

# York University Psychology Clinic

## Engaging Traumatized Clients who Avoid Attachment, Closeness, and Painful Feelings

**Trainer:** Dr. Robert T. Muller, C.Psych.

**Date:** January 23, 2012

**Time:** 9:00 am to 4:00 pm

**Location:** Rm. W132, Seymour Schulich Building  
York University, Keele Campus

Avoiding attachment, minimizing painful feelings and becoming emotionally distant are some of the common sequelae of intra-familial trauma; and as a result, psychotherapy can prove very challenging for client and therapist alike. This workshop will focus on therapeutic techniques Dr. Muller has developed specifically to help the traumatized individual who is avoidant of attachment.

Drawing on attachment theory and research and upon extensive clinical experience, Dr. Muller will discuss how to work with such hard-to-treat clients, how to find points of entry and ways to make contact. Case examples and segments from treatment sessions are interwoven throughout. Role-playing exercises are used for skill building purposes.

Each registrant will receive a copy of Dr. Muller's new book, *Trauma and the Avoidant Client: Attachment-Based Strategies for Healing*, 2010, Norton Press.

In this workshop, you will learn:

- How to recognize characteristics of avoidant attachment
- How to productively use trauma-related symptoms
- How to maximize client engagement throughout the process
- How to work with affect
- How to recognize and use client transference
- How to effectively manage and use therapist counter-transference
- How to plan for termination

Workshops at the York University Psychology Clinic (YUPC) are designed to provide participants with techniques they can readily integrate into their everyday practice.



# York University Psychology Clinic

## About the Trainer:

Rob Muller, Ph.D., C.Psych. is an Associate Professor in Clinical Psychology at York University and is a supervisor in the York University Psychology Clinic. Throughout his professional career, Dr. Muller has been practicing, teaching and supervising in the areas of trauma, attachment and psychotherapy. In addition to his newly released, *Trauma and the Avoidant Client; Attachment-Based Strategies for Healing*, he has authored numerous scholarly articles, book chapters and grants. He is currently lead investigator in a provincially funded, multi-site program for the assessment and treatment of intra-familial trauma. He has also recently started a new free online magazine (<http://trauma.blog.yorku.ca/>) called the Trauma and Attachment Report. It is oriented toward making the difficult topic of interpersonal trauma interesting and accessible to both therapists and the general public.

## Registration Information

Registration Fee for this training event includes a copy of Dr. Muller's book, *Trauma and the Avoidant Client: Attachment-Based Strategies for Healing*.

Early registration one month prior to the workshop **\$195** (lunch on own)  
Regular Registration **\$225** (lunch on own).

Please go to the York University Psychology Clinic's website to download the registration form.

[http://www.yorku.ca/yupc/continuing\\_ed.htm](http://www.yorku.ca/yupc/continuing_ed.htm)

## Contact Information: York University Psychology Clinic

Phone: 416-650-8488  
Fax: 416-650-8489  
Email: [yupc@yorku.ca](mailto:yupc@yorku.ca)



FACULTY OF HEALTH  
PSYCHOLOGY CLINIC