

# Topics Covered

- How to apply mindfulness to create more interpersonal sensitivity and therapeutic efficacy
- Attachment theory, relationship rupture and repair, and neurobiological underpinnings
- Recognizing adult attachment indicators and engagement/disengagement cues to create safety and access unconscious material
- Specific therapeutic strategies for each adult attachment style and moment to moment interventions
- Adjusting to unconscious needs
- Befriending defensive responses and utilizing inner resources
- Therapists' influences in dyadic communications
- How to address relationship systems and attachment in couples



Attending to Attachment  
with Julie Murphy, RAS

3701 Sacramento St., # 302, San Francisco, CA 94118 (415) 839-6788



HAKOMI INSTITUTE OF CALIFORNIA

The Hakomi Institute of California Presents



# Attending to Attachment

*A Mindfulness Based  
Approach to Attachment and  
Relationship Repair*

A Three-Weekend Training

**Autumn 2012**

**October 19-21, November 16-18,  
and December 14-16**



**with Julie Murphy, RAS,  
International Hakomi Trainer**

# Attending to Attachment...

...Learn how to apply mindfulness-based somatic interventions to heal clients' early relational imprints and wounds. Whether you are working directly with clients' attachment wounds or simply helping clients to feel safe, this training will focus on the use of mindfulness and the therapeutic relationship as agents of change in relational repair. The training emphasizes assessment tools and specific intervention strategies for accessing unconscious material and promoting secure attachment. The therapist's individual attachment style and therapeutic stance, and the resulting influence on transference and counter-transference will also be examined.



## Training Details

**Structure:** Participants will learn to work experientially with clients through a mixture of short didactic lectures, discussions, self-reflective exercises and actual practice of interventions to create confidence and effectiveness in working with attachment in clinical practice.

**2012 Dates:** Friday, Saturday & Sunday, October 19-21, November 16-18, and December 14-16.

**Times:** Fri. 9:30-5; Sat. 9-4:30; Sun. 9-4:30.

**Location:** The San Francisco Theological Seminary, San Anselmo, California.

**Costs:** Early registration by September 7, 2012: \$1395. After September 7, 2012: \$1490.

**Prerequisites:** Completion of a Hakomi Training or equivalent experience, permission of lead trainer and an additional prerequisite workshop.

**To register or for more information:**  
Call 415-839-6788; or  
email [contact@hakomicalifornia.org](mailto:contact@hakomicalifornia.org);  
Or visit [www.hakomicalifornia.org](http://www.hakomicalifornia.org).



**Julie Murphy**, Registered Addictions Specialist and International Hakomi Trainer, has over 25 years of experience consulting, teaching and working in the healing arts. Julie trains mental health professionals in California, Australia and New Zealand. She is an instructor in the California

Institute of Integral Studies Certificate Program in Mindfulness and Compassion in Psychotherapy. Julie specializes in developing mindfulness and compassion in relationships, attachment theory, addictions counseling and creative expression.

**Free Event**  
**Mindfulness Approaches to Attachment**  
With Julie Murphy, RAS  
★  
May 10, 2012 6 to 9 PM  
San Francisco