

## ATTACHMENT-FOCUSED TREATMENT INSTITUTE

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The Attachment-Focused Treatment Institute was founded to provide training and certification in treatment methods based on attachment theory. Attachment-Focused Treatment includes psychotherapy, family therapy, and work by other professionals using the principles of attachment theory to guide interventions, treatment, and programs.

Certification is offered in conjunction with the Academy of Human Development's graduate Counseling program, a university in Singapore, and The Center for Family Development. CEU's are awarded through the University and the Board of Psychology, Indiana.

There are three Certifications offered: **Certified Attachment-Focused Therapist, Certified Attachment-Focused Family Therapist, and Certified Attachment-Focused Professional.** The Therapist Certification is for mental health providers. The Professional Certification is for residential treatment center staff, therapeutic foster carers, educators, and others who wish to use Dyadic Developmental Psychotherapy and Attachment-Focused Treatment methods in their work.

Certification by the Institute means that the professional has completed a comprehensive course of advanced study in the application of attachment theory and the latest advances in interpersonal neurobiology to treatment, parenting, programming, and practice.

Attachment-Focused Treatment is grounded in attachment theory, the neurobiology of interpersonal experience, and uses methods and principles from Dyadic Developmental Psychotherapy.

**Dyadic Developmental Psychotherapy** is an evidence-based, effective, and empirically validated treatment that is grounded in current thinking and research on the etiology and treatment of Complex Trauma or Developmental Trauma Disorder and disorders of attachment. It is now recognized as a general approach to treatment. Treatment is primarily experiential. Teaching parents about attachment-facilitating parenting methods and the importance of attunement and responsive, sensitive parenting is essential.

## STEPS TO BECOME CERTIFIED

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There are two components to certification. The first is completion of the required number of approved training hours (48), which can be completed through the SKYPE Master Class. The second is the consultation component in which the applicant's work is reviewed to assess how the material is being applied in practice.

### Attachment-Focused Therapist & Attachment-Focused Family Therapist

1. Complete 48 hours of training
2. Provide evidence that you are authorized to practice in your jurisdiction, evidence of applicable insurance, signed attestation form.
3. Completion of the Consultation-Practicum: review of a minimum of six DVDs.

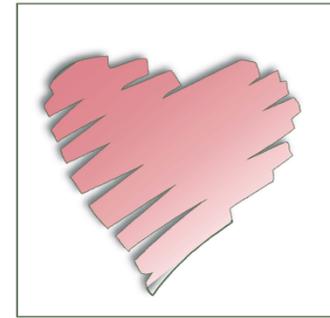
### Attachment-Focused Professional

1. Complete 48 hours of training.
2. Letter from your supervisor approving your participation in the Institute's certification program.
3. Completion of the Consultation-Practicum: review or observation of a minimum of four DVDs.

Certification is valid for three years. Re-certification requirements include either attending an Advanced Practice Seminar (3 hours) or having one DVD illustrating your work reviewed by a consultant.

### Arthur Becker-Weidman, PhD

The Institute was founded by Arthur Becker-Weidman, PhD. Dr. Becker-Weidman received his doctorate in Human Development from the University of Maryland, Institute for Child Study. He achieved Diplomate status from the American Board of Psychological Specialties in Child Psychology and Forensic Psychology. He is a certified Dyadic Developmental Psychotherapist, Consultant, and Trainer. He is the Founding member, current Board member, and First President of the Dyadic Developmental Psychotherapy Institute. Art is an adjunct Clinical Professor at SUNY at Buffalo. He has published over a dozen scholarly papers and regularly presents at international and national conferences. Art consults with psychologists, social workers, marriage and family therapists and several child treatment agencies, school districts, departments of social services, and governments in Australia, Bermuda, Canada, Czech Republic, Finland, Singapore, Slovakia & the UK.



# CERTIFICATION IN ATTACHMENT FOCUSED TREATMENT

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# ATTACHMENT FOCUSED TREATMENT INSTITUTE

A division of the  
Academy of Human Development  
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# Certification Programs

## **ATTACHMENT-FOCUSED THERAPY CERTIFIED ATTACHMENT-FOCUSED THERAPIST**

Certification in Attachment-Focused Therapy is for therapists who provide treatment to individuals, couples, and families. Therapists certified will be able to apply the principles and methods of attachment-focused therapy in their practice. The therapist will be familiar with the differential use of the components of Dyadic Developmental Psychotherapy in different phases of treatment.

