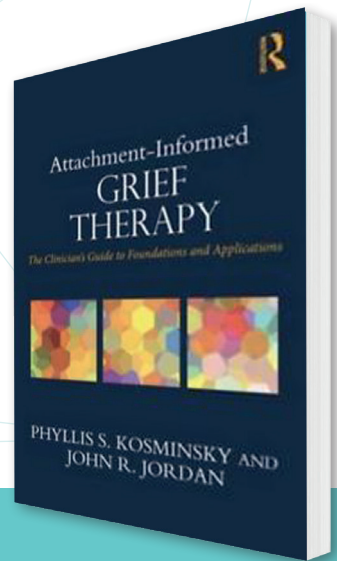


Attachment, grief and our brain

Professional guidance for profound transitions

Masterclass with
Phyllis Kosminsky Ph.D.



‘Love opens our hearts and finds the limits of what we can hold within, grief brings us to the limits of what our hearts can bear’ – **Phyllis Kosminsky**

Where Unieplaza Culemborg. Easily accessible by public transport or car

When Monday 18 May and Tuesday 19 May 2020 from 10:00 until 17:00

Occasion

We are delighted that Dr. Phyllis Kosminsky, chair of authoritative and international ADEC (Association for Death Education and Counseling), will join us in the Netherlands at 18 and 19 May 2020. She will present a unique Masterclass on attachment and grief in life transitions.

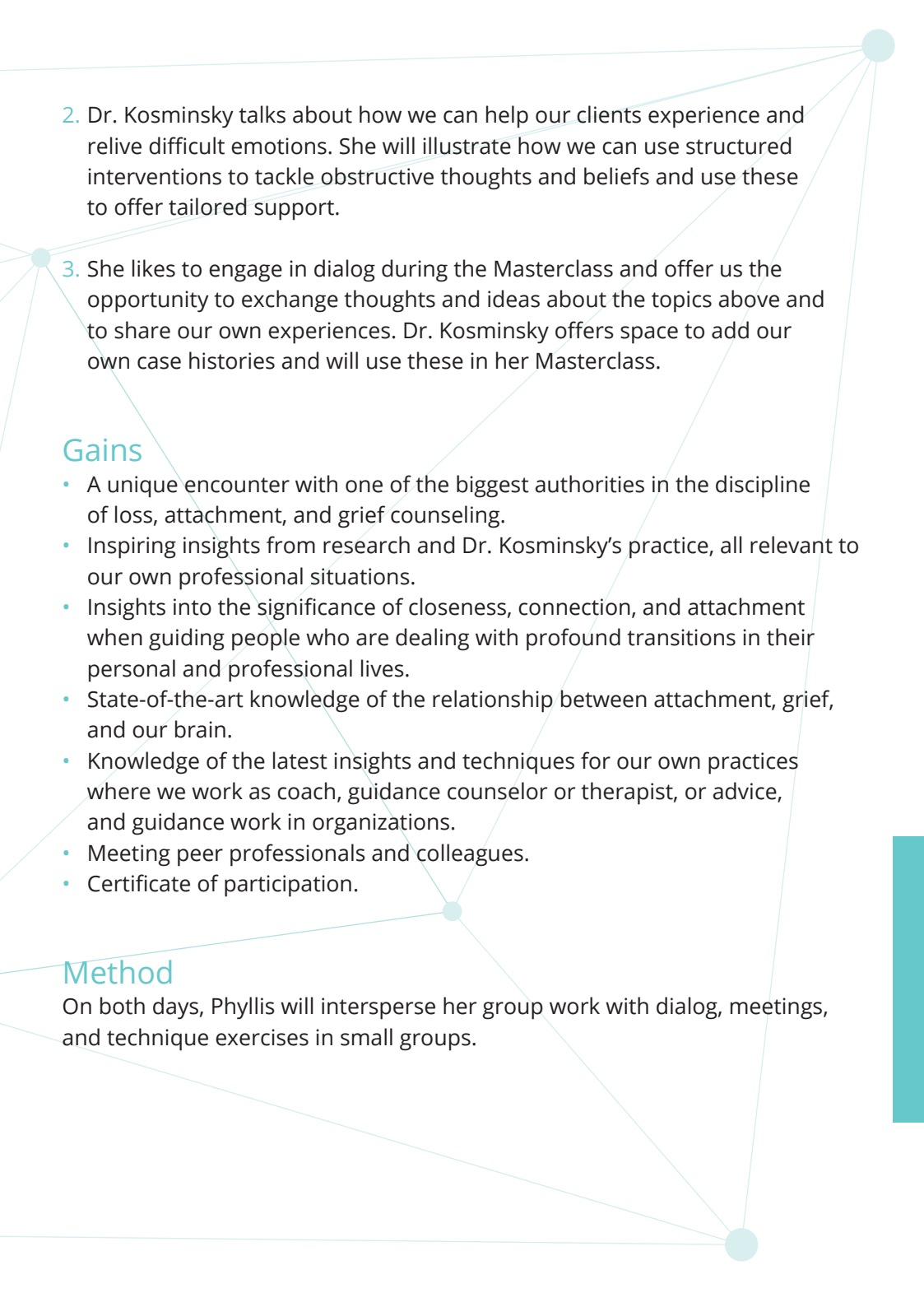
Phyllis is an international authority in the field that deals with the link between attachment, grief, trauma, and the brain. In 2016, she worked with Jack Jordan to publish an authoritative and inspiring book that bundles the knowledge gained over the last few decades when working with this topic. Phyllis is a clinical psychologist and runs a private clinic in New York. She also has a twenty-year affiliation with The Center for Hope and Family Centers in Connecticut and the Portland Institute for Loss and Transition.

