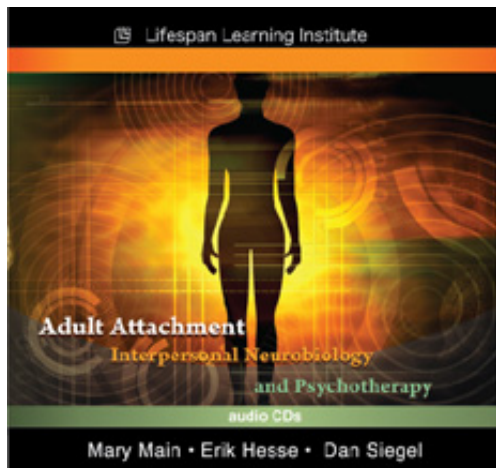


# Adult Attachment, Interpersonal Neurobiology and Psychotherapy



**Price: \$85.00**

## Description

"Over the past decade, neuroscientists have increasingly come to recognize the plasticity of the human brain, a finding of substantial importance to clinicians. But how are therapists to use this finding of neuroplasticity to optimize the outcome for their patients? Interpersonal Neurobiology is the interdisciplinary view of the mind and mental health that seeks to integrate attachment research, and emerging findings from neuroscience, transforming the way we approach psychotherapy. One aspect of this perspective on therapy focuses upon creating a "mindful" approach to the individual's own thinking, feeling and interactions. A principal proponent of this form of clinical work is Dr. Daniel Siegel. His recent book, *Mindsight: The New Science of Personal Transformation*, has attracted wide acclaim. Drs. Main and Hesse engage listeners in a comprehensive immersion into the clinical implications of adult attachment. Dr. Siegel shares his analysis of the brain's rewiring abilities and examine an Interpersonal Neurobiology approach to therapy with the administration of the Adult Attachment Interview (AAI) protocol.\*\* Presentations include spontaneous and exploratory discussions among the speakers and the participants. {module [184]}"



## Objectives

Upon completion, listeners will be able to:

List the advantages of using the AAI in conjunction with clinical treatment.

Utilize the hour-long AAI protocol.

Explain the models for conducting interviews using the AAI protocol.

Implement differential diagnoses and treatments associated with the differing states of mind as identified in the AAI.

Discuss four ways to recognize connection between unresolved states of mind and disorganized infant "strange situation" behavior.

Identify two indices of the brain's rewiring abilities (brain plasticity)

## Specification

Conference Recordings	
CE Hours (optional)	8
Presenter(s)	Drs. Mary Main, Erik Hesse & Dan Siegel
Series	IPNB
Time	8 hours
Year	2010