



## Intimacy and Solitude:

## Attachment styles and relationships

This workshop aims to develop a greater understanding about the role of intimacy (the drive to be connected) and solitude (the drive to be alone) in the therapeutic relationship, couples work, and supervision.

The core of our work is reliant on the strength and security of the relationship which develops between client/student and helper.

Attachment Theory explains why we repeat relationship patterns, why some clients/students seem more difficult than others, and how our workplace relationships develop into either supportive collegiate relationships or interpersonal distress.

- What if your capacity to create relationship is more visceral than cognitive?
- What do you know about regulating your nervous system?
- How much of what you do in relationship is still driven by your early childhood attachment and resulting early brain development?
- What does this imply for the therapeutic/professional relationship?

Unless we as professionals understand our own styles of attachment, it is difficult to create relationship with clients who attach from a different foundation to our own.

This interactive and practical workshop is presented by Fiona Griffith, Clinical Counsellor and PACFA accredited Supervisor. It is suitable for counsellors, teachers, social workers, psychologists and allied health professionals.

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