



*Cornerstone Counseling Center and Institute*

*Present*

## *Understanding and Applying Modern Attachment Theory*

**Friday, April 12, 1:00-5:00 PM**

**Presenter: Shirley B. Huffman, PhD, NCC, ACS, LPCS, BC-TMH**

**CE: Four (4) clock hours of continuing education**

**Location: Cornerstone Counseling Center, Seminar Room, Handicap accessible**

**Attendees: Mental Health professionals**

**Cost: \$50:00**

**Registration contact: Bessie Richey · 828-322-4941 Ext. 107 · brichey@cornerstonecounselingnc.org**

**Limited enrollment · Payment by credit card**

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Bowlby's Attachment Theory evolved in the mid- twentieth century as a study of the bond between mothers and their children and the influence it has on child development. The years that followed saw the theory expand, realizing that the need for loving, intimate connection is life-long. In the last decade, attachment theory has taken a prominent place in trauma work and couples therapy. Dr. Susan Johnson, in her new book, Attachment Theory in Practice, suggests that attachment theory is possibly "the long-needed cohesive science-based theory of the essentials of human functioning that is capable of addressing emotional, cognitive, behavioral, and interpersonal dysfunction (P. 4)." It is a theory that recognizes both neuroscience and the cry of the soul. There will be time for interaction and application.

### **Objectives:**

- Update Attachment Theory from scientific and theological perspectives
- Explore the research that empirically supports the theory
- Gain working knowledge of neurobiochemical, psychological, and multicultural components
- Gain knowledge of assessment tools, particularly the AAI and ACE's
- Define primary attachment figures and the roles they play in child development
- Explore the "Attachment Dance" in Emotionally Focused Couples Therapy.
- Explore interventions based in attachment for couples and families
- Recognize the relationship between attachment and trauma, and gain skills in working with trauma survivors

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