Course Description
Understanding the implications of early relationships on adult functioning can assist in providing adult psychotherapy in ways that can assist to repair individuals’ capacity to form and maintain healthy adult relationships. Using attachment theory and emotional regulation theory as the foundation, this course will address relationship-based interventions in interpersonal practice with adults.

Course Objectives
Students will understand:
The theoretical construct of attachment patterns
The clinical correlates of adolescent and adult attachment organization
How to use an understanding of the dynamics of attachment to inform clinical thinking and intervention

Course Text

Optional:

Course Requirements
Prep for Class One:
Obegi and Berant (In resource tab of Ctools)–
Chapter 2 – An Overview of Adult Attachment Theory (pp. 17 – 45)
Chapter 3 – The Therapist as Secure Base (pp. 46 – 93)
Ctools - Schore and Schore - Attachment, Affect Regulation and Treatment

Optional
Wallin - Chapter 2 – Foundations of Attachment Theory (pp. 11 – 24)

Prep for Class Two:
Wallin – Chapter 11 – Constructing the Developmental Crucible (pp. 193 – 210)
Chapter 12 – The Dismissing Patient (pp. 211 – 223)
Chapter 13 - The Preoccupied Patient (pp. 224 – 241)
Chapter 14 – The Unresolved Patient (pp. 242 – 255)