

# Understanding the Effects of Attachment Style on the Teenage Years

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### What to expect from this Workshop

The start of the workshop includes the basics of Attachment Theory so that this workshop does not expect previous knowledge of Attachment Theory but will act as a useful refresher for those familiar with the theory.

### Neuroscience of the Adolescent Brain

Exploration of the current research into how the adolescent brain differs from the pre-adolescent brain, and the adult brain from which to gain a greater understanding of unique issues that occur at this stage of development.

### Attachment style in Adolescence

Time to consider how infant and child attachment style contributes to the experience of this stage in life that straddles care seeking behaviours and personal exploration in the adult world. We have space to explore peer relationships, and relationships with parents.

### Managing Difficult Behaviours

Information about how specific attachment styles contribute to our understanding of behaviours such as alcohol misuse, drug taking, and self harm.

### Exercises

It will be useful for participants to spend time in advance to consider their own client work and come ready to work with a particular client in order to complete exercises to practice these important new skills, the workshop will offer an experience that enhances work with this challenging but very rewarding client group.

### Included

The workshop includes handouts, worksheets, reading lists and feedback forms.

## Niki Reeves

Working in clinical practice for almost 20 years Niki trained as a Psychodynamic Counsellor in the early 90's and then as an Attachment Based Psychoanalytic Psychotherapist at The Bowlby Centre in London. A member of the UKCP Ethics Committee, a qualified Supervisor, a Tutor at BCoT, Niki trains counsellors to diploma level. Niki has been 'Head of Counselling' at Southampton Counselling, and is now taking time to write, teach and run her private practice in Southampton where she works with therapists, individuals, couples and families. Her chapter "The use of telephone and Skype in psychotherapy: Reflections of an attachment therapist" will be published by Karnac later this year in the book "Love in the age of the internet" edited by Linda Cundy.