

**THE UNIVERSITY OF HONG KONG
FACULTY OF SOCIAL SCIENCES
Jockey Club End-of-Life Community Care (JCECC) Project**

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

Date: Wednesday December 2 and 9, 2020
 Time: 9:00 am – 11:30 am
 Format: To be conducted online via Zoom
 Speaker: Dr. Phyllis S. Kosminsky, PhD, LCSW, FT

TIME	PROGRAMME
Dec 2, 2020	<p>An Attachment Informed Understanding of Grief and Grief Therapy</p> <ul style="list-style-type: none"> - Attachment status is one of a very few factors that has been consistently identified by researchers seeking to understand the underlying causes of complicated vs. normal grief. In this session we will look at contemporary perspectives on attachment that are critical to understanding variations in how people grieve, and will explore in depth the implications of these insights for the practice of therapy with bereaved individuals. The presenter will bring attention to recent developments in interpersonal neuroscience that are highly relevant to our understanding of adaptation to loss, and that shed light on the critical role of early attachment experience in lifelong mental health. Examples from the presenter’s practice will bring to life the different models and theories presented, and participants will be encouraged to contribute their own clinical examples to the discussion.
Dec 9, 2020	<p>Attachment Informed Grief Therapy: Identifying and addressing attachment-related complications in bereavement</p> <ul style="list-style-type: none"> - As the name of the approach suggests, Attachment Informed Grief Therapy is grounded in a set of assumptions about the central role of attachment in how people form relationships, how they grieve, and how grief therapy helps them manage the dysregulating impact of bereavement and integrate their loss. Using examples from her own practice, the presenter will illustrate how sensitivity to variations in client attachment experience and attachment related needs makes for a more robust, trusting client-therapist relationship, reduces the likelihood of relational rupture, and supports the achievement of therapeutic goals. - Client videos and case discussion will be used to deepen your understanding of how theory translates into practice. Ample time will be given for questions and discussion with those in attendance. You will come away with insight into the value of attachment theory in guiding treatment formulation, and with tools that you can use to better support your bereaved clients.