

Learning Objectives

for Participating Health Care Professionals

Attachment and Relational Resilience Across the Lifespan

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At the end of the program, you will be better able to:

1. Describe the relationship characteristics that correlate with each attachment pattern
2. Describe how attachment experiences impact the development of a sense of self
3. Describe the scientific underpinnings of attachment from an Interpersonal Neurobiology perspective
4. Utilize with patients or clients a methodology for clinical assessment of attachment patterns
5. Identify specific impairments to integration associated with each attachment category
6. Describe the scientific mechanisms of change that can be used to increase attachment security
7. Utilize tools for therapeutic intervention to build relational resilience
8. Describe a model for how attachment impacts the development of personality and discuss the clinical implications

Continuing Education content level: Introductory

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