

TWO-DAY PROFESSIONAL DEVELOPMENT WORKSHOP
Stockholm, Sweden
15-16 December 2021

**Treating Insecure Attachment in Adults:
The Three Pillars of Comprehensive Attachment Therapy**

David S. Elliott, Ph.D.

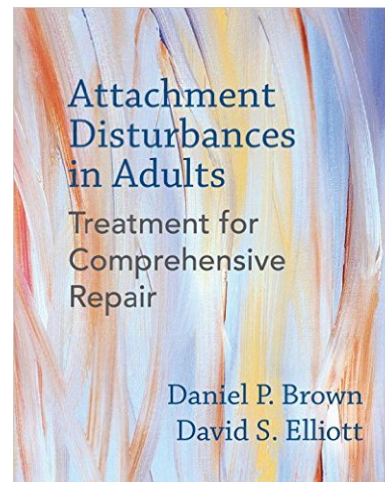
Since John Bowlby's and Mary Ainsworth's pioneering work on the development and nature of attachment in children, there has been great interest in how early attachment problems affect adult relationships and well-being. Though there is now very good understanding of the origins and identification of attachment disturbances in adults, clinicians are often dismayed by the difficulties of helping clients move from attachment insecurity to security. Some treatments can be effective, but typically take a very long time and often do not produce comprehensive or stable change.

This workshop will include:

- a basic foundation in attachment theory, on the development of the attachment bond, on assessment, and current treatments.
- the theoretical foundations and detailed practical description of a **state-of-the-art, highly effective and efficient method** for treating adults with attachment problems.

Emphasis will be on **practical applications for clinicians**, and will include **demonstration sessions** and opportunities for participants to **practice and receive feedback** about their experiences of these methods.

The workshop is based on the book, ***Attachment Disturbances in Adults: Treatment for Comprehensive Repair*** (Brown & Elliott, 2016).



"This is an extraordinary achievement – the must-have book on attachment – encyclopedic – everything you needed and wanted to know about attachment, and then some – history, research, typology, AND treatment!"

Diana Fosha

"A masterpiece of integration, creativity, and clinical wisdom."

Kathy Steele

Winner of the 2018 **Pierre Janet Writing Award** from the International Society for the Study of Trauma and Dissociation.

Learning Objectives

Participants will:

- Understand the childhood attachment bond and the developmental and caregiving conditions that contribute to the major forms of this bond.
- Understand how the conditions that create secure attachment in children can be a basis for effective and efficient therapy for adult insecure attachment.
- Understand the strengths and limitations of current treatments.
- Be able to describe the Three Pillars of therapy for attachment insecurity.
- Have direct experience of using the Ideal Parent Figure method for creating new, positive representations of secure attachment.
- Recognize the common challenges and positive signs of effective use of the Ideal Parent Figure method.
- Feel confident about applying the Ideal Parent Figure method in clinical practice.
- Understand why metacognition and collaboration are poorly developed when attachment is insecure.
- Become familiar with basic methods for helping clients develop metacognitive skills (Pillar 2) and collaborative relational behavior (Pillar 3).
- Feel confident about bringing basic metacognitive and collaborative methods into clinical practice.
- Understand the interdependence of the Three Pillars and their treatment methods.

About the Presenter

David S. Elliott received his Ph.D. in Psychology from Harvard University in 1989. He is a former President of the Rhode Island Psychological Association (USA), and is on the faculty of the International School for Psychotherapy, Counseling, and Group Leadership, in St. Petersburg, Russia. He received psychosynthesis training from Thomas Yeomans. As a clinical psychologist, he has a psychotherapy practice in Providence, Rhode Island, and also consults internationally.

Workshop Details

Open to: Psychotherapists, practicing psychosynthesis therapists, and other mental health clinicians.

Dates and times:

15-16 December 2021 9 – 17 both days

Location:

PsykosyntesAkademin Stockholm

Language:

Teaching will be in English

Assistant speaks Swedish

Participant practice will be in Swedish
(or language of choice)

Register and guarantee a place (limited to 18) by sending an email with name, mobile number, and professional background to:

lindathornelliott@icloud.com

*Invoice will be sent when you register

Workshop Fee: 3000 sek + moms

Fika mornings and afternoons is included.

Cancellation policy:

50% refund by 19 November

or have a reserved place when this workshop is offered again.

More information

www.davidelliottphd.com

David Elliott speaks about attachment and healing:

<https://therapistuncensored.com/episodes/tu34-treating-attachment-difficulties-with-dr-david-elliott/>

<https://eroskosmos.org/english/attachment-psychotherapy-david-elliott/>