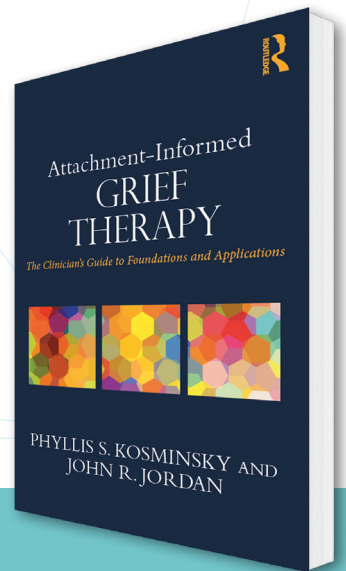


# Looking at grief from an attachment lens

## From theory to practice

Masterclass with  
Phyllis Kosminsky Ph.D.



‘Love opens our hearts and finds the limits of what we can hold within, grief brings us to the limits of what our hearts can bear’ – Phyllis Kosminsky

**Location**    Ingenhouz Breda, Dr. Jan Ingenhouzplein 42, Breda  
**Date**        Monday 4 September 2023 from 10:00 until 17:00

## Occasion

We are delighted that Dr. Phyllis Kosminsky will join us in the Netherlands on 4 September 2023. She will present a unique Masterclass on attachment and grief in life transitions.

Over the past thirty years Phyllis has provided counseling and support to bereaved individuals in her private practice and at the Center for Hope in Darien, Connecticut. She has conducted hundreds of trainings nationally and internationally on grief, loss and life transitions and has published widely on these topics. In 2016, her groundbreaking and inspiring book *Attachment Informed Grief Therapy: The Clinician's Guide to Foundations and Applications*, co-authored by John R. Jordan, was published by Routledge. Phyllis teaches in the School of Social Services at Fordham University in New York and is on the faculty of the Portland Institute for Loss and Transition. She is a Past President of the Association for Death Education and Counseling, and a member of the International Work Group on Grief, Bereavement and Loss. In 2014 she was appointed a Fellow in Thanatology by the ADEC, in recognition of her contributions to education, research, and clinical practice related to coping with grief.

## Topics

In this Masterclass, Phyllis Kosminsky guides us along three pillars that are important when working with people who are dealing with loss and transitions in their lives. Case studies will be used to illustrate the pillars.

1. The first topic is the guidance in the light of theory related to attachment and grief. The essence is the development of the capacity for closeness to clients and to support them in rediscovering and bolstering themselves, their resilience, and their zest for life.

2. Dr. Kosminsky talks about how we can help our clients experience and relive difficult emotions. She will illustrate how we can use structured interventions to tackle obstructive thoughts and beliefs and use these to offer tailored support.
3. She likes to engage in dialog during the Masterclass and offer us the opportunity to exchange thoughts and ideas about the topics above and to share our own experiences. Dr. Kosminsky offers space to add our own case histories and will use these in her Masterclass.

## Gains

- A unique encounter with one of the biggest authorities in the discipline of loss, attachment, and grief counseling.
- Inspiring insights from research and Dr. Kosminsky's practice, all relevant to our own professional situations.
- Insights into the significance of closeness, connection, and attachment when guiding people who are dealing with profound transitions in their personal and professional lives.
- *State-of-the-art* knowledge of the relationship between attachment, grief, and our brain.
- Knowledge of the latest insights and techniques for our own practices where we work as coach, guidance counselor or therapist, or advice, and guidance work in organizations.
- Meeting peer professionals and colleagues.
- Certificate of participation.

## Method

On both days, Dr. Kosminsky will intersperse her group work with dialog, meetings, and technique exercises in small groups.

## Phyllis Kosminsky

Dr. Kosminsky was trained at Columbia University and gained her doctorate at Brandeis University. She is qualified in Ericksonian hypnosis and EMDR.



Dr. Kosminsky is a published author on a range of topics related to loss and grief. She provides lots of courses to mental healthcare professionals in the United States and is a regular speaker at national and international conferences.

Her second book, *Attachment-Informed Grief Therapy* (2016), co-written with John Jordan, bridges the gap between theory and practice of loss and grief guidance. In this book, Phyllis Kosminsky illustrates ways in which the therapeutic relationship is crucial in grief therapy. She stresses the impact of attachment and attachment patterns on processing profound loss in people's lives.

See also: [phylliskosminsky.com](http://phylliskosminsky.com)

## Organization of the Masterclass

For this unique occasion, 3 organizations have joined forces. The Masterclass is organized by Verbinding in Verlies, Euthopia and De School voor Transitie.

## Information

- Cost** € 235,00. There is an early bird discounted price of € 195,00 if you book before 15 April 2023.
- Language** This Masterclass is in English.
- Location** A fully catered day including a delicious lunch at the inspiring location Ingenhouz, Breda: [ingenhouzbreda.nl](http://ingenhouzbreda.nl)
- Register** Tickets: <https://euthopia.stager.nl/web/tickets/111274381>