

Attachment Behaviour in the Counselling Room
PROGRAMME (Subject to change)
Tuesday 13th February 2024

09.30am	Welcome and technical tips from Jeremy
09.35am	Meet your Buddy Group members
09.40am	Session 1 : 30 mins
	Attachment Theory
	Childhood Attachment Behaviour
	Categories of Attachment Behaviour in Childhood
10.10am	Buddy Group Discussion 1
10.25am	Break (5 mins)
10.30am	Session 2 : 15 mins
	Categories of Attachment Behaviour in Adulthood
	Insecure Avoidant Attachment
10.45am	Jane
11.05am	Buddy Group Discussion 2
11.20am	Break (5 mins)
11.25am	Questions and Comments
11.30am	Session 3 : 15 mins
	Insecure Ambivalent Attachment Behaviour
11.45am	Rose
12.05pm	Buddy Group Discussion 3
12.20pm	Break
12.25pm	Session 4 : 15 mins
	Restructuring the Attachment System
	Creative Interventions
12.40pm	Questions and Comments
12.50pm	Say Goodbye to your Buddies
12.55pm	Resources and Information
13.00pm	Finish