

THE POWER OF ATTACHMENT

"Why do they do that?!"

If you've ever wondered this about your partner, your child, or a coworker, Attachment Theory holds the answer. In this 2-part training you will learn all about Attachment Theory: what it is, why it's vital to understanding all of our relationships, how you can use it to better understand yourself and improve your relationships.

2-PART SERIES

Part 1: will focus on understanding how early experiences with our caregivers impacts our neurobiology, the origins of attachment therapy, and the different types of attachment styles. **Part 2:** will take a deeper dive into attachment styles, relationships, the miracle of neuroplasticity, and how to move towards secure attachment.

PART 1 - Register Here

Thursday, Feb. 13, 2024

3:30 - 5:00 PM



**PLEASE
REGISTER
FOR EACH
TRAINING
SEPARATELY**

PART 2 - Register Here

Thursday, Feb. 20, 2024

3:30 - 5:00 PM



PRESENTED BY

**DOROTHY FORBES-SACK
LCSW, CHT**



**LANL
FOUNDATION**
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