

***Continued Education Workshop for Licensed Psychologists***

*(This workshop is NOT intended for EMDR-trained Psychologists/Psychotherapists)*

**Roots of Resilience:  
Understanding & Working with Attachment  
through the Lens of Trauma**



**3-day Workshop**  
*(21 instruction hrs.)*  
**LOPsy = 12 credits**

**Instant interpretation**  
**English to Arabic**  
**Handouts in English & Arabic**

**Presenter: Mrs. Mary Clare de Echevarria** *(United Kingdom)*

*UKCP Registered Psychotherapist, Recognized Supervisor & Training Supervisor*

*EMDR Consultant approved by EMDRIA & EMDR Europe Associations*

**Dates: Friday, Saturday, & Sunday, Nov. 13 till 15, 2026**

**Time: 8:30am to 5:30pm** *(including lunch & coffee breaks)*

**Location: Hotel Padova Beirut – Horsh Tabet**

## Workshop Description:

Attachment runs through every relationship in our lives. It begins in the family into which we are born and continues to shape how we experience and respond to closeness, dependence, conflict, separation, love, loss, and danger.

This workshop traces the history of **Attachment Theory** and teaches the essential ideas of the **Dynamic Maturational Model of Attachment and Adaptation (DMM)** created by Patricia Crittenden – a development of the original attachment theory that gives a deeper, more accurate, non-judgmental, and clinically useful understanding.

Participants will learn the essence of the **Adult Attachment Interview (AAI)** and how to adapt and use it in their clinical work. They will recognize attachment patterns in themselves, their families, partners and close people, and use these experiences to gain a more precise understanding of their clients. They will learn the meaning and purpose of each attachment pattern, without blaming caregivers, and recognize how these patterns may be adaptive under real external threat.

Attachment theory and patterns will be viewed in the light of various therapeutic approaches with an emphasis on the **Adaptive Information Processing (AIP) model**, a trauma-informed approach developed by Francine Shapiro, the creator of EMDR Therapy. Understanding attachment patterns through the lens of trauma will allow participants, first, to differentiate between the obvious trauma of what happened and the more subtle trauma of unmet needs, and second, identify adaptive and maladaptive behaviors that clients use when they are triggered by their daily interactions. In addition, participants will learn some trauma-informed, practical techniques and exercises that they can use immediately with their clients.

In short, this workshop will help participants identify the specific unresolved past experiences behind their clients' personal and relationship problems in the present. It will also give them a clearer understanding of how to treat these problems, within the approaches that they practice, and help their clients develop self-worth, assertiveness, and healthier relationships with others.

The workshop is experiential, with real-life examples, exercises, live demonstrations, practice sessions and time for questions.

## Biosketch of Presenter:



**Mary Clare de Echevarria**, MA (Oxon), is a UKCP registered Psychotherapist, Recognized Supervisor and Recognized Training Supervisor, EMDR Europe Accredited Consultant and EMDRIA Approved Consultant.

Her expertise is in working with complex trauma, the body, and dissociative parts. Her work integrates many different modalities, including integrative and relational psychotherapy, Accelerated Experiential Dynamic Psychotherapy (AEDP), Attachment-Focused EMDR, the Progressive Approach to EMDR, Ego State therapy, the Structural

Dissociation Model, Internal Family Systems, Somatic Experiencing, Sensorimotor Psychotherapy, yoga therapy, and transpersonal psychotherapy.

She is a qualified teacher with a Post Graduate Certificate in Education (PCGE) from the Institute of Education, London, and over 30 years' experience of teaching and training. Her style has been described by her students and by conference attendees as clear, accessible, and engaging.

## Participants:

This workshop is intended for *all licensed psychologists who are NOT EMDR-trained psychologists or psychotherapists*.

## Certificate of Participation:

Certificate of Participation will be given to those who attend the workshops fully.

## Registration & Contacts:

1. Fees: \$500
2. Send an email to [training@emdrlebanon.org](mailto:training@emdrlebanon.org) and the method of payment will be sent to you.
  - ♦ If you are **Lebanese**, kindly attach a copy of your LOPsy membership card to your email.
  - ♦ If you are **non-Lebanese**, kindly attach your Curriculum Vitae CV to your email.
3. Deadline for registration is **November 6, 2026**.
4. If you wish to **stay at the Padova Hotel** during the workshop, contact us to tell you about hotel's special accommodation prices.
5. For further information, contact **Ms. Mona Abdallah at 00961-76-682297**.



*Roots of Resilience*