

Outline

Assessment

- 4 Styles of Attachment
  - Research of Bowlby and Ainsworth
    - Secure
    - Ambivalent
    - Avoidant
    - Disorganized
  - Symptoms of Maladaptive Attachment
- Neurobiology of Attachment
  - How the brain categorizes attachment
  - Changing the brain in attachment
  - Assessing Attachment Style
    - Adult Assessment Inventory for parents
    - Strange Situation Procedure for young children
    - Manchester Child Attachment Story Task for children
    - Child Attachment Interview for older children and teens
- Psychosocial Assessment and Identifying the Impact of Trauma on Attachment
  - Recognize factors in the child's history
    - Abuse and neglect
    - Abandonment
    - Impact of parent's attachment style
    - Substance abuse in caregiver
    - Mental health disorders in caregiver
    - Foster care/adoption
    - Relation to other traumas

Trauma-Informed Attachment Symptomology

- Attachment trauma that complicates and intensifies symptoms
- Diagnosis that can contribute to attachment trauma
  - Depression
  - Anxiety
  - ADHD
  - ODD
  - Bipolar
  - Other Traumas

Attachment Focused Interventions – Play, Art, CBT

- Repair Connection
  - The use of art/creative interventions
  - Talking points
  - Collaborative problem solving
- Strengthen Relationships
  - Physical activities
  - Quality time activities
  - Face to face interactions

Objectives

1. Distinguish attachment patterns that are healthy versus those that are rooted in trauma.
2. Recognize how maladaptive attachment impacts client's connections and exacerbates mental health symptoms including anxiety, depression, opposition, defiance and mood stability.
3. Discover the risk factors of developing insecure attachment: parental substance misuse or abuse, a mental health diagnosis in the parent or child, a child with a history of abuse or neglect, and more.
4. Reduce symptomology for anxiety, depression, aggression, opposition, inattention, and mood instability by repairing primary attachment.
5. Determine the role that depression, anxiety, bipolar, ADHD, ODD and other traumas have in contributing to attachment trauma.
6. Facilitate relationship building leading to strong foundations for future connections.

- Increase Felt Safety
  - Trust building activities
  - Establishing safety plans
  - Identifying family system dysfunction and repair strategies
- Trust-Based Parenting
  - Re-do's
  - Time ins
  - Reframing
- Establishing Supportive Attachments
  - Brainstorming effective supports
  - Clarifying needs
  - Building attachment-based support systems
- Attachment as a Coping Strategy
  - Interventions to increase connections
  - Leaning on social supports
  - Groups- the force of understanding
- The Role of the Therapeutic Relationship in Attachment
  - Building attachment focused therapeutic rapport
  - The role model
  - The cheer leader
  - Therapist self-care

Live Seminar & Webcast Schedule

(Times listed in Central)

- 7:30 Check-in/Morning Coffee & Tea
- 8:00 Program begins
- 11:50-1:00 Lunch (on your own)
- 4:00 Program ends

There will be two 15 min breaks (mid-morning & mid-afternoon)  
Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

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Trauma and Attachment  
in Children and Families

Play, Art and CBT to Reduce  
Symptomology and Repair Connection

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Wednesday, February 13, 2019

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Tuesday, February 12, 2019

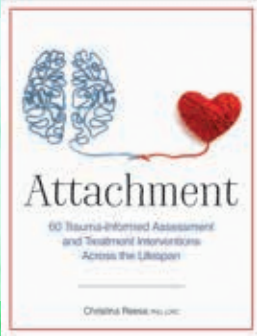
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Trauma and  
Attachment in  
Children and Families

Play, Art and CBT to Reduce  
Symptomology and Repair Connection



Presenter:  
**Christina Reese, PhD, LCPC**  
National Presenter, Recognized Trauma  
and Attachment Professional and Author

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# Trauma and Attachment in Children and Families

## Play, Art and CBT to Reduce Symptomology and Repair Connection

What came first, the loss of attachment or the diagnosis...Anxiety, ADHD, ODD?

