



**DEVELOPING SECURE ATTACHMENT:  
MAKE SENSE OF YOUR PAST TO EMPOWER YOUR FUTURE**

**Lisa Firestone, PhD, Director of Research and Education,  
Glendon Association**

Sparked by Bowlby's original insights, attachment research has revolutionized our understanding of human development, the internal world, and the consequences of development gone awry. No other empirically-based theory tells us more about how we become who we are – and how to change who we have become.

We all carry around deep wounds, behaviors and beliefs about ourselves and others from our earliest attachments, which unconsciously direct our lives. Research shows that when people fail to make sense of their past, they find themselves reliving and recreating it, essentially re-experiencing old hurts over and over again. Attachment research demonstrates that making sense of the past is the best predictor of your ability to shape your future.

This presentation will introduce the tools for you to dig deep and resolve old traumas, big and small, so that they no longer haunt you and provide strategies to apply these tools with your clients. This workshop will draw upon the latest attachment research and outline the process of writing a coherent narrative. Research in neurobiology has shown that when a person writes a coherent narrative they actually rewire their brain to feel more secure within themselves and their relationships. In addition, creating a coherent narrative contributes to developing earned secure attachment.

At the end of this presentation, participants will be able to:

- Explain how child attachment patterns continue to affect people throughout their lives.
- Describe, using cutting edge neurobiological research, how clients can rewire their brains to feel more secure.
- Discuss how a patient, through the process of psychotherapy, can develop an earned secure attachment in adulthood.
- Access step by step guidelines for how to help clients develop a coherent narrative for their life.

Santa Barbara Cottage Hospital Psychiatry and Addiction Medicine services invite you to attend its August 2016 presentation for the healthcare community.

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Wednesday, August 10, 2016

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12:00 noon to 1:30 pm

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Burtness Auditorium

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Santa Barbara Cottage Hospital

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**LISA FIRESTONE PHD**, is the Director of Research and Education at the Glendon Association and Senior Editor at PsychAlive.org. She is the coauthor of several books including: *The Self Under Siege*, *Conquer Your Critical Inner Voice*, *Creating a Life of Meaning and Compassion*, and *Sex and Love in Intimate Relationships*.

Dr. Firestone is a regular blogger on *Psychology Today* and *Huffington Post*. She is also national and international presenter on topics that include couple relations, parenting, suicide and violence prevention assessment and treatment.

You can learn more about Lisa Firestone's work on [www.psychalive.org](http://www.psychalive.org) and [www.glendon.org](http://www.glendon.org)

#### CONTINUING EDUCATION UNITS

Physicians: Please note that due to changes in the requirements to qualify for CME's, Psychiatric Grand Rounds is no longer able to offer CME's.

Course meets the qualifications for 1 hour of CE credit for LMFTs and/or LCSWs as required by the California Association of Marriage and Family Therapists (Provider # 57341) and Provider approved for 1 contact hour for RNs by the California Board of Registered Nursing (Provider #00252), through the Education Department, Cottage Health.

Free of charge for CH Employees and professionals affiliated to Cottage Health.

Others: \$15 unit.

Grand Rounds will take place in Burtness Auditorium, Santa Barbara Cottage Hospital - A buffet lunch and beverages will be provided. No RSVP or advance registration is required.

Learn more about our Addiction Medicine Services at:  
[cottagehealth.org/mentalhealth](http://cottagehealth.org/mentalhealth)