

Resilience and the Therapist as an Attachment Figure: How we can help our clients recover their Inner Resilience and Well-Being through conscious, compassionate connection:

Video Course

Linda Graham

Video Course
CPD/CE credits: 2

Price: £60



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“The roots of resilience are to be found in the felt sense of being held in the mind and heart of an empathic, attuned, and self-possessed other” – Diana Fosha, PhD, founder of Accelerated Experiential Dynamic Psychotherapy

Human beings are evolutionarily, neurobiologically hardwired to connect with other people to experience and recover a sense of safety, support, and well-being. That inner secure base of resilience allows us to regulate our nervous system and emotions in response to stressors and respond skillfully to many of life’s challenges and adversities.

This need for human connection has remained especially uncatered to – as **opportunities for supportive, trustworthy connections have been strained during two years of the global pandemic**. In such times, our clients may find their capacities to cope with and bounce back from sorrows, struggles and trauma diminished, even derailed altogether – **accentuating their need to view their therapist as a parenting figure**.

A conscious, compassionate connection with a therapist as a reliable and trustworthy attachment figure can help clients develop / regain the self-awareness and self-acceptance they need to recover and strengthen their inner resilience. In this context, we have three primary goals as therapists:

- create the neuroception of safety in a mindfully engaged and empathic relationship that *primes* the neuroplasticity of the brain for learning and growth
- foster the conscious reflection and **deliberate choices that activate the client’s neuroplasticity** in a wholesome direction



- guide the client in **conscientiously recovering the capacities of the 3 R's (regulating, relating and responding)** in ways that are safe, efficient and effective

But how do we achieve these objectives? At this practical, clinically-oriented webinar, Linda helps us identify empirically-validated therapeutic techniques that can be applied across modalities. Specifically, we consider how we can:

- Use the **ABCDE model of mindful empathy** – aware, attune, allow, accept; be with, be-friend; compassion, care, curiosity; discern options, engage wisely – to help clients shift / rewire any attachment-based patterns of responding to other people and life events that are unskillful or maladaptive
- Help our clients build awareness of the impact of attachment / connection on brain development and ongoing patterns of relating to self and others as trustworthy refuges and resource in the face of disappointment, difficulty, and even disaster
- Use **body-based tools to co-regulate the client's nervous system** to reduce the impact of stress and trauma and restore a baseline physiological equilibrium
- Teach clients **5 practices to manage negative, disruptive emotions** and experience the benefits (to the brain as well as the psyche) of cultivating positive emotions
- Teach clients 4 practices to activate the neuroplasticity of the brain to shift entire belief systems and mindsets about themselves, especially the negative self-talk that would derail their resilience

About the speaker

Linda Graham is an experienced psychotherapist in the San Francisco Bay Area. She is the author of *The Resilience Handbook: Powerful Practices to Bounce Back from Disappointment, Difficulty, even Disaster* (September 2018, New World Library) and *Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-Being*, winner of the 2013 Books for a Better Life award and the 2014 Better Books for a Better World award. She integrates modern neuroscience, mindfulness practices, and relational psychology in her international trainings on resilience and well-being. She publishes a monthly e-newsletter and weekly *Resources for Recovering Resilience*, archived at www.lindagraham-mft.net.

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