



Attachment Narrative Therapy (ANT)

Introduction

This four day course will provide an overview of the Attachment Narrative Therapy (ANT) approach which consists of a combination of three perspectives:

- Attachment theory
- Systemic family therapy
- Narrative therapy and theory

The course will illustrate how these perspectives are combined into an integrated approach to treatment which is applicable to a wide range of clinical presentations. This interactive and engaging course offers an overview of how the ANT approach offers a framework for case formulation to guide the course of therapy.

ANT is organised around four components of therapy:

- Creating a safe base
- Fostering exploration
- Attempting change
- Maintaining the therapeutic relationship and changes

Learning Outcomes

By the end of the four day course delegates will be able to:

- Analyse the Attachment Narrative Therapy approach
- Explore how the three perspectives are combined into an integrated approach to treatment
- Identify how the ANT approach offers a framework for case formulation to guide the course of therapy.
- Describe the four components of ANT
- Evaluate the applications of ANT from work with families, couples and individuals
- Describe use of applications in relation to eating disorders, autism, conduct disorders couples dynamics and conflict and trauma.
- Reflect and discuss clinical cases from their own practice.

Audience	Social, Family and Voluntary Support, Health
Age Ranges	0 - 5 yrs / 5 - 7 yrs / 7 - 11 yrs / 11 - 19 yrs / 19 yrs
Trainer	Various Trainers

Start Date	Venue	Times	Event Code
------------	-------	-------	------------