Dr. Kosminsky was appointed a Fellow in Thanatology by the ADEC, in recognition of her contributions to education, research, and clinical practice related to coping with grief.

Topics

In this Masterclass, Phyllis Kosminsky guides us along three pillars that are important when working with people who are dealing with loss and transitions in their lives. Case studies will be used to illustrate the pillars.

1. The first topic is the guidance for profound transitions in the light of attachment, with a focus on the reorientation of the Mind's Eye. The essence is the development of the capacity for closeness to clients and to support them in rediscovering and bolstering themselves, their resilience, and their zest for life.

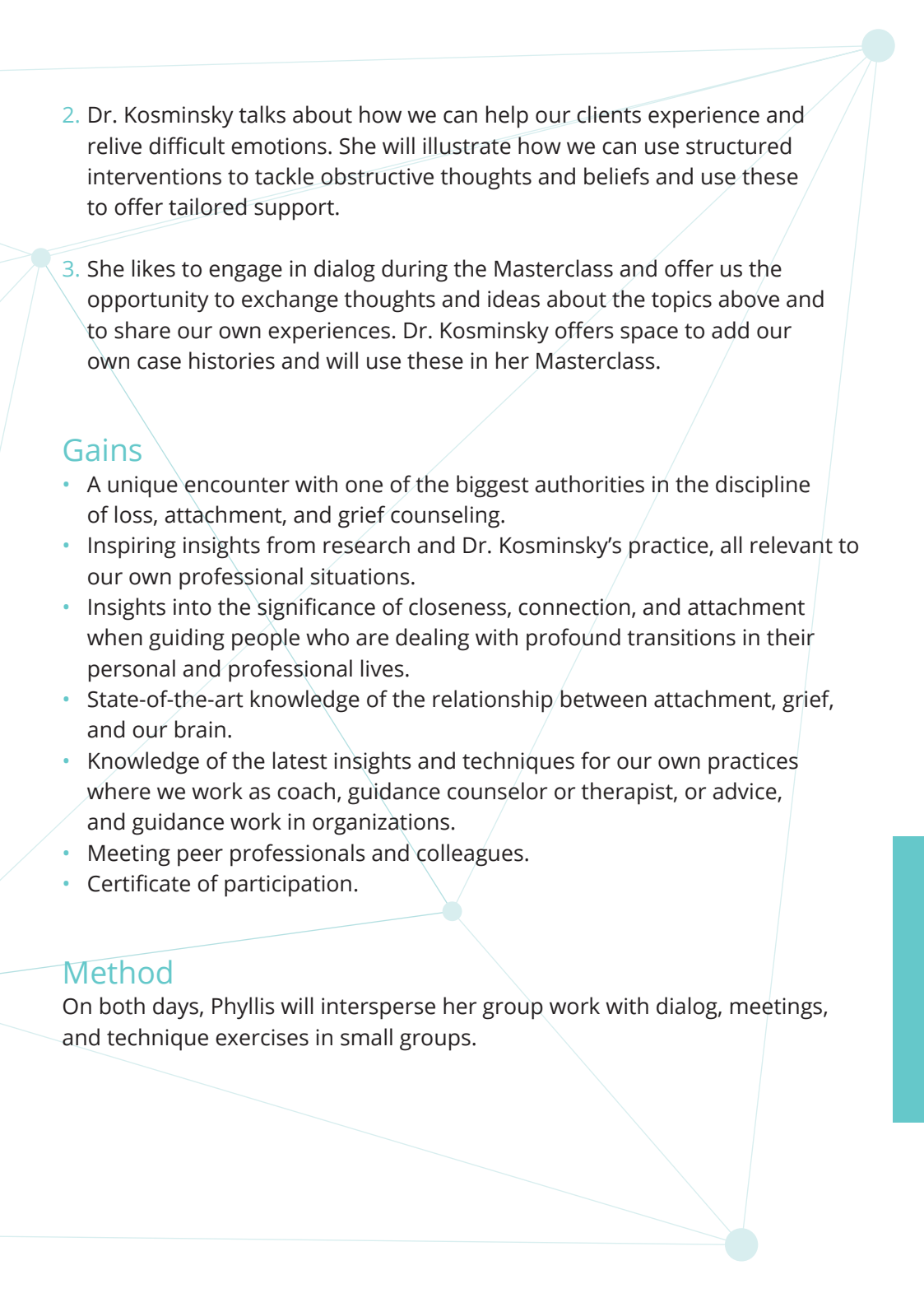
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2. Dr. Kosminsky talks about how we can help our clients experience and relive difficult emotions. She will illustrate how we can use structured interventions to tackle obstructive thoughts and beliefs and use these to offer tailored support.
 3. She likes to engage in dialog during the Masterclass and offer us the opportunity to exchange thoughts and ideas about the topics above and to share our own experiences. Dr. Kosminsky offers space to add our own case histories and will use these in her Masterclass.

Gains

- A unique encounter with one of the biggest authorities in the discipline of loss, attachment, and grief counseling.
- Inspiring insights from research and Dr. Kosminsky's practice, all relevant to our own professional situations.
- Insights into the significance of closeness, connection, and attachment when guiding people who are dealing with profound transitions in their personal and professional lives.
