

# Mindfulness, Neuroscience and Attachment Theory: A Powerful Approach for Changing the Brain, Transforming Negative Emotions and Improving Client Outcomes.

Presented by Terry Fralich

## Objectives

1. Describe a mindfulness growth path to clients.
2. Identify The Five Core Skills of Mindfulness.
3. Explain the dynamics and effects of the brain's survival and alarm system.
4. Utilize easy-to-understand mindfulness skills and practices with clients.
5. Explain new insights about attachment theory and the origin of negative states.
6. Examine and strengthen your own mindfulness.
7. Apply specific mindfulness skills and practices in both your personal and professional life.

## Program Outline

### **A Mindfulness Path for Growth**

- Transforming negative states
- Cultivating positive states
- The importance of practice

### **Neuroscience-enhanced Attachment Theory**

- The emerging brain of the child
- Interpersonal neurobiology: the parent-child relationship
- The origin of Core Negative Beliefs
- Coping mechanisms and safety strategies

### **Review of Mindfulness Basics**

- The big aspiration of mindfulness
- Mindfulness as a skill-based path
- Mindfulness as a path for transforming neural networks
- Mindfulness as a path of healing

## The Five Core Skills of Mindfulness

- Clarifying, setting and re-affirming intention
- Cultivating a witnessing awareness: meta-awareness
- Stabilizing attention
- Strengthening self-regulation
- Practicing loving-kindness
- Experiential Exercise and Discussion of Meditation Experience

## Negative States and the Brain's Alarm System

- The triune brain
- Fight-flight-or-freeze and stress responses
- Explicit and implicit memory and the persistence of implicit patterning
- Emotional hijackings and neural disintegration
- Emotional memory and the present experience of anxiety, anger and depression
- Case examples

## Practices for Changing the Brain and Transforming Negative States

- The paradigm shift in neuroscience: neuroplasticity throughout the life span
- Reconsolidation of negative memories: transforming unhealthy patterns and messages
- Teaching clients a transformative mindfulness practice

## The Great Liberation

- Exploding the myths of core negative beliefs
- Investing in a new vision of self  
Connecting with your true nature