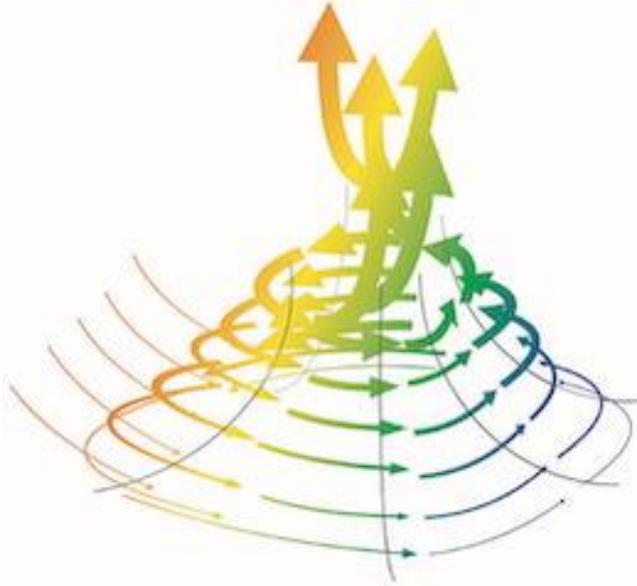


Complex Integration of Multiple Brain Systems (CIMBS™)
NeuroPhysioPsychoTherapy™ Presents:

“New Developments in Therapeutic Attachment Relationship”

The Most Important Treatment You Can Offer Your Patients



1-day Psychotherapy Experiential Training Course

Approved for 6 hours of CEs

Course limited to 36 participants

Focus on Therapist Resources to be more effective and fulfilled.

Date | Friday, May 13th, 2022

Time | 8:00 am to 4:00 pm PST

Where | UW Center for Urban Horticulture Merrill Hall
3501 NE 41st St, Seattle, WA 98105

Cost | \$290 before 4-29-22 | \$335 after 4-29-22

Adding new resources to your practice and to your patients.
Shifting your therapeutic balance to provide more resilience and
energy to enliven your treatment process.

Course Description:

Research has shown that your patient's resources are the most important variables in successful psychotherapy outcomes. The Therapeutic Attachment Relationship is the most effective key to access and facilitate your patient's conscious and nonconscious resources. In addition, the Therapeutic Attachment Relationship enables you to harness your own emotional resources to synergize with your patient's resources. Utilizing this knowledge and these strategies will maximize your engagement in psychotherapy and prime you and your patients for successful treatment outcomes. Therapeutic Attachment Relationship is the *most important therapeutic treatment* that you provide in psychotherapy.

How does this work and what does it look like? The Therapeutic Attachment Relationship creates a clear and present *therapeutic collaboration*. Therapeutic Attachment Relationships interrupt tendencies towards dependency and defiance [counter dependency] You and your patients are co-therapists working together constantly to facilitate their resources. Working in these ways will interrupt your patient's expectations that the therapist is the expert. They will no longer look to you to fix their problems, but rather believe and trust in their own resources to manage their emotions and move forward in their lives.

The Therapeutic Attachment Relationship utilizes the neurobiological mechanisms of the brainstem and polyvagal systems. There are a number of benefits here. These activations will release

neurotransmitters of oxytocin, endogenous opioids, and serotonin. You are activating the social engagement systems that provide corrective emotional experiences and emotional memory reconsolidation [neuroplasticity]. You will be meeting your patient's need for attachment.

The Therapeutic Attachment Relationship is a *different frame of mind* for both the therapist and patient. It is best refreshed every session with the Initial Directed Activation. We will emphasize the Therapeutic Attachment Relationship part of the Initial Directed Activation. This can be difficult with many patients who are uncomfortable with being in the intimacy of the present moment inside themselves. There is a certain paradox that the caring, safe, connection of the Therapeutic Attachment Relationship upsets the defensive equilibriums that keep underlying distress hidden. Successful secure attachment relationships can be completely disorienting for some patients. Nevertheless, facilitating the attachment brain systems can stimulate the release of oxytocin, endogenous opioids, and serotonin to mitigate that distress. The novelty of a successful secure attachment relationship will also mobilize various forms of neuroplasticity to sustain the adaptive learning experiences your patient is having in therapy.

There is *so much packed into* the Therapeutic Attachment Relationship that is invisible and nonconscious. So, it behooves us to slow down and let it develop, blossom, grow, evolve, and transform. This requires specific time, energy, and attention. Therapeutic Attachment Relationship can be easily avoided and/or overshadowed by the symptoms, crises, stories, history, the past, etc.

The opportunity to develop a Therapeutic Attachment Relationship is universal. There is always a longing to develop a Therapeutic Attachment Relationship for both the therapist and patient.

What will you take home with you?

1. How to Activate and facilitate the attachment emotional brain systems.
2. How to Facilitate and strengthen whatever brain system you are working with.
3. How to develop Resilient attachment brain systems with patients.
4. You do not need a lot of knowledge to be very successful with this approach and perspective.
Even in the hands of novices it is very effective.

There will be live and recorded clinical demonstrations of the Therapeutic Attachment Relationship. All of the attendees will be able to participate in the careful detection of each patient's emotional resources and assess their relevance and meaning to the clinical process at that moment in the session. Then we will discuss how to use that information and evidence to propose interventions and facilitate neuroplasticity. There will be therapy demonstrations with the presenters to experience the several types the Therapeutic Attachment Relationship. We will have exercises for each of the participants to experience and to practice these therapeutic approaches.

