



# METROPOLITAN COUNSELING SERVICES

presents

## Attachment and Complex Trauma in Clinical Practice

### 2015 Fall Intensive Study Group

with

**Kathy Steele, MN, CS**

This highly interactive and integrative study course is for psychotherapists who already have a basic understanding of and at least some experience working with complex trauma in adults, and who wish to deepen their knowledge and clinical skills in working with attachment issues in challenging trauma clients. A series of four (4) half day sessions will each offer a stimulating combination of short didactic components interspersed with group discussion of assigned readings, role play of challenging relational issues, and other experiential exercises that integrate theory and practice. Participants will receive reading materials and powerpoint handouts.

**Four Fridays: September 11, October 9, November 13, December 11**

**12:30 pm – 4:45 pm**

**\*Participants must attend the entire series (all four sessions)\***

**Limited to 10 people—first come, first serve**

**Cost: \$600.00**

*Coffee, tea, and light snacks provided*

16 hours of Continuing Education has been approved by GA NASW and LPCA GA

**Location: 2801 Buford Highway NE • Terrace Level Conference Room • Atlanta, GA 30329**



**Kathy Steele, MN, CS** is Clinical Director of Metropolitan Counseling Services and has been in private practice in Atlanta over 30 years. She is known for her humor, respect, and depth of knowledge as a clinician and teacher, and for her capacity to present complex issues in easily understood and clear ways. She is sought as a consultant, supervisor, and an international lecturer. Kathy has (co)authored numerous publications and two books on trauma and dissociation: *The Haunted Self* [part of the acclaimed Norton Series on Interpersonal Neurobiology], and *Coping with Trauma-related Dissociation: Skills Training for Patients and Therapists*. She is a Past President and Fellow of the International Society for the Study of Trauma and Dissociation (ISSTD), and is a member of the treatment guidelines task force for Complex PTSD (in press) and for Dissociative Disorders (2010). She has received a number of awards for her clinical and written works, including the 2010 Lifetime Achievement Award from ISSTD.

**2801 Buford Hwy NE • Suite 470 • Atlanta, GA • 30329 • Phone 404-321-1794 x305 • Fax 404-321-1928**

[www.mcsatlanta.org](http://www.mcsatlanta.org)



# Attachment and Complex Trauma in Clinical Practice

## 2015 Fall Intensive Study Group

### with Kathy Steele

**Session 1 (September 11, 2015) Neurobiology of Attachment and Trauma in Clinical Practice.** This first group begins with an exploration of the evolutionary origins of attachment and defenses, including an overview of the Polyvagal Theory, regulatory functions of attachment, and the development of insecure attachment strategies and their impact on relationships, including the therapeutic relationship. Each of these topics will be integrated with practical treatment approaches within the current standard of care for complex trauma and dissociation. The central role of the dual phobias of attachment and of attachment loss will be discussed, how they manifest in treatment, the relational disruptions they create, and how to begin to resolve them over a sequenced and paced treatment.

**Session 2 (October 9, 2015) Countertransference and Attachment in Clinical Practice.** This session will focus on examining our own attachment styles, what constitutes a “good enough” therapist, the importance of relational repair in therapy, and the value of using a collaborative relational paradigm with trauma survivors instead of (or at least integrated with) the parent-child model that is most often used for psychotherapy. We will discover the intersection between our own attachment styles and that of some of our more challenging clients, and work with difficult countertransference and counter-resistance themes. Participants will practice ways to explore relational process in sessions, rather than content, and discover common relational enactments with trauma survivors.

**Session 3 (November 13, 2015) Dependency in Psychotherapy.** This session will highlight the complex issues of dependency and dependency shame. The importance of developing healthy interdependency will be emphasized rather than complete autonomy. We will include: distinguishing between goals of secure attachment and dependency in therapy; how interventions can promote competence or dependency in clients; secure dependency versus insecure dependency; how to assess clients for their ability to tolerate work on dependency; how to enhance a felt sense of security in the therapy relationship; and ways to directly work with dependency in psychotherapy.

**Session 4 (December 11, 2015) Somatic and Relational Approaches to Develop Secure Attachment.** The final session will continue with identifying and resolving relational challenges in therapy and learning more about how to help clients who make frequent calls and bids for the therapist’s attention, and those that are extremely avoidant of connection with the therapist. We will delve more deeply into the relationship between attachment and dissociation, and consider the idea that Complex PTSD and dissociative disorders are, to a large degree, attachment disorders and that much of the healing work is in the therapeutic relationship. A felt (physical) sense of security is an essential outcome of therapy, yet we rarely focus specifically on the physical experience of feeling supported and connected. We will try to describe our own felt sense of attachment and security and learn how to help our clients explore their own, using somatic approaches and resources to bolster the client’s positive sense of supportive others.

**For more information:  
Kathy Steele, MN, CS  
404-321-1794, ext. 305  
KSteele@mcsatlanta.org**



## Registration Form

### Attachment and Complex Trauma in Clinical Practice 2015 Fall Intensive Study Group

Cost = \$600.00 (participants must attend all four sessions)

Payment may be made via Check or Credit Card

Make check payable to **Metropolitan Counseling Services**

Payment plans are available. Please contact Lisa Morris, LPC at 404-321-1794, ext. 319 or [LMorris@mcsatlanta.org](mailto:LMorris@mcsatlanta.org) to schedule a payment plan or to pay via credit card.

Name \_\_\_\_\_

Credentials \_\_\_\_\_

License # and State \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

#### Mail, Fax, or Scan and Email this form to:

Kathy Steele, MN, CS  
Metropolitan Counseling Services  
2801 Buford Highway NE  
Suite 470  
Atlanta, GA 30329

Email: [KSteele@mcsatlanta.org](mailto:KSteele@mcsatlanta.org)  
Fax: 404-321-1928

For more information, contact Kathy Steele  
[KSteele@mcsatlanta.org](mailto:KSteele@mcsatlanta.org)  
404-321-1794, ext. 305

[www.mcsatlanta.org](http://www.mcsatlanta.org)