

## Outline

### How Attachment Styles Relate to Rejection-Sensitivity

Insecure attachment and vulnerability to rejection

Elements and functions of the attachment system

Relationship between insecure attachment and psychopathology

Limitations of theory and research; potential risks in their application

### Build Self-Awareness with Mindfulness and Compassion-Centered Therapies

Five domains of self-awareness

Improve compassionate self-awareness with mindfulness

Self-compassion & secure attachment

Compassion-centered therapies

### Decrease Rejection-Sensitivity with an Attachment-Based Compassion Therapy (ABCT) Approach

Improve 4 essential modes of functioning

Assess your attachment style and use this self-awareness to facilitate treatment

Utilize the therapeutic relationship as a tool to build security

### Strengthen Your Clients Emotional Regulation Skills

Develop awareness of sensations

Identify and reflect on rejection-sensitive thoughts

Acknowledge, tolerate, accept, and manage emotions

Increase awareness of how actions reinforce rejection-sensitivity

Strengthen mentalizing ability

### Develop Your Client's Resilience to Rejection with Self-Compassion

Define self-compassion

Counter rejection sensitivity by nurturing self-compassion

Use compassionate self-awareness to ease rejection sensitivity

## Objectives

1. Evaluate the treatment implications of rejection sensitivity in clients.
2. Investigate how clinicians can help clients develop greater attachment security to reduce sensitivity to rejection and improve client functioning.
3. Assess how compassionate self-awareness can be taught in a clinical setting to help clients reduce self-criticism and rejection-sensitivity.
4. Analyze theories and research behind attachment-based approaches and connect the potential risks in their application to clinical practice.
5. Determine how a clinician's self-assessment of attachment style can be used to facilitate treatment.
6. Assess how teaching clients the five fundamental domains of awareness can help them identify, reflect on, and manage their rejection sensitivity.

### Target Audience:

Psychologists • Social Workers • Counselors • Marriage and Family Therapists  
Physicians • Alcoholism and Drug Abuse Counselors • Pastoral Counselors

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# Treating Rejection Sensitive Clients

**An Attachment-Based Approach to Turn Rejection into Connection for Clients with Relationship Issues**

**LIVE Interactive Webinar**  
**Monday, February 8, 2021**

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# Treating Rejection Sensitive Clients

**An Attachment-Based Approach to Turn Rejection into Connection for Clients with Relationship Issues**

- Lower your clients' defenses so you can engage them more fully in therapy
- Self-compassion exercises to reduce self-criticism and grow self-worth
- How attachment theory can help you build clients feelings of safety and security
- Interventions to improve affect regulation and resiliency

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# Treating Rejection Sensitive Clients

Nobody likes rejection.

But for some it leaves them feeling so essentially flawed, self-critical and self-loathing that they can't bounce back. They become so sensitive to the perception of rejection (regardless of reality) that it becomes a core issue in their relationship difficulties, with others and themselves.

In therapy these clients are often guarded or hostile as they try to avoid rejection and failure at any cost. ***Without working specifically on their rejection sensitivity, treatment for these clients can come to grinding halt as they wall you out, shut down or lose themselves in an angry spiral.***

**Leslie Becker-Phelps, PhD** is a psychologist, speaker and an internationally published author. Her book *Bouncing Back from Rejection: Build the Resilience You Need to Get Back Up When Life Knocks You Down* (New Harbinger; 2019) has been **praised by some of the most trusted names in psychotherapy including Steven Hays, Kristen Neff, and Ron Siegel.**

Join her as she teaches you an attachment-based compassion therapy approach that is highly effective with rejection sensitive clients so you can lower their defenses, build their emotional regulation skills, and engage them more fully in therapy.

In just one day you'll discover:

- How attachment styles relate to rejection-sensitivity
- Interventions that will build your clients ability to tolerate, accept, and manage emotions
- Cutting-edge approaches to developing your clients' self-awareness
- Compassion-centered therapeutic techniques to decrease rejection-sensitivity and build resilience

Don't miss this chance to find greater therapeutic success with clients who struggle to get back up when life knocks them down.

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## Meet Your Speaker

**LESLIE BECKER-PHELPS, PhD**, is a licensed psychologist, trusted expert on relationship issues, speaker, and internationally published author. Her book *Bouncing Back from Rejection: Build the Resilience You Need to Get Back Up When Life Knocks You Down* (New Harbinger; 2019) has been praised by such legendary figures as Steven Hays, Kristen Neff, and Ron Siegel.

Dr. Becker-Phelps is also the author of *Insecure in Love* (New Harbinger Publications, 2014) and is a regular writer for WebMD's Relationships blog. She is a former clinical director of Women's Psychological Services and chief of psychology at Somerset Medical Center in NJ. The hospital is now Robert Wood Johnson University Hospital -- Somerset, where she continues to serve on the medical staff.

Speaker Disclosure:

Financial: Leslie Becker-Phelps maintains a private practice. She is an author for New Harbinger Publications and receives royalties. She contributes to a weekly blog on WebMD.com. She receives a speaking honorarium from PESI, Inc.

Non-financial: Leslie Becker-Phelps strongly supports the attachment-based compassion therapy approach. She is a member of the New Jersey Psychological Association Public Education Committee.

### Live Webinar Schedule (Times listed in Central)

**8:00** Program begins

**11:50-1:00** Lunch Break

**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
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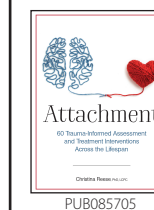
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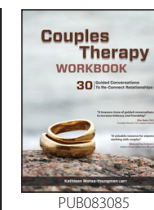


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