**Attachment-based Practice with Children, Adults and Families**

**Understanding Strategies and promoting positive change**

**Programme**

**Part One: Introduction to attachment-based practice – 4 days**

Four days (three days plus one follow-up day six weeks later to look at results of practical implementation). This part of the course is based on chapters 1-8 of the course text, ‘Attachment-based Practice with Adults’ by Clark Baim and Tony Morrison.

**Day One:** By the end of day one, you will understand…

* The essential aspects of the Dynamic-Maturational Model (DMM) of Attachment and Adaptation across the lifespan.
* The family and systems perspectives on how attachment strategies are formed.
* The developmental factors that contribute to the development of secure and insecure attachment strategies.
* Attachment theory as a strengths-based, non-labelling and non-pathologising approach.

**Day Two:** By the end of day two, you will understand…

* The five key memory systems relevant to understanding how attachment strategies develop and function
* How to identify attachment strategies in speech and behaviour
* How to apply theory in practice through discourse analysis of several case study interviews
* How the DMM connects with the emerging fields of interpersonal neurobiology and narrative medicine.

**Day Three:** By the end of day three, you will understand…

* The LEARN Model for promoting narrative integration and improving psychological functioning.
* The impact of unresolved loss and trauma and the implications for assessment and intervention.
* What it means to be psychologically integrated, and what it means to re-organise one’s mind in relation to perceived dangers.
* How to begin to apply the learning to your own cases.

**Follow-up day: 3-6 June 2019 (each participant will attend one of these days, in small groups)**

* This day partly serves as a refresher, as we re-visit key themes and learning from the first three days.
* Course participants also report back on an assignment completed during the interim. Assignments are chosen from a list of options, and participants can also devise their own assignment to best fit with their working practice.
* Where participants bring written transcripts of sessions they have conducted, which is one of the assignment options, we read and discuss the transcripts, considering aspects of interviewing, discourse, and possible implications for understanding the client and formulating plans.

**Part Two: Consolidating and embedding the learning: integrating attachment-based practice in the long-term – 1 day (10th September 2019)**

A key aim of the review day is offer course members an opportunity to reconnect and share their stories of how the attachment-based approach has impacted their work.

The overall purpose is to consolidate and further embed the learning, to improve the course, and to consider any next steps that would help to further develop and embed the learning.

On this one-day workshop, we cover the following topics:

* Re-visiting and refreshing key theory from the course. For example: The DMM Model, memory systems, discourse markers, the LEARN model, techniques for interviewing.
* The What: What has changed in my practice? What if anything am I doing differently? We will discuss experiences and consider case examples.
* The How: How has the change occurred? How is it going? Are there any barriers I am encountering? Any further input needed?
* The Why? Why is this significant or important? Why is attachment-based practice relevant, based on my own experience.
* What Impact? What difference has the training made to individual practice and also to the experience of clients and their families? We will consider case examples and various forms of qualitative and quantitative evaluation to assess the impact of the training.
* What’s next? Next steps in integrating the attachment-based approach.

Prior to this review day, we ask participants to prepare a brief summary in response to the above aims and topics of the day. The brief summary can be in the form of a short written summary, bullet points, or any visual or other means of sharing with the group your experience of the learning and how you are using the attachment-based approach. It will help if your summary focuses on one or more specific case examples or other specific instances from your practice. We will ask you to be willing to present and/or discuss your summary on the day.