

# Lean on Me: Putting Attachment Theory into Action



**Price: \$10.00**

## Description

Everyone wants to be allowed at times to be taken care of, to feel small and vulnerable yet secure in the protective embrace of a partner. By recognizing these needs as universal, and understanding that both men and women want to be touched, held, nurtured, and affirmed by someone they can depend on, Lean On Me, helps couples to discover how "positive dependency" can and will forever change their relationship and their lives. This presentation Dr. Solomon focuses on the importance of positive connection between people and ways to attain it. Solomon's thesis is that connection is the primary goal of human life. She shows in her work with couples how this can be achieved. "Lean on Me" presents a persuasive case for interdependence and over independence.

## Objectives

After completion of this program you will be able to:

1. Describe ways to best help couples who are having difficulty making and maintaining connections.
3. Analyze research in psychology, anthropology and neuroscience discovered that can facilitate the process of relationship development and repair.
4. Identify ways to help partners understand each other's core schemas.

## Specification

| Conference Recordings |                     |
|-----------------------|---------------------|
| Presenter(s)          | Marion Solomon, PhD |
| Time                  | 2 Hours             |
| Year                  | 2008                |