



SESSION SPOTLIGHT

A Reconceptualization of Attachment

Modern Attachment Theory: A Clinically Integrated Paradigm

Tuesday Oct 8, 2024

Attachment theory has undergone a profound evolution since its inception over 70 years ago. For clinicians to remain effective, they must adapt their understanding and application of attachment concepts to integrate contemporary research and the shifting complexities of the modern world.

This cutting-edge workshop provides a reconceptualization of attachment that builds on its history and addresses nuances that have emerged across decades of study and clinical practice. Rather than relying on attachment categorizations, this new framework examines attachment activation as a dynamic process that varies across the lifespan, relationships, and contexts.

By weaving in the latest findings from relational neurobiology, trauma science, and cultural studies, this approach offers a holistic perspective that keeps practical clinical application as the central focus. It recognizes how societal systems and lived experiences of oppression based on race, ethnicity, social class, gender and gender expression, and sexual orientation can contribute to feelings of "insecurity" in ways that go beyond the individual or family unit.

This inclusive, affirmative paradigm provides clinicians with powerful tools to enhance therapeutic attunement, build secure relating abilities, and improve outcomes for all clients, regardless of their clinical background.

Deeply informed by years of clinical experience, this workshop will equip you with immediately applicable strategies while expanding your understanding of attachment through a contemporary lens.

Learning Objectives:

- Examine the limitations of traditional attachment categorizations within today's clinical landscape.
- Explore an alternative, spectrum-based framework of attachment activation.
- Analyze how defensive activation patterns present neurologically and learn targeted interventions.
- Expand self-reflective interest and skill in identifying one's own implicit narrative and attachment leanings that impact the therapeutic relationship.



[Read more about Sue](#)

About Sue Marriott

Sue Marriott, LCSW, CGP, is a clinical social worker, author, educator, and podcaster who enjoys live music, van camping, and writing in Austin TX (and when possible, Asheville, NC where she loves to spot black bears and occasionally her three young adult kids). Professionally, her passion is bridging the life-changing relational sciences to those who would otherwise not have access to it.

In that spirit, she co-founded an organization that brings attachment and relational neurobiology to students, local therapists, and the public called Austin Interpersonal Neurobiology (IN) Connection and served on the Board of The Global Assn for Interpersonal Neurobiology Studies (GAINS).

The top-rated podcast, *Therapist Uncensored*, is an outgrowth of this passion and a partnership with her wife, Dr. Ann Kelley. In it, they enjoy deep conversations with many of the most prominent researchers and clinicians in the field.

Sue has taught nationally on intersubjective therapy, attachment, trauma, and the translation of relational neuroscience to clinical practice. In her private practice, even after thirty years, she continues to enjoy

working with individuals, couples, and groups, as well as providing professional study and consultation for therapists.



[Read more about Ann](#)

About Ann Kelley

Ann Kelley, Ph.D. is a licensed clinical psychologist who received her doctorate from the University of Texas at Austin. Dr. Kelley started her career as a Director of treatment for a juvenile justice facility that provided intensive and specialized treatment for the youth. In her position, she supervised specialized treatment programs for youth with significant trauma histories, provided workshops, training, staff supervision, and assisted in agency-wide program development. She now runs her own psychotherapy practice specializing in couples therapy and relational work since 2006.

She is the co-founder and co-host of Therapist Uncensored Podcast, which is an independent, internationally recognized podcast that translates complex relational science to both therapists and interested learners. It remains in the top-ten of Apple's social science-related podcasts.

Dr. Kelley has presented training on Attachment and secure relating principles to therapists as well as podcasters. She and her wife and co-author, Sue Marriott, live in Austin, Texas where they raised their three now-launched children and love roaming the country and writing.

Her professional and personal writing is motivated by her ongoing concern of the toxic and divisive strategies being used by media and political forces designed to intentionally provoke our nervous systems toward fear, anger and polarization. Her biggest hope and desire for this book is to ignite an open resistance to this path and promote deep and wide conversations promoting secure relating.

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