

Rethinking Personality Disorders:

The Search for Secure Attachment

Friday, June 21, 2019
8:30AM – 4:00PM

**The Faulk Center
22455 Boca Rio Road
Boca Raton, Florida 33434**

Co-Sponsored by:
Linda Tepper, L.C.S.W., The Faulk Center and Lifeskills South
Florida

Presented by:
Courtney Armstrong, LPC/MHSP



Courtney Armstrong, LPC/MHSP is a licensed professional counselor specializing in grief and trauma recovery. With a career spanning more than two decades, she has helped thousands of clients overcome trauma and has trained mental health professionals in trauma treatment in the U.S., Canada, and Australia. As a speaker, Courtney is known for her warm, witty style and her ability to translate scientific discoveries into easy-to-use therapeutic strategies that get results. She has contributed articles to the *Psychotherapy Networker*, *The Neuropsychotherapist*, and *Counseling Today* and is author of *Transforming Traumatic Grief* (2011), *The Therapeutic “Aha!”* (2015) and her latest book *Rethinking Trauma Treatment* (2019).

What's going on when your best efforts to establish a secure therapeutic alliance with a personality-disordered client aren't working? Before you proclaim a "bad fit" and refer them out, consider changing your approach. In this workshop, you'll learn why personality disorders may not be disorders at all, but creative ways of coping with painful attachment trauma. Understanding this often-ignored factor can help you more easily develop rapport with troubled clients, avoid frustration, and increase positive outcomes.

In this one-day workshop, you'll discover how to:

- Navigate the emotional defenses of clients with different attachment styles—avoidant, anxious, disorganized—when they suddenly retreat, become enraged, or even seem frightened of you.
- Match personality disorder traits with the way trauma shapes the brain to develop effective strategies for treatment.
- Recover from therapeutic missteps when your defenses get triggered.
- Balance your availability and responsiveness with relational boundaries in ways that won't jeopardize the therapeutic alliance.
- Foster secure attachment skills with experiential interventions.

**6 CEs for Florida Social Workers, LMHC's and LMFT's
6 Florida Board of Psychology CE's**

Educational Objectives:

Participants will be able to:

1. Describe attachment theory and how it impacts brain & personality development.
2. Identify the 4-basic attachment styles.
3. Discuss the association between insecure attachment and the 10 personality disorders.
4. Discuss how to strengthen the therapeutic alliance with each attachment style.
5. Demonstrate at least 1 technique that can help clients improve empathy and perspective taking, such as empathic questioning.
6. List 5-steps to identify and safely reprocess traumatic memories.
7. Demonstrate 1 strategy for handling enactments and therapeutic missteps.

Workshop Schedule:

8:30 to 9:00 a.m. Registrant check-in

9:00 to 10:30 a.m. How early attachment impacts the brain, identity, and relationships

10:30 to 10:45 a.m. Morning break

10:45 to 12:00 p.m. Strategies for building a strong therapeutic alliance with PD clients

12:00 to 1:00 p.m. Lunch

1:00 to 2:30 p.m. How to reconsolidate traumatic memories driving unwanted patterns.

2:30 to 2:45 p.m. Afternoon break

2:45 to 4:00 p.m. Strategies for emotional regulation, enactments, and therapeutic missteps.

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