

## AGENDA

### **Attachment and Trauma-Focused Therapy for Adults and Children** **Terry M. Levy, Ph.D., B.C.F.E.**

**Note: All Times are Pacific Time**

9:00-9:10 Welcome and Introduction

9:10- 10:30 **Core Concepts of Attachment and Trauma**

- Basic principles of treatment
- Neurobiology of trauma
- Internal working model: Core beliefs
- Attachment styles and patterns

10:30-10:40 Morning Break

10:40-12:10 **Treatment Interventions**

- Life Script: Assessment and change
- Attachment Communication Training: Modifying attachment patterns and healing trauma
- Experiential therapy: From victim to overcomer

12:10-12:50 Lunch Break

12:50-2:20 **Clinical Video: Attachment and Trauma Therapy: Adult/Couple**

- Create a safe and trusting therapeutic environment
- Develop positive core belief and narrative
- Alleviate psychological, biological, and social symptoms
- Resolve anger, fear, shame, loss and grief

2:20-2:30 Afternoon Break

2:30-4:00 **Clinical Video, Continued**

- Change from destructive to secure attachment patterns
- Develop constructive communication and conflict-management skills
- Traits of healthy and happy couples
- Q&A