

# Introduction to Attachment Theory

*The Attachment system in mammals is a neurobehavioural system that regulates how mammals seek and provide care at times of stress and threat. In humans, the attachment system is constructed in our earliest relationships with caregivers and influences how people experience distress, and how they seek and utilise care. In this workshop, we will explore how disruptions to childhood attachment systems result in maladaptive attachment patterns in adulthood, and those symptoms and behaviours associated with common psychiatric disorders. We will also look at how attachment influences relationships between patients and their therapists; and the effectiveness of attachment based treatments for both mental and physical disorders.*

**Dr Gwen Adshead** is Consultant Forensic psychiatrist and psychotherapist. She has worked as a therapist in secure settings for over 20 years, in prisons and secure hospitals. Gwen is a group therapist and also trained in mindfulness based cognitive therapy. She has run therapeutic groups for men and women with severe personality disorders who have committed offences against other people. She has also worked in two trauma clinics with refugees and survivors of acts of violence. Gwen holds a master's degree in medical law and ethics from Kings University London; and has a long standing interest in psychiatric ethics; especially in relation to psychotherapy and forensic psychiatry. She has published over 100 books, book chapters and papers; and her book for a general audience called 'The Devil You know' (written with Eileen Horne) was published by Faber in 2021.

This workshop is suitable for mental health professionals including clinical and counselling psychologists, counsellors, social workers, mental health nurses and CBT practitioners. It will contribute 6 hours Continuing Professional Development.

1<sup>st</sup> Dec 2022 9.30 am – 4.30 pm  
Interactive Webinar on Zoom

Price £120 (plus vat)  
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