

Attachment & Complex Trauma: *Managing the Approach-Avoidance Cycle: Video Course*

Kathy Steele

Video Course
CPD/CE credits: 6

Price: £139



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

Designed to be of practical value to psychotherapists, psychologists and counsellors across therapeutic modalities, this two-evening online workshop with Kathy Steele, focusses on an understanding of **an integrative approach to resolving Attachment, Dependency and Relational issues in clients with Complex Trauma**.

The workshop addresses the following therapeutic challenges that we face in our clinical settings:

- Recent findings show that attachment classifications significantly impact the therapeutic relationship. Insecurely attached clients may avoid, resist, or be ambivalent about the therapist. We will discuss how disorganised attachment makes the therapeutic relationship particularly difficult and how we can **help clients who both approach and avoid attachment**
- Why dependency needs are overly intense in trauma survivors, especially given the difficulty they face in regulating emotions such as anger, anxiety, sadness and shame. We will consider how this can lead to **a vicious cycle of need-panic-shame-rage – potentially derailing therapy** and overwhelming both therapist and client
- Complex Trauma clients may use a number of maladaptive relational strategies including **social isolation avoidance, appeasement, overly intense attempts to connect and avoidant behaviour** – we will learn how to work with these
- Research studies have demonstrated how attachment styles influence strategies for regulating affect, the self and behaviour in close relationships. We will discuss **the role that Attachment & Trauma play in conflicts about adult relationships** and how we can help resolve these

Keeping these challenges in mind, a collaborative and integrative model of the therapeutic relationship will be shared, with implications for therapy.



Our learning objectives over the two days include:

- Discuss the impact of disorganized attachment on the therapeutic relationship and how to manage the approach-avoidance cycle effectively
- Describe **at least five maladaptive strategies that clients may use to approach or avoid attachment and how to resolve them**
- Explain the differences between adaptive and maladaptive dependency and how to recognize and work with them
- Describe a collaborative model for the therapeutic relationship that can be effective in containing and treating relational difficulties in clients with complex trauma.
- List **at least 5 ways to manage dependency in therapy**

About the speaker

Kathy Steele, MN, CS has been treating complex trauma, dissociation, and attachment issues since 1985. She is in private practice with Metropolitan Psychotherapy Services and is Adjunct Faculty at Emory University in Atlanta, Georgia, US. Kathy is a Past President and Fellow of the International Society for the Study of Trauma and Dissociation (ISSTD), and has also previously served on the Board of the International Society for Traumatic Stress Studies (ISTSS). She has been involved with developing treatment guidelines for Dissociative Disorders and well as for Complex Posttraumatic Stress Disorder. Kathy has received a number of awards for her work, including the 2010 Lifetime Achievement Award from ISSTD, an Emory University Distinguished Alumni Award in 2006, and the 2011 Cornelia B. Wilbur Award for Outstanding Clinical Contributions. She is known for her humour, compassion, respect, and depth of knowledge as a clinician and a teacher, and for her capacity to present complex issues in easily understood and clear ways using an integrative psychotherapy model that draws from both traditional and somatic approaches. She is sought as a consultant and supervisor, and as an international lecturer.

She has co-authored three books as part of the acclaimed Norton Series on Interpersonal Neurobiology: *The Haunted Self: Structural dissociation of the personality and chronic traumatization* (2006, Van der Hart, Nijenhuis, & Steele – W. W. Norton); *Coping with trauma-related dissociation: Skills training for patients and therapists* (2011, Boon, Steele, & Van der Hart – W. W. Norton); and most recently, *Treating trauma-related dissociation: A practical, integrative approach* (2017, Steele, Boon, & Van der Hart – W. W. Norton). She has also (co)authored numerous book chapters and journal articles.

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