Briana MacWilliam Inc.
ATTACHMENT IN ADULT RELATIONSHIPS

ATTACHMENT, CREATIVITY & ADDICTION

10.75 Self-Study Contact Hours for LCAT & LMHC

Workshop Description

This course provides an immersive journey into emotional and relational healing, combining psycho-spiritual techniques with practical knowledge. Explore attachment wounds, grief, and addictions through guided visualizations and learn to decode anxiety and its impact on the body and mind.

Includes the following topic areas...

1. Attachment and Complicated Grief
2. Families and Addiction
3. Brain Chemistry and Attachment Hunger
4. Brain Basics
5. Attachment Styles and Addiction
6. Personality Traits and Prevention
7. Change Models and Mindfulness in Art Therapy

Learning Objectives

- Identify at least two traits that put a person at higher risk for addiction.
- Identify at least two dysfunctional characteristics of a family system struggling with addiction.
- Identify at least two signs of an addictive relationship.
- Identify at least one activating strategy for an anxious-ambivalent attachment style.
- Identify at least one de-activating strategy for an avoidant attachment style.
- Identify at least two stages of the Transtheorhetical Model for Change.

Briana MacWilliam MPS, ATR, LCAT
Briana MacWilliam is an author, educator and licensed and board-certified creative arts therapist with more than 15 years in the field, helping adults struggling with insecure attachment attract and/or cultivate loving relationships. Additional certifications in Reiki healing, EFT Tapping, and integrative somatic trauma therapy, inform her trademarked method, which utilizes a psycho spiritual approach to healing mind body and spirit.

Location: New York, NY

QUESTIONS? CONTACT SUPPORT@BRIANAMACWILLIAM.COM | (646) 600-5830

Briana MacWilliam, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed creative arts therapists; #CAT-0014, and is also an approved provider of continuing education for licensed mental health counselors; #MHC-0224.