

## The Pro Bono Counseling Network Education Series

Presents

### Development of Attachment Styles and Implications in Therapy



Infants are born with a need for attachment and security. Beginning with Bowlby and Ainsworth, psychotherapists began to examine how attachment develops in both healthy and dysfunctional ways. The ability to recognize how our early relationships shape relationships throughout life is important in psychotherapy. With this knowledge, we can help our clients understand why they may continue certain patterns in adult relationships and how to change these patterns. Also, we can become aware of how our own attachment patterns as therapists help and sometimes hinder the work. Attachment gives us another lens to understand our clients who are difficult to work with. A person who seems highly shut down in sessions, for instance, might be showing you that their parental figure was frightening or absent, so now they experience fear along with their need for you. Some patients express high levels of emotions and need and yet are unable to take in what you have to offer. That could reflect an adaptation to a parent who was too preoccupied to pay attention to their needs. Armed with this knowledge, we as clinicians can be more empathic to their problems engaging with therapy and we can better translate their underlying needs in relationships.

#### Learning Objectives

Upon completion of this workshop, participants should be able to:

Identify the basic concepts of attachment theory and the main attachment styles

Understand how the lifelong styles of attachment shape our clients' relationships into adulthood; and how our own attachment patterns as therapists help and hinder the clinical work with clients.

Access further resources to increase secure attachment in their clients and themselves (including [Circle of Security Parenting program](#), attachment assessments, and readings for clinicians and clients)

Two contact hours will be available for this training. **Free** to all current Pro Bono Counseling Network Volunteer Therapists or other therapists who practice in Durham, Orange, Person or Chatham counties and would like to become a Pro Bono Counseling Network Therapist. For more information on joining and becoming a volunteer therapist, contact Shelley Danser, the program coordinator: [Shelley.D@fhrecovery.org](mailto:Shelley.D@fhrecovery.org).

[Register Now!](#)

Terri Onstad is a licensed professional counselor experienced with diverse issues such as trauma, self injury, anxiety, depression, LGBTQI, and social justice. Working with adults and couples, she uses the concepts of attachment theory to frame her work. She received her Master of Education training from Vanderbilt University in the Human Development Counseling program. She is a current psychoanalytic candidate at the Psychoanalytic Center of the Carolinas and runs a private practice in Chapel Hill, NC. She has taken several advanced courses and workshops in attachment and has trained as a parent facilitator for the Circle of Security Parenting Program.

**Friday, January 26, 2018 from 9:00 AM to 11:00 AM**

Freedom House Recovery Center

102 New Stateside Drive

Chapel Hill, NC 27516