**Morris County Psychological Association**

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**October 14, 2020**

**Improving Treatment Effectiveness: Guide to Therapy with Attachment**

**Theory and Compassionate Self-Awareness**

**(Live Zoom Meeting)**

Presented by:

Leslie Becker-Phelps, PhD

**Meeting announcements:**

1. Nancy Sidhu: - welcomed all to this joint program w/EUCAP and thanked all involved in the planning of this live virtual program
2. Marilyn Lyga - Introduced speaker Leslie Becker-Phelps, PhD and Reminded all to stay on the zoom for the whole program to be accounted for, for CE credit.

-also shared that our next program will be on Nov. 11th on a Telehealth topic presented by Allen Weg.

1. Go to link [www.psychologynj.org/morris-oct2020](http://www.psychologynj.org/morris-oct2020) within the next 7 days to complete survey and pay for and get CE credit for today. This program is co-sponsored by NJPA which is approved by the APA to sponsor CE for psychologists and maintains responsibility for this program and its content.  NJPA ensures that permission to use proprietary information, and steps to safeguard such information, are discussed with presenters at NJPA sponsored programs.

This program is approved for 1.0 CE credits. The cost of a CE Certificate is $15 for NJPA members, $25 for non-members, and free for sustaining members.

***-Register for all upcoming programs at www.mcpanj.com***

**Meeting Attendees:** Leslie Becker-Phelps – presenter, Kimberly Cameron, Sarah Dougherty, Debra Drucker, Marianne Dunn, Komal Dutt, Natalie Gatti, Hayley Hirschmann, Shashi Jain, Barbara Jortner, Tracey Kayne, Phyllis Lakin, Isabel Lerman, Ilana Lev-El, Marilyn Lyga, Charles Mark, Susan Neigher, Carly Orenstein, Jayne Schachter ,Nancy Sidhu, Flora Soto ,Daniel Watter, Aaron Welt, Allen Weg, Kelly Zanetich, Mike Zito

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| **Presenter Bio: Leslie Becker-Phelps, PhD** | http://drbecker-phelps.com/About%20Page/spacer.gif |

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| Dr. Leslie Becker-Phelps received her undergraduate degree from Muhlenberg College in PA and her doctorate from the California School of Professional Psychology in San Diego.She went on to complete 18 months of post-doctoral work in New Mexico, where she treated Native American children and their families at Acoma-Canoncito-Laguna Hospital and traveled to three elementary and middle schools on the Acoma and Laguna reservations. When her contract in New Mexico ended, she returned to NJ and joined the behavioral health staff at Monmouth Medical Center. The center offered outpatient therapy for individuals, couples, families, and groups. In her position as staff psychologist, she provided outpatient psychotherapy and supervised pre-doctoral interns.In 1997, she accepted a position at Somerset Medical Center as the clinical director of the Women's Trauma Program, which treated women with histories of physical, sexual, and emotional abuse. Under her leadership, the program expanded to become Women's Psychological Services. The hospital is now [*Robert Wood Johnson University Hospital, Somerset*](http://www.rwjuh.edu/rwjuh/findaphysician/beckerphelps_leslie_phd_1824.aspx) and she continues to have medical staff privileges there.She is presently in private practice, giving presentations, writing for various online and print outlets, and providing individual and couples therapy in her Basking Ridge, NJ office. She has authored [***Insecure in Love: How Anxious Attachment Can Make You Feel Jealous, Needy, and Worried and What You Can Do About It***](http://www.drbecker-phelps.com/insecure.html); and I was the consultant psychologist for [***Love: The Psychology of Attraction***](http://www.drbecker-phelps.com/love.html) (a finalist for the 2017 MS Books for Better Living award). She writes a blog for PsychologyToday.com and also writes the blog [***Relationships***](http://blogs.webmd.com/art-of-relationships/) for WebMD. She also presents brief instructional videos on her YouTube channel |

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**Overview and objectives of today’s talk:**

Dr. Phelps has no commercial support and/or conflict of interest for this program.

Insecure attachment styles can make people vulnerable to, and exacerbate, psychopathology. In contrast, those with a secure attachment style have a greater sense of well-being, navigate relationships in a healthier way, and are more resilient to difficulties that arise. Dr. Becker-Phelps briefly reviewed attachment theory and addressed how to nurture in patients a more secure attachment style by guiding them to develop greater compassionate self-awareness This approach provides an approach to treatment that integrates well with various therapeutic approaches.

***Learning Objectives:***

1. Describe how insecure attachment relates to psychopathology, undermining healthy relationships with self and others.
2. Explain how developing secure attachment can improve treatment effectiveness.
3. Demonstrate techniques to increase five fundamental domains of self-awareness.
4. Provide individualized treatment to help insecure patients develop more secure attachment and improved treatment outcomes.

Dr. Becker-Phelps reviewed how the Insecure Attachment may not cause pathology but may create vulnerability and exacerbation of negative emotion

-by developing better attachment security patient may increase coping, resilience and decrease vulnerability to pathology.

-one can “earn” (learn) more secure attachments.

-Therapists can help one develop a model of self through compassionate self awareness and become less self-critical and see others as emotionally available

-nurture self-compassion.

Please see the slides and resources Dr. Leslie Becker-Phelps generously shared from this presentation under Event Materials on our website (mcpanj.com)

**Newsletter submitted by:**

**MCPA Secretary – Hayley Hirschmann, PhD**