

Workshop, May 2nd, 2015, 9am to 5pm
Rydges on Swanston, 701 Swanston St., Carlton, Victoria, 3053

Presenter: Dr Gery Karantzas, Edoctus

Attachment theory is one of the most influential and widely researched theories in the field of relationships. Yet, it is hard for counsellors and therapists to keep up with the most recent developments in the field of attachment and to apply this research to enhance the efficacy of therapy. This one-day interactive workshop will provide a comprehensive overview of cutting-edge research into attachment and how it applies to five key aspects of relationship functioning: (1) trust, (2) partner support, (3) relationship intimacy, (4) conflict and communication, and (5) relationship satisfaction. The workshop will describe Mikulincer and Shaver's (2007) model of attachment dynamics and explain how the attachment behaviours associated with the intensification of relationship distress (i.e., hyperactivating strategies) and the suppression of distress (i.e., deactivating strategies) lead to distinct but equally detrimental effects in relationship functioning. In doing so, the workshop will draw on recent research published by Karantzas et al. (2013) and others. Further, the workshop will provide participants with strategies on how to work with insecurely attached individuals and couples in therapy faced with relationship problems.

This workshop is designed for professionals, academic staff and students who have limited or moderate knowledge in attachment theory but are keen to develop an understanding of the theory and to apply it in enhancing their relationship counselling and therapy skills.

Learning objectives: This workshop has four learning objectives. In this workshop, participants will develop knowledge and skills regarding how to:

1. accurately and quickly assess attachment style
2. identify hyperactivating and deactivating attachment strategies
3. determine the effects of attachment style on relationship trust, partner support, intimacy, communication and conflict, and satisfaction
4. implement strategies for working with insecurely attached individuals and couples in therapy

Each participant will receive a workshop folder which will include recommended readings, a list of useful resources (websites, journals, and texts), and workshop notes.

Workshop Overview

Theory 1: Attachment Theory: Basic Concepts and Current Conceptualisations

Practicum 1: How to assess attachment

Theory 2: Attachment-Based Model of Relationship Functioning

Practicum 2: Linking attachment cognitions and behaviours to relationship dynamics

Theory 3: Strategies for Working with Insecurely Attached Individuals and Couples

Practicum 3: Applying strategies to your own clients

Practicum 4: Case studies and case conceptualisations

Q&A: An opportunity to discuss emerging questions about attachment theory and relationship research and counselling

Cost: Professionals and academic staff: \$395.00 (early-bird rate - until April 24th) \$445.00 (rate after April 24th)
Students (full-time or part-time): \$295.00 (early-bird rate - until April 24th) \$345.00 (rate after April 24th)
(Cost includes course materials and full catering)

Closing date: Registration and fees must be received by **April 30th, 2015**.

Spaces are limited, so you need to book early. To register, please go to:

<http://www.edoctusaustralia.com/workshops--seminars.html>

Your Presenter: Dr Gery Karantzas is the director of Edoctus. He is one of the leading Australian experts in attachment research and has worked with some of the world's leading authorities in attachment theory including Professor Phillip Shaver (University of California, Davis), Professor Jeffrey Simpson (University of Minnesota), Emeritus Professor Patricia Noller and Associate Professor Judith Feeney (University of Queensland). He is the author of over 50 publications, including the forthcoming text (with co-authors Omri Gillath and R. Chris Fraley) "Adult Attachment: A Concise Guide to Theory and Research". He is also the co-editor with Patricia Noller of the "Wiley-Blackwell Handbook of Couple and Family Relationships". Dr Karantzas is an award-winning teacher with over a decade of experience conducting teaching courses in relationship science both in university and industry settings. He is also a senior lecturer in the School of Psychology at Deakin University, and teaches widely in social psychology and developmental psychology at undergraduate and graduate levels.