



## **AGENDA**

### **Make Sense of your Past to Empower Your Future: The Power of Creating a Coherent Narrative Lisa Firestone Ph.D.**

**Note: All times are Pacific Time**

10:00 – 10:15: Welcome and overview of attachment theory

10:15 – 10:45 The intersection between interpersonal neurobiology, separation theory and attachment.

10:45-11:30 Understanding attachment and the brain: how writing a coherent narrative leads to integration  
Exercises based on the adult attachment interview for identifying early attachment patterns

11:30 – 11:45: Morning Break

11:45 -12:15 How questions from the attachment interview can enhance the process of therapy

12 :15 -1:15 Exercises and guidelines for how to help clients develop a coherent narrative  
Questions and answers