

# EARN 6.0 Professional CE Hours!

THE RELATIONSHIP TRAINING INSTITUTE PRESENTS

## Developing Secure Attachment: Make Sense Of Your Past To Empower Your Future

**Presenter: Lisa Firestone, Ph.D.**

**November 4, 2022 (Friday)**

### ONLINE LIVE WEBINAR

Research has demonstrated that securely attached therapists have the best patient outcomes. In this bold and innovative new workshop, Dr. Lisa Firestone will draw upon the latest neurobiological research, attachment theory and clinical experience to guide you through the process of creating a coherent narrative for yourself and your clients. This process can help you and your clients resolve old traumas, big and small, so that they no longer intrude on the present. Research in neurobiology shows that when a person writes a coherent narrative, they actually rewire their brain to feel more secure within themselves and their relationships.

Through guided writing exercises and experiential activities, this training you will lead you to know yourself better and gain valuable insight—and will provide you with tools to help clients integrate their emotions, heal insecure attachment, and flourish in all their relationships.

In this workshop you will learn to...

- Demonstrate 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.
- Explain how a patient, through the process of psychotherapy, can develop an earned secure attachment in adulthood.
- Apply step-by-step guidelines for how to help clients develop a coherent narrative for their life.
- Apply techniques to help clients better understand and integrate their emotions.
- Discuss a framework for helping clients resolve childhood traumas.

The Relationship Training Institute (RTI) is approved by the American Psychological Association to sponsor continuing education for psychologists. RTI maintains responsibility for this program and its content.

RTI has been approved by NBCC as an Approved Continuing Education Provider, ACEP#6181. Programs that do not qualify for NBCC credit are clearly identified. RTI is solely responsible for all aspects of the program.

### For more information:

Visit our website at [www.RTIprojects.org](http://www.RTIprojects.org) or  
Contact Suzanne Smyth-Cohen at 619.892.8318  
E-mail: [rtiworkshops@gmail.com](mailto:rtiworkshops@gmail.com)

### ABOUT THE SPEAKER:

**Lisa Firestone, Ph.D.**, is a clinical psychologist in Santa Barbara, the Director of Research and Education at The Glendon Association, and Senior Editor for the mental health website PsychAlive.org. She is the author of *Conquer Your Critical Inner Voice*, *Creating a Life of Meaning and Compassion*, and *The Self Under Siege*. Dr. Firestone is a national and international presenter on the topics of suicide and violence as well as couple relationships and parenting, and she also blogs on Psychology Today and the Huffington Post. You can visit the websites [www.glendon.org](http://www.glendon.org) and [www.psychalive.org](http://www.psychalive.org) to learn more about her work.



### DATE, TIME & LOCATION:

November 4, 2022 (Friday)  
Workshop: 9:00 AM - 4:00 PM

### ONLINE LIVE WEBINAR

### FEES

- \$150 Health Professional (by Oct. 14)
- \$170 Health Professional (after Oct. 14)
- \$135 Allied Agency, FT Student, SDPA (by Oct. 14)
- \$155 Allied Agency, FT Student, SDPA (after Oct. 14)

### Registration Options:

**On-line:** [www.RTIprojects.org](http://www.RTIprojects.org)  
**Fax:** 858.724.3798  
**Mail:** 2244 Carmel Valley Rd.  
Suite B  
Del Mar, CA 92014  
**Phone:** 619.892.8318

This workshop is offered for 6.0 Continuing Education Hours for advanced continuing education for psychologists, LCSWs, MFTs, NBCC, and NAADAC.