- State-of-the-art knowledge of the relationship between attachment, grief, and our brain.
- Knowledge of the latest insights and techniques for our own practices where we work as coach, guidance counselor or therapist, or advice, and guidance work in organizations.
- Meeting peer professionals and colleagues.
- Certificate of participation.

Method

On both days, Phyllis will intersperse her group work with dialog, meetings, and technique exercises in small groups.



Phyllis Kosminsky

Dr. Kosminsky was trained at Columbia University and gained her doctorate at Brandeis University. She is qualified in Ericksonian hypnosis and EMDR.



Dr. Kosminsky is a published author on a range of topics related to loss and grief. She provides lots of courses to mental healthcare professionals in the United States and is a regular speaker at national and international conferences.

Her second book, Attachment-Informed Grief Therapy (2016), co-written with John Jordan, bridges the gap between theory and practice of loss and grief guidance. In this book, Phyllis Kosminsky illustrates ways in which the therapeutic relationship is crucial in grief therapy.

She stresses the impact of attachment and attachment patterns on processing profound loss in people's lives.

Zie ook: www.phylliskosminsky.com

Organization of the Masterclass

The substantive organization of the Masterclass is in the hands of De School voor Transitie and the Expertise Center Omgaan met Verlies. Please register at www.omgaan-met-verlies.nl/phyllis

Informatie

Cost	€ 595 (including lunch) There is an early bird discounted price of € 555 if you book before 15 February 2020
Language	This Masterclass is in English
Register	www.omgaan-met-verlies.nl/phyllis