Attachment and IPNB in Couples Therapy Objectives

1. Understand how the mind can be viewed as both an embodied and relational process
2. Define the self-organizing aspect of mind
3. Identity two states outside the river of integration’s flow of harmony
4. Define the mental and relational state of presence
5. Identity four inner mental experiences that attunement enables an individual to resonate with
6. Outline how the state of receptivity emerges with trust
7. Name four questions of the Adult Attachment Interview
8. Identity the difference between Implicit and Explicit Memory
9. Define “narrative coherence” as a way of making sense in the AAI
10. Identify three aspects of neuroplasticity that are impacted by developmental trauma
11. Name the three S’s of attachment that lead to security
12. Define the two components of integration
13. Distinguish Linkage from Differentiation
14. Define Integration as the balance of differentiation and linkage
15. Outline what differentiation in a couple is and how it is distinct from linkage
16. Describe a non-integrated couples relationship
17. Name the ways chaos and/or rigidity can emerge in a non-integrated couple
18. Identify how making sense of one’s past attachment experiences can help create the integrated state of presence that enables integrative relating to emerge
19. Understand how the mind can be viewed as both an embodied and relational process
20. Define the self-organizing aspect of mind
21. Identity two states outside the river of integration’s flow of harmony