

Course Description

This course provides an introduction to what is sometimes referred to as the *leading edge* paradigm for understanding human development.

It is intended for mental health practitioners and clients who are working with mental health practitioners. It is also valuable to educators, all human service providers and their clients, as well as anyone interested in self-growth and world peace.

Topics Discussed

This course draws from decades of research in the fields of attachment, neuroscience, and trauma, and provides a fresh perspective on understanding self and others. One leading expert, Dr. Daniel Siegel, referred to it as the field of *Interpersonal Neurobiology*.

This workshop examines the theoretical principles behind these disciplines, as well as works with practical tools with which to make use of this knowledge. The tool kit is taken from Somatic Experiencing (a form of somatic mindfulness developed by Dr. Peter Levine), as well as various contemplative and experiential exercises. We apply the theory, *from the inside out*. We also work with the idea that understanding the theory leads to different ways of thinking about self and others, which is, in and of itself, a path to change, and thus a path to peace. We also look at applying this knowledge to social norms, policies, and national and international justice.

Objectives - Attachment Theory

- ⚙ Provide a basic overview of Attachment Theory.
- ⚙ Explain how Attachment patterns are programed into the brain and are responsible for emotional regulation.
- ⚙ Explain how Attachment is the foundation for all aspects of development.
- ⚙ Explain how Attachment impacts many biological functions, especially the autonomic nervous system.

Objectives - Trauma

- ⚙ Provide an introduction to the Poly-vagal Theory/Social Nervous System.
- ⚙ Provide an introduction to Birth Psychology.
- ⚙ Provide a definition of trauma, and explain how attachment and trauma are related.
- ⚙ Provide a new perspective on the DSM Diagnosis.
- ⚙ Provide an introduction to Somatic Experiencing.
- ⚙ Provide tools for helping self and clients enhance internal regulation, and thus promote internal peace and world peace.
- ⚙ Apply this material to social norms, policies, and national and international justice.

Continuing Education Credits

This course has been approved for 13 hours of continuing education credits through Commonwealth Educational Seminars (commonwealthseminars.com). Continuing Education Credits (13 hours) approval are pending registration for Psychologists, Social Workers, Licensed Professional Counselors, Marriage and Family Therapists, and Nurses. There is a \$45 charge for CEs. **Go to attachmenteducation.com/lfp for details regarding approval for each discipline.**

About Christine Walker, LCSW

Christine Walker is a Licensed Clinical Social Worker in private practice in Charlottesville, Virginia. She has worked with families and children for over 30 years, in both public and private sectors. Much of her career has been spent in foster care and adoption, which, in 1985, earned her recognition by the Commissioner of Social Services.

Chris has always had a special interest in attachment, grief, and loss issues, and in promoting emotional growth for all ages.

Chris' academic background includes a graduate school concentration in mental health; clinical training in family systems, psychodynamic therapy, and therapeutic communication with children. In recent years, she has engaged in an intensive study of, and acquired numerous continuing education credits in the fields of attachment, trauma and birth psychology.