Attachment-Focused Therapy is the application of attachment theory to the practice of psychotherapy, counseling, and treatment. It considers the latest advances in the neuro-biology of interpersonal behavior and how this affects relationships and behavior. The use of an evidence-based, effective, and empirically validated model (Dyadic Developmental Psychotherapy) is one element of practice. The certified Attachment-Focused Therapists is encouraged to integrate other methods and approaches into their work, all within the context of the guiding principles of Attachment-Focused Therapy. These principles include an emphasis on the intersubjective sharing of experience, the importance of relationship, an understanding of the phases of treatment and how this affects the relationship experience, and a general understanding of both the importance of and limitations of experience in psychotherapy.

### **EVIDENCE-BASIS FOR TREATMENT**

\* Becker-Weidman, A., (2006) "Treatment for Children with Trauma-Attachment Disorders: Dyadic Developmental Psychotherapy," *Child and Adolescent Social Work Journal*. Vol. 23(2), 147-171.

\* Becker-Weidman, A., (2006) "Dyadic Developmental Psychotherapy: A multi-year Follow-up," in, *New Developments in Child Abuse Research*, Stanley M. Sturt, Ph.D. (Ed.) Nova Science Publishers, NY, pp. 43 – 61.

\* Becker-Weidman, A., (2007). "Treatment for Children with Reactive Attachment Disorder: Dyadic Developmental Psychotherapy," <http://www.center4familydevelop.com/research.pdf>

\* Becker-Weidman, A., & Hughes, D., (2008) "Dyadic Developmental Psychotherapy: An evidence-based treatment for children with complex trauma and disorders of attachment," *Child & Adolescent Social Work*, 13, pp.329-337.

\* Craven, P., & Lee, R., (2006) Therapeutic Interventions for Foster Children: A Systematic Research Synthesis, *Research on Social Work Practice*, 16(3):287-304.

## **ATTACHMENT-FOCUSED FAMILY THERAPY CERTIFIED ATTACHMENT-FOCUSED FAMILY THERAPIST**

Certification in Attachment-Focused Family Therapy is for therapists who primarily provide family treatment and who also specialize in the treatment of children and families with trauma and disorders of attachment, such as foster and adoptive families. Certification provides the therapist with the recognition that the therapist has achieved a high level of competence and proficiency in the application of attachment-focused family therapy using Dyadic Developmental Psychotherapy.

### **References**

1. **Dyadic Developmental Psychotherapy: Essential Methods & Practices**, Arthur Becker-Weidman, Ph.D., Rowman, Lanham, MD, 2010.
2. **The Dyadic Developmental Psychotherapy Casebook**, Arthur Becker-Weidman, Rowman: Lanham, MD, 2011.
3. **The Dyadic Developmental Psychotherapy Primer**, Arthur Becker-Weidman, Ph.D., Century Press, Williamsville, NY, 2012.
4. *Creating Capacity for Attachment*, Eds., Arthur Becker-Weidman, Ph.D., Deborah Shell, MA, LCMHC, Wood 'N' Barnes, 2005/2008.
5. *Attachment Parenting*, Ed., Arthur Becker-Weidman & Deborah Shell, Rowman: Lanham, MD, 2010.
6. *Attachment-Focused Family Therapy*. Daniel Hughes, Norton, 2007.
7. *Handbook of Attachment: Theory, Research, and Clinical Applications*. Edited by Jude Cassidy and Phillip Shaver. The Guilford Press, 2008.
8. *Building the Bonds of Attachment*. 2<sup>nd</sup>. Ed. Daniel Hughes, Ph.D., 2006
9. *Attachment Across the Life Cycle*. Edited by Colin Murray Parkes, Joan Stevenson-Hinde, and Peter Marris. Routledge, 1991.
10. *A Secure Base*. John Bowlby, Basic Books, NY, 1988.
11. *John Bowlby & Attachment Theory*. Jeremy Holmes, Routledge, NY, 1993.

## **ATTACHMENT-FOCUSED TREATMENT CERTIFIED ATTACHMENT- FOCUSED PROFESSIONAL**

Certification as an Attachment-Focused Professional is for residential treatment program staff, educators, social workers, therapeutic foster parents, occupational therapists, daycare workers and others who provide parent education, coaching, teaching therapeutic parenting, and advice, and others who wish to use the principles of attachment theory in their practice and who desire the recognition that certification provides. This certification is intended to allow professionals to demonstrate the integration of principles and components off Dyadic Developmental Psychotherapy into their practice and work.

### **PROFESSIONAL CONSULTATION & TRAINING**

The Institute provides professional consultation in the application of attachment-focused treatment methods and principles, including Dyadic Developmental Psychotherapy. Workshops for organizations and professionals are provided on site and at locations around the world. Contact the Institute for further details if you wish to arrange consultation or a workshop or training program at your location

### **ATTACHMENT-FOCUSED TREATMENT INSTITUTE**

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