For the child who is oppositional, did they respond with opposition after feeling disconnected from their primary attachment or have their oppositional behaviors put stressors on their primary relationships?

Imagine a client/family in your office and you're hearing about the oppositional and defiant child's behavior from frustrated parents – which came first, the behavior and then the rupture in attachment. Or did the attachment come first and is showing as a behavioral disorder?

Join me to become more successful in helping identify and heal ruptured attachments in family and children. Learn the ways that attachment trauma and relationship dysfunction impacts a child's ability to feel safe with adults, follow directions and be respectful.

Reframe the behaviors to identify the distress, learn how attachment trauma is related to every diagnosis, and how repairing the primary attachment relationship can reduce symptomology.

Discover attachment-focused interventions to:

- Reduce symptomology for anxiety, aggression, opposition, inattention, and mood instability
- Increase connection for better self-esteem, coping skills, and sense of belonging
- Improve emotional and self-regulation for life-long attachment
- Build attachment-focused therapeutic rapport

Bring life-altering change to the children that you are working with, repairing foundational relationships and giving them the skills they need for life-long relationships, health and stability.

## Speaker

Christina Reese, PhD, LCPC, has been working with children and their families for over 10 years and uses play therapy, art therapy and cognitive behavior therapies to help families solve problems. She has been the director of an outpatient mental health clinic in Baltimore, MD and has worked in private practice, as a court ordered therapist and in residential treatment centers. She works with a variety of diagnosis from ADHD to Oppositional Defiant Behavior, bipolar and mood disorders, and attachment disorders. She has her PhD in counselor education from George Washington University and is a licensed clinical supervisor.

Speaker Disclosure

Financial: Christina Reese has an employment relationship with Mosaic Community Services. She receives a speaking honorarium from PESI, Inc.

Non-financial: Christina Reese has no relevant non-financial relationship to disclose.



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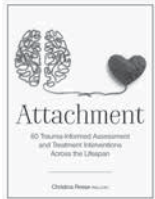
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### Attachment

60 Trauma-Informed Assessment and Treatment Interventions Across the Lifespan

By Christina May Reese, LCPC, Ph.D., *Your Presenter*

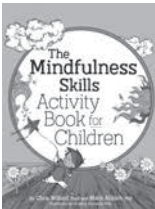
Attachment is the way that we connect to each other. Without attachment, people feel alone to deal with challenges they face, which leads to distress, dysfunction and mental health disorders. Improve your client's relationships by teaching them **strategies to feel more connected, reestablish trust, and restore positive emotions**. Dr. Christina Reese, a recognized attachment and trauma professional, has created a comprehensive guide that explains attachment over a lifetime, and offers trauma-informed approaches to treat attachment at any age.



### The Mindfulness Skills Activity Book for Children

By Mitch R. Abblett, Ph.D. and Christopher Willard, Psy.D.

Dozens of games, puzzles, and exercises to build calm & beat stress! *The Mindfulness Activity Book for Children* gives you the resources to help the children in your classroom, office or home learn and hone the crucial skills of mindfulness - for getting on top of stress and doing their daily best! Written by two psychologists with decades of experience working with kids, families and mindfulness, these fun, easy-to-learn and creative activities are awesome for all school-aged kids, whether they are newbies to mindfulness or not!

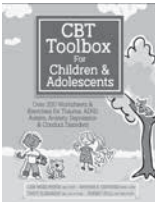


### CBT Toolbox for Children and Adolescents

Over 200 Worksheets & Exercises for Trauma, ADHD, Autism, Anxiety, Depression & Conduct Disorders

By Robert Hull, Lisa Phifer, Amanda Crowder, Tracy Elsenraat

*The CBT Toolbox for Children and Adolescents* gives you the resources to help the children in your life handle their daily obstacles with ease. Written by clinicians and teachers with decades of experience working with kids, these practical and easy-to-use therapy tools are vital to teaching children how to cope with and overcome their deepest struggles. Step-by-step, you'll see how the best strategies from cognitive behavioral therapy are adapted for children.



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*Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.*

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