The morning part of each day will be professionally video recorded to make it available to others who are not able to attend in person.

Learning Objectives:

1. Distinguish between therapeutic alliance and therapeutic attachment.
2. Describe how to mobilize the patient's attachment brain systems.
3. Describe the therapist's resources.

This course has been designed for therapists who are new to CIMBS and will provide many novel learning opportunities for therapists who have studied CIMBS for years.

Covid Vaccinations: we will require that everyone in attendance at our training course can show us that they have been fully vaccinated prior to registration.

Therapeutic Process of CIMBS is called: *Neurophysiopsychotherapy*. *Neuro-* refers to our active interventions to maximize *neuroplasticity* for long term learning and specific interventions to activate multiple *neurotransmitters* to facilitate the therapeutic process. *Physio-* refers to our observations of *psychophysiological* phenomena to adjust our therapeutic process and redirect our interventions in response to *psychophysiological* shifts. *Psycho-* refers to our careful attention to 20 distinct *psychological* Brain Systems and to our therapeutic process that explicitly meets the *psycho*-logical needs of the patient.

Therapeutic Elements: CIMBS incorporates all of the change elements that are a part of the following evidence-based therapies: CBT [desensitization, cognitive restructuring, behavioral change], mindfulness-based CBT, affect activation and cognitive restructuring of EDT [Experiential Dynamic Therapy and STDP] therapies, and we use the interruption and rebalancing of EMDR. In addition, we utilize empirically supported relationship elements since therapy relationships make substantial and consistent contributions to outcome results.

Therapeutic Outcomes:

Our goal is to enable our patients/clients to become the author of their own lives, capable of making the best of any situation, continuously learning, and growing to the full extent of the neuroplasticity of their brains and fulfilling their lives.

Course Format and Details | Friday, May 13th, 8:00 – 4:00 pm PST

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|---------------|---|
| 8:00 - 8:30 | Registration |
| 8:30 - 9:00 | Introduction to course, establish group process |
| 9:00 - 10:15 | New discoveries in Therapeutic Attachment Relationship. Terry |
| 10:15 - 10:30 | Coffee break |
| 10:30 - 12:00 | Therapist Resources. Use of the therapist's self. How to mobilize your own conscious and nonconscious Resources. Terry & Beatriz |
| 12:00 - 1:00 | Lunch provided |
| 1:00 - 2:30 | Demo of Therapeutic Attachment Relationship. Exercises for all participants |
| 2:30 - 2:45 | Coffee break |
| 2:45 - 3:30 | Review exercises, more comprehensive demonstration of therapist's resources to enhance the Therapeutic Attachment Relationship. Beatriz |
| 3:30 - 4:00 | Review, summarization, group process and discussion |

Course Registration & Fees:

- Course is limited to 36 participants.
- Training room is wheelchair accessible.
- Course fee is \$290 if purchased on or before Apr 29. Cost increases to \$335 after Apr 29.
- Registration fee includes parking, coffee breaks and lunch.

- For any questions regarding registration or payment, reduced fees for psychotherapy/psychiatry students, and recent graduates, please contact the course administrator, Edna at CIMBSemail@gmail.com
- **Covid Vaccinations:** We will require that everyone in attendance at our training course can show us that they have been fully vaccinated prior to registration.
- **Cancellation Policy:** Contact the administrator for full refund up to two weeks before the course, minus \$50 administrative costs. No refunds after that period.
- This course is not supported by any manufacturer, royalties, commercial products or the sale of any product or publication.
- **Registration link:** <https://forms.gle/19zSeJ7oC4YogajaA>

Registration Form for CIMBS Courses

Name: _____

Address: _____

City: _____ State: _____ Zip _____

Phone (____) _____ Email _____

Profession _____ License # _____

Early registration \$290 (postmarked 14 days before course)

Regular registration \$335

Mail copy of Covid Vaccination Card, completed registration form and **check made out to CIMBS** to the address below or scan and email to Edna at CIMBSemail@gmail.com.

CIMBS
c/o Edna Bicksler
14905 104th Ave NE
Bothell, WA 98011

Workshop Leaders: The Sheldons

BEATRIZ SHELDON, M.Ed, Psych. has practiced psychotherapy for forty years in four languages. Ms. Sheldon received specialized post-graduate training in short-term dynamic psychotherapy at McGill University in Montreal, Canada. She has been director of a psychotherapy training program for advanced clinicians in Vancouver, Canada. Beatriz is currently supervising, training and treating therapists in Seattle.

ALBERT [TERRY] SHELDON M.D. is a clinical professor of psychiatry at the University of Washington,

Seattle, has specialized in the research, practice, and training of psychotherapy for 35 years. Dr Sheldon practiced as a primary care physician for ten years before completing his training in psychiatry. Dr Sheldon received a Bush Medical Fellowship to study psychotherapeutic processes from a psychophysiological perspective.

Beatriz and Albert have researched and taught experiential dynamic psychotherapy together for 20 years throughout North American and Europe. Fifteen years ago, they conceived of a new therapeutic paradigm now called Complex Integration of Multiple Brain Systems. Today this paradigm has become a way of being for many therapists and patients alike. Their book, *Complex Integration of Multiple Brain Systems in Therapy* was published by Norton, NYC in January 2022.



To order the book or learn more about CIMBS, please visit www.complexintegrationmbs.com.

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