

## Healing Broken Bonds: The Consequences of Traumatic Attachment: Video Course

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Video Course

CPD credits: 10/ CE credits: N/A

Price: £199



Online video access remains available for 1 year from the date you receive the video course.

As therapists, we realise that our client's capacities for affect tolerance, auto regulation and achievement of an integrated sense of self in adulthood are all dependent upon their early attachment experiences. (Schoore, 2003). In the context of trauma however, attachment failure is inevitable, leaving behind a lasting imprint on all future relationships, including the therapeutic one. **Rather than experiencing others as a haven of safety, traumatized clients are driven by powerful wishes and fears of relationship.** Because the capacity to tolerate our emotions without becoming overwhelmed or shutting down depends upon secure attachment, the therapeutic work is often challenged by the client's vulnerability to affect dysregulation. This seminar offers a practical, *hands on* approach to understanding the impact of traumatic attachment experiences on relationship and on the ability to tolerate emotions (one's own and those of others).

Using interventions drawn from a number of therapeutic approaches (*including Sensorimotor Psychotherapy, Internal Family Systems, and Ego State Therapy*), we explore the effects of traumatic attachment from a psychobiological perspective, considering how this opens up new ways of working with its relational legacy. **We consider neuroscience research findings on the affects of both attachment and traumatic experiences** on the brain and body, so that **our moment-to-moment therapeutic experience reflects an understanding of not only the client's verbalisations, but also the language of the brain and the body.** Specifically, we learn how to focus on the sequence of emotional, bodily and cognitive responses to the trauma narrative.

This workshop combines lecture, video, and experiential exercises to explore a neurobiologically-informed understanding of the impact of trauma on attachment behaviour, somatic interventions for challenging trauma-related relational patterns, and **how we can use ourselves as "neurobiological regulators" of the client's dysregulated emotional and autonomic states.**



Learning Objectives:

- To describe the effects of trauma-related attachment on affect regulation
- To identify the effects of disorganized attachment on interpersonal relationships
- To utilize Sensorimotor Psychotherapy interventions to address attachment and trauma-related issues in psychotherapy
- To employ interactive neurobiological regulation to help clients tolerate psychotherapy and be more effective collaborators

