

Gabor Maté - The Biology of Loss: How to Foster Resilience When Attachments Are Impaired (Digital Seminar)

Description

Bestselling author Gabor Maté has become a leading voice for the destigmatization and compassionate treatment of mental health and addiction. He's the author of four bestselling books, including *When the Body Says No: Exploring the Stress-Disease Connection*, and the award-winning *In the Realm of Hungry Ghosts: Close Encounters with Addiction*.

He'll discuss how trauma and emotional stress, often hidden below consciousness and interwoven into the very fabric of society, prepare the ground for disease. He'll also explore how to unlock our natural abilities for recovery and healing, particularly at a moment when therapists are struggling in unprecedented ways.

Maté will also cover the core elements of healthy human development and what happens when critical attachments are lost or severed. He will discuss what it really means for humans to be resilient in the face of attachment injuries. What emerges is a new paradigm for relating, grounded in the present moment while not flinching from the past.

Handouts/Brochure

Manual – The Biology of Loss (2.1 MB) 47 Pages Available after Purchase

Transcript Part 1 (30.5 KB) 19 Pages Available after Purchase

Transcript Part 2 (50 KB) 34 Pages Available after Purchase

Objectives

1. Measure the impacts of childhood trauma on psychological functioning and well-being in adulthood.
2. Differentiate how to uncover early traumatic events of childhood and unconscious feeling states.
3. Devise how to cultivate deeper therapeutic presence by bringing awareness to unconscious patterns and processes that may be exacerbating client symptoms.
4. Demonstrate how to keep clients engaged in present-moment experiences using a mind-body framework.
5. Evaluate recent developments in attachment research and trauma.

6. Extrapolate how early loss can translate into maladaptive behaviors in adulthood.
7. Propose 3 examples of skills for building resilience in the face of loss.

Outline

- Defining the impacts of trauma and hidden emotional stressors
- Understand the role of stress in the development of disease
- Review the stress reaction from the perspective of systems theory
- Understanding the nature of resilience as adaptation
- The ways in which we can overcome stress and foster resilience
- The social context of stress and problematic behaviors
- Moving past reaction to understanding origins as adaptations
- The attachment drive as a biological necessity
- A paradigm for developing resilience in the face of attachment loss

Speaker

Gabor Maté, MD

Gabor Maté, MD, is a renowned speaker and bestselling author. Dr. Maté is highly sought after for his expertise on a range of topics including addiction, stress and childhood development.

His Compassionate Inquiry approach draws from his professional work as a physician as well as his personal experience, having suffered trauma as an infant in Nazi-occupied Hungary, and his adult struggles with behavioral addictions, depression, and an ADHD diagnosis.

As an author, Dr. Maté has written several bestselling books published in more than 20 languages on five continents, including the award-winning *In the Realm of Hungry Ghosts: Close Encounters with Addiction*; *When the Body Says No: Exploring The Stress/Disease Connection*; and his newest book, *The Myth of Normal*.

Among other honors, Dr. Maté has received the Hubert Evans Prize for Literary Non-Fiction, an Outstanding Alumnus Award from Simon Fraser University, and the Order of Canada, his country's highest civilian distinction.

Trauma is not what happens to us. It's what happens inside of us as a result of what happens to us."

Speaker Disclosures:

Financial: Dr. Gabor Maté receives compensation as a presenter. He receives a speaking honorarium and recording royalties from PESI, Inc. He has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Gabor Maté has no relevant non-financial relationships.

Proof Content

 The Biology of Loss How to Foster Resilience When Attachments Are Impaired (Digital Seminar).mp4	 ...	2 GB
 manual-biology-loss.pdf	 ...	2.1 MB
 Quiz.pdf	 ...	66 KB
 transcript-part-1.docx	 ...	31 KB
 transcript-part-2.docx	 ...	50 KB