



Continuing Excellence LLC

Understanding the Influence of Early Attachments

Presenter: Alan Sroufe

Date: November 5, 2021

Time: 11:00am – 2:15pm ET (*All times East Coast USA Local Time*)

I. 11:00am – 12:30pm

Part I: Attachment, Emotion Regulation, and the Emergence of the Self

- Attachment as a relationship (15 min)
- How attachments are assessed (30 min)
- Determinants of Secure and Anxious Attachment (15 min)
- From dyadic regulation to self-regulation (15 min)
- The construction of the self (15 min)

II. 12:30pm – 12:45pm

- Break

III. 12:45pm – 2:15 pm

Part II: How Early Experiences are Carried Forward and the Nature of Developmental Change

- How relationship experiences are internalized (15 min)
- The measurement of inner representations (20 min)
- Why is their continuity in development? (15 min)
- How does significant change occur? (20 min)
- Implications for resilience and pathology (20 min)

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