

Training Outline: Interventions for Attachment Trauma (UB) *Annie Monaco , 2022*

Day 1

Module 1	9:00-10:15	Intro to Case Consultation Form, Trauma 101, Attachment Wounds, Mentalization,
Break	10:15-10:30	
Module 2	10:30-12:00	Symptoms of Attachment wounds, Practicing Attachment Interviews, Adaptations, Trauma History, Scales
Lunch	12:00-1:00	
Module 3	1:00-2:30	Adaptation, Trauma History, Scales review. Practice Soothing and Grounding Interventions
Break	2:30-2:45	
Module 4	2:45-4:30	Four types of Attachment descriptions and case examples

Day2

Module 1	9:00-10:15	Window of Tolerance explanation, Soothing and Grounding Packet. Practice on Zoom
Break	10:15-10:30	
Module 2	10:30-12:00	Future Self Intervention
Lunch	12:00-1:00	
Module 3	1:00-2:30	Therapists attachment history Therapists skills with attachment disorders, Interventions practice
Break	2:30-2:45	
Module 4	2:45-4:30	Interventions Practice