

# Being a Brain-Wise Therapist: The Neurobiology of Attachment

In this workshop, we will have a conversation about the interpersonal neurobiology of attachment, beginning with some basic brain science and going on to gently explore our own attachment history as a window into understanding the landscape of the human brain and mind. On this foundation, we can begin to bring the brain into the counseling room with clients of all ages and diagnoses, in practical ways that foster hope and strengthen emotional balance for both client and therapist. We will use self-reflection and counseling room stories to make this learning more concrete. At the end of the day, you may find that one of the most surprising outcomes of encountering this deep science is a remarkable increase in compassion for self and others.

## Learning Objectives

- Understand and be able to talk about the basic structure of the brain, and its relationship to the mind.
- Describe the development of the social brain, including formation of implicit, explicit, and autobiographical memories.
- Understand the neurobiological correlates of 4 attachment patterns, and be able to identify these patterns in ourselves and our clients.
- Acquire at least three practical techniques for bringing the brain into the counseling room.

## Targeted Audience

- All clinicians and mental health practitioners in psychology, social work, counselling and psychiatry
- Anyone who is caring for others and would benefit from a better understanding of what's going on in the brain, mind, and relationships (physicians, nurses, caregivers)
- Educators have found this material useful, too, since they are often working with students who have damaged attachments that affect their work and school relationships
- One of the best things about this material is that it is another way of understanding what it is to be a human being, and so is of interest to all of us.

## Being a Brain-Wise Therapist: The Neurobiology of Attachment

with Bonnie Badenoch, Ph.D. LMFT October 29, 2010, Dalhousie University Club



**Bonnie Badenoch, PhD, LMFT** is an in-the-trenches therapist, supervisor, teacher, and author who has spent the last five years integrating the discoveries of neuroscience into the art of therapy. Out of this study, combined with her 19 years of working with survivors of trauma and attachment struggles, came her book, *Being a Brain-Wise Therapist: A Practical Guide to Interpersonal Neurobiology*, published in 2008. Therapists are saying that this book fills the gap between science and practice, and does it with compassion and heart. She has a gift for translating the complexities of brain science into words and examples that allow people to internalize the principles so they can use them in the counseling room.

*Being a Brain-Wise Therapist*  
*A Practical Guide to Interpersonal Neurobiology*  
*Norton Series on Interpersonal Neurobiology*  
Bonnie Badenoch, PhD, LMFT

This book, the latest addition to the acclaimed Norton Series on Interpersonal Neurobiology, brings interpersonal neurobiology into the counseling room, weaving the concepts of neurobiology into the ever-changing flow of therapy. Neuroscientific discoveries have begun to illuminate the workings of the active brain in intricate detail. In fact, sometimes it seems that in order to be a cutting-edge therapist, not only do you need knowledge of traditional psychotherapeutic models, but a solid understanding of the role the brain plays as well. But theory is never enough. You also need to know how to apply the theories to work with actual clients during sessions. In easy-to-understand prose, *Being a Brain-Wise Therapist* reviews the basic principles about brain structure, function, and development, and explains the neurobiological correlates of some familiar diagnostic categories. You will learn how to make theory come to life in the midst of clinical work, so that the principles of interpersonal neurobiology can be applied to a range of patients and issues, such as couples, teens, and children, and those dealing with depression, anxiety, and other disorders. Liberal use of exercises and case histories enliven the material and make this an essential guide for seamlessly integrating the latest neuroscientific research into your therapeutic practice.

## Schedule

8:30	Registration
9:00	Morning session
10:30	Refreshment break
10:45	Session resumes
12-1	Lunch (included in fee)
1:00	Afternoon session
2:30	Refreshment break
2:45	Session resumes
4:30	Session ends



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## Being a Brain-Wise Therapist: The Neurobiology of Attachment

October 29, 2010, 9 am - 4:30 pm

Dalhousie University Club, Alumni Crescent, Halifax

### Being a Brain-Wise Therapist -- Registration

#### Fees

	*early bird	after Oct 1st
<b>Members</b>	\$175	\$225
<b>Non-members</b>	\$250	\$300
<b>Student members</b>	\$75	
<b>Student non-members</b>	\$100	
<b>Group</b> (4 + from one org.)	\$25 off / person	

Contact APNS for more info

\*Early Bird prices in effect until Oct. 1st

#### Total

#### Contact Information

Name

Organization/Profession

E-mail

Phone

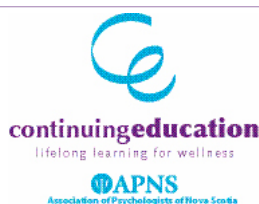
#### Method of Payment

Cheque/Cash    MasterCard    Visa

Credit Card #

Expiry Date

Signature



**Deadline for registration - Noon, Oct 28th.** Please contact APNS to reserve space. A non-refundable admin fee of \$35. will be charged for all cancellations. Notification must be received by APNS **one week** prior to the workshop to be eligible for a refund. Participants may name a colleague to attend in their place at no extra cost. This person must be named before the day of the workshop.

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