

Outline

Attachment Ruptures and Impact

What is healthy attachment?
Secure, ambivalent, and avoidant attachment styles
The effects of attachment ruptures over time
Trauma: acute, chronic, and complex developmental
Fight, flight, freeze, and submit/comply

Attachment-Focused Assessment & Treatment Planning

How to meet goals and benchmarks:

Iceberg Activity – delve below surface to see beyond behaviors
What is connecting you and why – “The Invisible String”
Tools that can be used in the clinical interview
Identifying the details and impact of the rupture
Creating a trauma-responsive environment
Modifications for age and developmental level

Attachment Ruptures: Familial loss and Complex Developmental Trauma

Disruption: loss (death of a family member, divorce, separation due to military, work travel, COVID)
Impact: loss of connection, change in structure or routine, lack of trust
Response: confusion, anger, grief, anxiety, self-injury, defiance
Vignette examples and analyzations

Creative Interventions for:

Increased safety, identity development and resiliency

I Wish Everyone Understood to support communication and trust
Qualities of Safety (connection and trust)
My Safe Place(s) (identifying emotionally safe spaces)

Increased trust, emotional identification and expression

Personal Feeling Chart (self-awareness)
Feelings Charades (trust)
Words Have Power (identity, self-trust)
Games for didactic engagement to support trust

Activities to Support Grief and Separation:

Ice Cube Feelings to process underlying feelings related to grief and loss
When I miss you to create connection with someone who is far away or who has passed away
When We are Apart use a transitional object to support continued connection with both parents
Family Map identifies family members and reminds us we are connected

Put Critical Thinking to Work

Modify and adjust activities:

Different ages
Developmental level
Educational level

Setting the Stage of Trust for Continued Safety

The container closing activity to empower choice, safe rituals and healthy boundaries

Live Webcast Schedule
(Times listed in Central)

9:00 Program begins
11:50-1:00 Lunch Break
5:00 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.

Objectives

1. Differentiate healthy attachments from disrupted attachments to inform treatment planning.
2. Evaluate the differences between acute, chronic, and complex traumas and their impact on attachment.
3. Effectively process grief and attachment disruptions.
4. Employ interventions that increase emotional identification and expression.
5. Strengthen the resiliency of treatment outcomes through the use of safe rituals and healthy boundaries.
6. Apply developmentally appropriate art and writing interventions to enhance feelings of trust and safety.

Target Audience: Counselors • Social Workers • Psychologists • Case Managers • Psychiatrists • School Psychologists
Marriage and Family Therapists • School Counselors • Occupational Therapists and Occupational Therapy Assistants
Educators • Speech-Language Pathologists • Creative Arts therapists, and Group leaders/Rehabilitation Staff that work with children or families



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Rebuilding Trust After Attachment Ruptures in Children & Adolescents

LIVE Interactive Webcast Tuesday, December 8, 2020

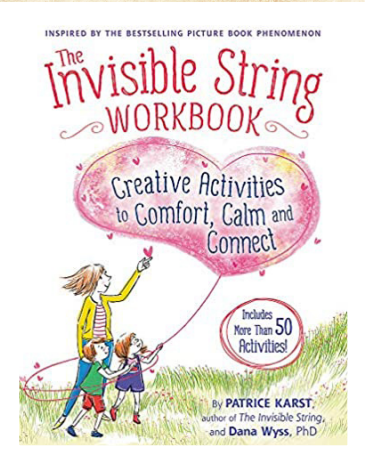
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Rebuilding Trust After Attachment Ruptures in Children & Adolescents



Featuring **Dana Wyss, PhD, LMFT, ATR-BC**, national presenter, attachment expert, and co-author of *The Invisible String Workbook*

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REBUILDING TRUST AFTER ATTACHMENT RUPTURES IN CHILDREN & ADOLESCENTS

Family loss, abuse, neglect, and complex developmental trauma erode trust in self and others causing attachment ruptures. Children and adolescents are at higher risk of impact due to their dependence on others to meet their needs, making them even more vulnerable!

Without proper intervention, these ruptures will greatly impact a child's overall safety, and their ability to connect with others is jeopardized.

Join Dana Wyss, PhD, author and expert in complex trauma, to delve deeper into the impact of these attachment ruptures that lead to lack of trust, anger/rage, anxiety, self-injury, aggression toward others, and suicidal ideation. You'll learn how to:

- Support increased sense of safety and attachment, regardless of the child's level of involvement in treatment
- Build connections in groups, individual and family therapy
- Implement modifications to address various developmental and functioning levels

Through experiential practice that supports resiliency, imagination, and identity, you'll master activities to build critical thinking, nonverbal and verbal expression to immediately support attachment repair!

Speaker



Dana Wyss, PhD, LMFT, ATR-BC, is a board-certified art therapist, a marriage and family therapist, holds a doctorate in expressive therapies, and is the coauthor of *The Invisible String Workbook*. As director of training at a psychiatric hospital, secure group home, and non-public school Dr. Wyss specializes in clinical supervision, staff training, and treatment of complex developmental trauma. Her 20 plus years of an expressive therapies background has led her to create individual and group programs integrating art, music, poetry, dance and animal

assisted therapy in the healing process for clients and the self-care of staff. She has a passion for helping individuals reconnect with their passion, creativity, and hope. Dr. Wyss is a national trainer and consultant for The Center for Trauma Training and a state-wide trainer and consultant to provide workshops and raise awareness of commercial sexual exploitation of children and young adults.

Dr. Wyss received her undergraduate education from Florida State University where her studies focused on psychology, art, and English. After a few years traveling the world she settled in Southern California working as a group leader for children with complex developmental trauma. She then pursued a master's degree from Loyola Marymount University where she learned the true healing nature of expressive therapies. Dr. Wyss worked and created art throughout the next few years. Her love of art, research, and desire to expand her education led her to Lesley University where she completed her doctorate. Although she has many research interests, her current research focuses are using art-based research to build empathy and understanding for self-injurious behaviors, the use of exotic animal assisted therapy in residential treatment, and the impact and effect of non-traditional materials in art therapy sessions and group therapy. Dr. Wyss resides in Southern California where she continues to love to travel the world and create her own art for self-care and healing.

Speaker Disclosures:

Financial: Dana Wyss is the director of training at Star View Adolescent Center and faculty member at West Valley College and Title IV-E. Ms. Wyss is a consultant and trainer at Nola Brantley Speaks and Center for Trauma Training. She an exam writer at ATCB and reviewer for both ATCB and Accreditation Council for Art Therapy Education and Commission on Accreditation of Allied Health Education Programs. Ms. Wyss receives royalties from Little, Brown and Company Books for Young Readers. She receives a speaking honorarium from PESI, Inc.

Non-financial: Dana Wyss is a member of AATA, SOCAL AATA, CAMFT, APT, and Southern California Trainers Network.



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