

Body Reading for Attachment History

Track how body structure, posture, gesture and movement reflects and sustains early childhood experience; interventions to alter the legacy of early attachment

Changing Procedural Learning

Identify and work with the emotional, cognitive, and physical action patterns that reflect early attachment history

Translating the Body's Language

Understand how meaning is encoded in the body, and work with posture, expression and movement to change meanings conditions from early attachment interactions

Therapeutic Techniques for Attachment-Related Themes

Learn body-oriented interventions that address procedurally learned habits and early attachment patterns

Verbal and Physical Experiments

Apply embedded relational mindfulness™ to introduce verbal and somatic experiments that address the legacy of attachment

Somatic Resources for Attachment

Capitalize on the body's resources for transforming painful unresolved attachment patterns

Re-working Limiting Beliefs and their Somatic Components

Identify manifestations of cognitive schemas in the body, connect meaning making to early attachment interactions, and learn interventions to transform limiting beliefs

Action Systems and Action Tendencies

Learn how motivational, or action, systems are disrupted by trauma and attachment failure, and discriminate maladaptive action tendencies from adaptive ones related to these systems

Attachment and Character Theory

Explore nine character strategies as physical and psychological adaptations to early attachment, and learn specific interventions for each of the strategies

Somatic Transference, Countertransference, and Therapeutic Enactments

Use a bottom-up approach to understanding transference and countertransference and negotiating therapeutic enactments

The "Child" State of Consciousness

The connection between early memories and the child part that holds the pain reflected in limiting beliefs and procedural learning

Integration of Treatment Techniques for Attachment and Trauma

How to work with clients who present with both attachment-related issues and unresolved trauma

The Action Cycle and Barriers to Resolution

A psychology of action map to assess and address incomplete actions and impediments to resolution of the past

Boundaries, Character, and Attachment

Renegotiate relational boundary patterns that reflect early attachment and character adaptations