

Adult Attachment Repair Training

We are proud to introduce for the first time in Australia, a complete training in the repair of attachment disturbance in adults. Over 30% of adults suffer from an attachment disorder. This training is designed for therapists and mental health workers: psychiatrists, psychologists, social workers, counsellors dealing with adults with issues of attachment. The training explains in detail, how to identify the 4 main types of attachment and then how to systematically treat the three types of insecure attachment. It can be completed over the course of a year, but more usually 2 years.

The full training consists of:

- **Level 1:** initial two-day online training and a three-day in-person training with one of Dr. Brown's accredited trainers to provide the basic skills to take into client work and begin working with Attachment repair immediately.
- **Level 2:** deepens skills provided in Level 1 with two-days online and a three-day in-person training. Develops core competencies in assessing and treating each of the insecure attachment types. This level involves more detailed representation and discussion of cases.
- **Level 3:** two-day in-person training giving you the opportunity to present client work and discuss your work in this model. At the successful conclusion of this training you will be accredited as an internationally recognised and certified 3-pillars therapist.
- **Level 4:** train-the-trainer, 4 days with Dr. Dan Brown and senior staff. This training will provide the necessary skills and knowledge to train other therapists in this transformative model.

Eligibility and recognition of prior learning

To enter Level 1 of the in-person training, the participant should have either completed an online introduction, or an in-person 2-day Attachment Repair training with Dr Brown.

Register online or enquires:

Nigel Denning at Integrative Psychology
nigel@integrativepsychology.net.au
(03) 9663 0355 or 0407 097 722

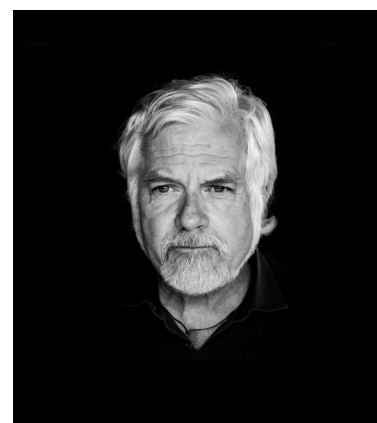
Melbourne Training July 26, 27, 28 2019

Treacy Centre

126 The Avenue, Parkville

Cost \$880 GST incl.

Book at: <https://attachment-repair-training.eventbrite.com.au>



WHAT PEOPLE HAVE SAID OF DR. DANIEL BROWN'S WORKSHOPS

A rare opportunity to learn from one of the greatest minds in Psychology and spirituality. Thank you for this blessing. I will actively change my interactions - both personally and professionally - as a result of attending this course.

Stunning workshop, highly relevant to my practice - illuminating and clearly presented. I wish this had been around years ago, thank you Dan.

Wonderful use of case studies that eloquently underscored the teachings. It was a genuine privilege and deeply moving to witness Dans words with his patients - ground breaking work.

Excellent workshop, leaving with a much more grounded understanding of the importance of attachment in successfully treating complex trauma.

A good balance of theory and application - as a student, I felt challenged and fed, but not left out for being early in my career.

Thoroughly enjoyed and found it to be very valuable to my professional development - thank you very much!

LEVEL 1: INTRODUCTION ONLINE, THE FUNDAMENTALS OF ATTACHMENT THEORY AND TREATMENT. SCHEDULE OF THE TRAINING.

The Level 1 training is available for the first time in Australia, this July 2019

This 5-day training (2 days online and 3 days in-person) is focussed on the application of the Three Pillars approach to adult attachment pathology developed by Dr. Daniel P. Brown of Harvard Medical School and will work through these three discrete but interrelated aspects: collaboration, metacognition/mentalisation and the Ideal Parent Protocol (IPP). Basic skills will be discussed, demonstrated and applied in each of the three pillars.

Level 1 Attachment Training

Level 1 consists of 2 days of online training and 3 days of offline/in-person training.

Level 1 Three Day in-person training:

Day 1

8.45-9.15	Register
9.15 – 9.40	Introduction and questions
9.40- 10.20	Review of attachment theory and online training
10.20- 10.40	Break
10. 40 -11.40	Where am I in the attachment map: importance of therapist awareness (small groups)
11.40-12.00	Check in
12.00-12.30	Lunch
12.30 – 1.30	Assessment instruments reviewed Example of AAI
1.30- 2.00	Present the case of X exemplifying day one tasks: Formulation Diagnosis and Case conceptualisation from an attachment perspective
2.00 – 2.30	Introduction to the Collaboration Pillar Fundamentals of collaborative behaviour
2.30- 3.30	Practice
3.30-3.45	Break
3.45 – 4.15	Common problems in collaboration
4.15 – 4.30	Group discussion

Level 1 Three Day in-person training continued:

Day 2

9.00-9.30	Check in with participants
	Review of the collaborative pillar and assessment/diagnosis
9.30-10.00	Review the case of X
10.00 – 10.30	Break
10.45- 11.30	Review of metacognition and its role in attachment
	Mentalisation
	As an attitude (Allen)
	Core skills (Bateman)
11.30-12.00	Neurobiology
12.00 -12.30	Functions of mind
12.30 – 1.00	Lunch
1.00 – 2.00	Metacognition
2.00 – 2.30	How this relates to attachment therapy
2.30-2.45	Break
2.45- 3.15	Contextualise in the case of X
3.15-4.15	Mentalisation Practice
	Questions

Day 3

9.00-9.30	Check in with participants
9.30-10.30	Review of Pillar 2 and 3
10.30-10.45	Break
10.45-11.45	Building the skill set to manage the IPP, review of collaboration and mentalisation
	Introduction of the attitude to IPP
	Introduction of the process of IPP
11.45-12.30	Working with the three attachment styles: Dismissing, Preoccupied, disorganised
12.30-1.00	Lunch
1.00-1.30	Example session
1.30-2.15	Applied Experiential Skills
2.15-2.30	Debrief of experiential exercises
2.30-2.45	Break
2.45-3.15	Terminating and integrating
3.15 – 4.00	Questions
	Outline Homework guidelines for level 2

Suggested reading:

Attachment Disturbances in Adults: Treatment for Comprehensive Repair, by Daniel P. Brown and David S. Elliott.

