



MENTALIZING EARLY ATTACHMENT INJURIES

JULY 26, 2024

9:00 A.M. to 12:00 P.M.

Speaker: Deb Wesselmann, MS, LIMHP

BRINGING A THERAPIST MENTALIZING AND SECURE-BASED APPROACH TO CLIENT CHALLENGES AND EARLY ATTACHMENT INJURIES

LEARNING OBJECTIVES

- Participants will be able to identify at least 3 adjectives that characterize a mentalizing state and 3 adjectives that characterize a non-mentalizing state.
- Participants will develop personal strategies to increase access to a mentalizing state during challenging sessions with non-mentalizing clients.
- In a practicum experience, participants will demonstrate a secure-based, mentalizing response to 3 client examples of non-mentalizing words or behaviors during a practicum exercise.

Research indicates mentalization to be associated with the secure pattern of attachment and capacity for flexibility, lack of judgments, and sensitive reflection upon the internal state of self and others. We all lose the mentalizing state at times due to stressful circumstances. Difficulty with mentalization overall is associated with early attachment injuries, defensive and maladaptive coping patterns, and rigid thinking. Participants will gain skill in recognizing the non-mentalizing state in themselves as well as their clients and will assist therapists with secure-based responses to clients' non-secure words and actions. Practicum experiences will help participants integrate the information.

Delivered in person in the College of Public Affairs and Community Service (room 221) on the UNO campus. Cost to attend: \$50 (\$60 after June 01). Includes 3 ethics CEUs approved for social work and mental health practice in Nebraska. Continental breakfast provided. Free parking in East Parking Garage. Registration is required.

Click or scan the QR code to sign up.

