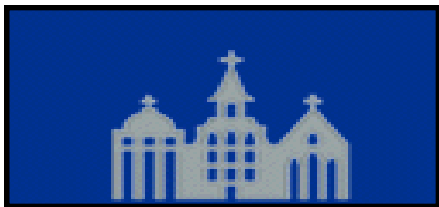




## Promoting Professional Practice

**The College of Education and Human Services is a New Jersey Professional Development Provider. Documentation of two (2) hours of continued education credit will be provided pending completion of evaluation forms.**



Contact Lucy Vazquez for additional information regarding this presentation.  
Tel: 973-761-9450/9451

## Building Secure Attachment: Integrating Self-compassion, self-awareness, & mindfulness

Therapy rooms are filled with clients who relate to themselves and others in ways that leave them feeling essentially flawed or inadequate, and perceiving that others are not emotionally available to them. These issues interfere with their abilities to manage their emotions and negatively impact all aspects of their lives, including friendships, romantic relationships, pursuit of hobbies and interests, and careers. Unfortunately, these individuals often resist therapeutic interventions. In recent years, attachment theory has piqued the interest of an increasing number of mental health professionals. It offers a way for therapists to understand how insecure attachment is often intertwined with negative self-perceptions, the experience of others as emotionally unavailable, and ineffective attempts to regulate affect.

This seminar provides participants with tools to help insecurely attached clients improve their relationships with themselves and others. Learn the basics about how to integrate various therapeutic approaches, such as psychodynamic, cognitive behavioral, mindfulness, mentalization-based, and compassion-based treatment. Use these approaches to help clients increase four fundamental levels of self-awareness and self-compassion – a combination called compassionate self-awareness. Combined with psycho-education about attachment issues, compassionate self-awareness enables clients to improve their ability to regulate affect, empathize with, and gently challenge old self-perceptions. Clients become open to exploring and experiencing a more secure attachment style. By infusing the seminar with her warm and an engaging style, Dr. Becker-Phelps creates an atmosphere that encourages you to use this new, integrative approach to effectively treat insecurely attached clients.

### Learning Objectives:

1. Describe how insecure attachment undermines self-worth, sabotages the ability to develop healthy relationships, and impairs affect regulation
2. Identify the core concepts of compassionate self-awareness
3. List four fundamental domains of self-awareness and demonstrate techniques to increase them
4. Summarize the elements of self-compassion and apply techniques to increase them
5. Demonstrate how to guide treatment interactions using the three functions of attachment system

Seton Hall University  
College of Education and  
Human Services  
Department of Professional  
Psychology & Family Therapy  
School & Community  
Psychology Program

**Building Secure Attachment:  
Integrating Self-compassion,  
self-awareness, & mindfulness**  
Presenter: Dr. Leslie Becker-  
Phelps

This workshop is sponsored by the School & Community Psychology Program and the student organization SPLASH (School Psychology Leadership Association of Seton Hall).

Program Director:  
Thomas Massarelli, Ph.D.  
Adjunct Professor:  
Marc Lombardy, Psy.D.



Building Secure Attachment:  
Integrating Self-compassion, self-  
awareness, & mindfulness

Presenter:

Dr. Becker-Phelps is a well-respected psychologist, who is dedicated to helping people understand themselves and what they need to do to become emotionally and psychologically healthy. In addition to her clinical practice as a psychotherapist, she inspires people to change, grow, and heal through her work as a speaker and writer.

She is the author of the book *Insecure in Love* (New Harbinger Publications, 2014). She is a regular writer for WebMD's relationships blog and is the relationships expert on WebMD's Relationships and Coping Community. She also writes

a blog, "Making Change," for *Psychology Today*.



Building Secure Attachment:  
Integrating Self-compassion, self-  
awareness, & mindfulness

Presented by Leslie Becker-Phelps,  
Ph.D.

Wednesday,  
October 29, 2014  
6:00 PM—8:00 PM

College of Arts & Sciences Building,  
Room 109

Admission: Students/Alumni Free  
Guests: \$10.00

Dr. Becker-Phelps has been invited to present around the country on a variety of mental health issues. She regularly provides continuing education seminars nationally for mental health professionals and frequently presents to the public. She has also been interviewed extensively for print and online magazines, radio, and television.

As a licensed psychologist, Dr. Becker-Phelps treats individuals and couples in her private practice in Basking Ridge, N.J. She is on the medical staff at Robert Wood Johnson University Hospital – Somerset. She has been on staff there since it was Somerset Medical Center, where she had held the titles of clinical director of Women's Psychological Services and chief of psychology. She is currently on the New Jersey Psychological Association Public Education Committee and is a staff editor for the NJPA E-Newsletter.



This presentation meets  
NASP Domain Standards:  
Standard #2 Consultation &  
Collaboration, Domain #6  
Preventive & Responsive  
Services, and Domain #10  
Legal, Ethical and  
Professional Practice.

To register please contact  
Lucy Vazquez at 973-761-  
9450/9451 by October 24,  
2014. If you require  
accommodations please  
contact Lucy by October  
17th so arrangements can  
be made.