

## **Workshop on Attachment Informed Grief Therapy: Interventions to Create Safety, Strengthen Self-capacities and Promote Re-engagement**

Attachment-Informed Grief Therapy bridges the fields of attachment studies and thanatology, uniting theory, research, and practice to enrich our understanding of how and why people grieve and how we can help the bereaved. In this workshop, participants will gain a new understanding of the etiology of complicated grief & its treatment. Dr. Kosminsky will also introduce key components of Attachment-Informed Grief Therapy and offer guidelines for an attachment informed view of the therapeutic relationship that can serve as the foundation of all grief therapy.