing the body. Somatic countertransference. 'De-somatization', trauma and the unresolved patient. 'Re-somatization' and the dismissing patient.

DAY TWO MORNING

- **What attachment research teaches us about therapy**
How we co-create a secure base and safe haven. How we recognize patterns of attachment. How we work with the 'unspoken' and 'unspeakable'. Experience: the evoked, enacted and embodied. How we move from embeddedness to mindfulness and mentalizing.
- **The mutually enhancing impact of affect regulation, integration and agency**
- **Attachment relationship as a dynamic system: Changing our patients through changing ourselves**
- **Why focus on the therapist?**
The myth of the 'all-good' therapist. Beyond 'countertransference'. The therapist's attachment history as a source of impasse, inspiration and change. Trauma and the therapist.
- **Identifying the therapist's attachment patterns**

DAY TWO AFTERNOON

- **The therapist's state(s) of mind with respect to attachment**
The therapist in a secure state of mind. The therapist in a dismissing state of mind. The therapist in a preoccupied state of mind. The therapist in an unresolved state of mind.
- **How the attachment patterns of patient and therapist interlock**
Mismatches, collusions, collisions—and collaboration. Enactments around money: the (false) dichotomy of care-giving and fee-taking.
- **Mindfulness and mentalizing in action: Exploring interacting attachment patterns as they unfold**
Activating mindful and reflective states. Loosening the grip of attachment patterns in therapist and patient. Self-disclosure and 'therapeutic passion'. Working with the therapist's attachment patterns as an antidote to 'burnout'.
- **Bringing it all together: the therapist's psychology, nonverbal experience, mindfulness, mentalizing and change**