



Palm Beach County
Board of County Commissioners

Palm Beach County
Youth Services Department
Residential Treatment and Family Counseling Division
Education and Training Center



Attachment Theory: It's All About Relationships

Presented by: Sarah Barr, Psy.D.

Wednesday, October 16, 2024

9:30 am - 11:30 am

Location: Zoom Remote Video Conference

Once registration is confirmed, link to access the training will be provided

Registration Fee:

There is no cost associated with this presentation

Continuing Education:

2 CE credits will be offered

Registration Link:

<https://www.surveymonkey.com/r/MSM3LFW>

If you have trouble accessing the survey, please copy the link and paste it directly into your browser.

Registration closes at 3:00 pm on October 15, 2024

In order to receive a certificate you must be present for the entire training. Zoom monitors attendance from the time each participant logs in and out of the training. Exceptions will not be granted.

Description:

Early caregiving has a long-lasting impact on a child's development, the ability to learn, the capacity to regulate emotions, and the ability to form satisfying relationships (Siegel, 2012). Given the impact of early childhood attachments on functioning, this training will examine the theory of attachment, highlighting the specific long-term implications of both secure and insecure attachments. This presentation outlines the theoretical base of attachment, how secure and insecure attachments are formed in infancy, and the unique challenges of clinical work with families with insecure attachments. This training will also cover the impact that early attachment has throughout the lifespan and how our early experiences shape our cognitions, behaviors, and interpersonal relationships.

Learning Objectives:

At the conclusion of the training, participants will be able to:

1. Define attachment theory.
2. Explain the differences between secure, anxious, avoidant, and disorganized attachment styles.
3. Apply attachment theory in clinical practice.

Presenter:



Sarah Barr, M.A. earned her bachelor's degree from the University of Colorado, with a double major in psychology and political science. She is in the process of completing her doctoral degree in clinical psychology at Pacific University in Portland, Oregon. Sarah is currently completing her doctoral internship at the Youth Services Department. Sarah has experience working with children, adolescents, and families in a variety of settings, including community mental health, a juvenile detention center, schools, and a residential treatment facility. She has a specific interest in working with children and families who have experienced complex and intergenerational trauma.

Disclaimer: The information presented in this program is based on methodological, theoretical, research, or practice knowledge base. The program is based on information from professional resources. Limitations of the content being taught are acknowledged, recognizing that there are additional resources available not referred to in this program. There is no commercial support for this program.

Continuing Education Information:

Youth Services Department, Palm Beach County is approved by the American Psychological Association to sponsor continuing education for psychologists. Youth Services Department, Palm Beach County maintains responsibility for this program and its content.

Youth Services Department, Palm Beach County is also approved to provide continuing education to LCSW's, LMFT's, and LMHC's by the Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling (Provider # 50-533, expires March 31, 2025).

Youth Services Department, Palm Beach County is approved to provide continuing education to RN's, ARNP's, LPN's and CNA's by the Florida Board of Nursing (Provider # 50-533, expires October 31, 2024).

In order to receive Continuing Education credits, you must complete an electronic form at the conclusion of the training verifying your name and professional license number. Certificates will be emailed once your information has been confirmed.

All mental health professionals will receive two (2) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.

Space is Limited: Registration is accepted on a first-come, first-served basis. Only the first 200 registrants will be able to access the training link.

What to Bring: A pen and paper for taking notes. You may wish to use your personal headsets/earbuds for enhanced audio quality.

Accommodations for the differently abled: Individuals needing special accommodations, please contact [Cristal Montepeque](#) at (561) 233-4460.

Registration contact person: Cristal Montepeque at (561) 233-4460 or CMontepeque@pbcgov.org

For information about other Education & Training Center trainings/workshops and clinical services please visit our website at

www.pbcgov.com/youthservices/EducationCenter

or call (561) 233-4460