

FREE
COMMUNITY EVENT

Virtual Psychiatric Grand Rounds

JULY 2024

Please register at:

[cottagehealth.org/
psychgrandrounds](https://cottagehealth.org/psychgrandrounds)

After registering you will receive a confirmation email containing information about joining the training.



Healing Attachment Trauma: The Power of Creating a Coherent Narrative

Tuesday, July 23, 2024

Noon to 1:30 p.m. (No meals or breaks provided)

SPEAKER: Lisa Firestone, PhD

COURSE DESCRIPTION:

This presentation will focus on methods for helping clients create coherent narratives of early attachment trauma. Creating coherent narratives allows the development of a sense of inner security by addressing unresolved trauma. The presentation will integrate findings from attachment research, interpersonal neurobiology, and separation theory. Dr. Firestone will draw upon the latest research and outline the process of writing a coherent narrative. Latest findings in neurobiology show that when a person writes a coherent narrative, they actually rewire their brains to feel more secure within themselves and their relationships. Creating a coherent narrative also contributes to developing earned secure attachment.

LEARNING OBJECTIVES:

- Describe, using cutting edge neurobiological research, how clients can rewire their brains to feel more secure.
- Explain how clients can identify their early attachment style.
- Describe how the relationship in therapy may be used to enhance a client's attachment style.



LISA FIRESTONE, PHD is a Clinical Psychologist and the Director of Research and Education at the Glendon Association and Senior Editor at PsychAlive.org. She has been involved in clinical training and research in the areas of suicide and violence, which resulted in the development of the assessments *Firestone Assessment of Self-destructive Thoughts* (FAST) and the *Firestone Assessment of Violent Thoughts* (FAVT) for adults and adolescents.

Dr. Firestone is a national and international trainer on topics including couple relationships, attachment and trauma, and suicide and violence prevention assessment and treatment.

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PROGRAM COORDINATOR

Paul Erickson, MD

ADMINISTRATIVE COORDINATOR

Frances McKinney

EDUCATION CONSULTANTS

Jennifer Granger Brown, MSN, RN
Tamara Norton, MHS, CPCS

TARGET AUDIENCE

Addiction Counselors
Clinical Nurse Specialists
Counselors
Marriage & Family Therapists
Nurse Practitioners
Nurses
Occupational Therapists
Occupational Therapy Assistants
Other Mental Health Professionals
Pharmacists
Psychologists
Psychotherapists
Social Workers

07/2024 RLC

CAMFT / BRN CONTINUING EDUCATION CREDITS FOR COTTAGE HEALTH EMPLOYEES

Attendance for the full hour and Zoom registration is required to receive credit. CE credit is not offered for meals or breaks.

LMFTS, LCSWS, LPCCS AND LEPS: Course meets the qualifications for one hour of continuing education credit as required by the California Board of Behavioral Sciences. Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (provider #57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.

REGISTERED NURSES (RNS): Provider approved by the California Board of Registered Nursing, Provider #00252 for 1.0 contact hour.

CERTIFICATES: Cottage Health employees will receive certificates in Compass Learning after completed evaluation is processed.

FOR PHYSICIANS AND PSYCHOLOGISTS

PHYSICIANS: The Santa Barbara County Consortium for Continuing Medical Education is accredited by the California Medical Association (CMA) to provide continuing medical education for physicians.



The Santa Barbara County Consortium for Continuing Medical Education designates each live activity listed for a maximum of *1.0 AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS: Please contact Tamara Norton if you would like to receive a Certificate of Attendance for this event at tnorton@sbch.org and 805-569-7245.

Notes

GRIEVANCES: Contact the Education and Nursing Professional Development Department at 805-569-7325.

SPECIAL ACCOMMODATION: If you are in need of special accommodation, contact the Education and Nursing Professional Development Department at 805-569-7325.

DISCLOSURES: The planners and speaker of this live internet activity have stated that they do not have any current relationships with ineligible companies. This activity did not receive commercial support.