

Calendar of Events

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September 12, 2025

The Early Memory Procedure from an Attachment Perspective

10:00 AM - 02:00 PM CST

How to use the EMP to work with attachment defenses, promote self-compassion, and spark therapeutic change.

This live workshop teaches clinicians how to use the Early Memories Procedure (EMP; Bruhn, 1992) to explore clients' attachment defenses, emotional functioning, and promote therapeutic change. The EMP is a cost-effective assessment tool that elicits early memories revealing clients' core conflicts, coping strategies, and attachment wounds. Through lecture and experiential practice, participants will learn to identify common attachment defenses and connect them to insecure attachment styles (Dismissing, Preoccupied, Unresolved/Dysregulated). Attendees will also have the opportunity to self-administer the EMP and reflect on their own defenses. The workshop includes case examples from diverse backgrounds, such as second-generation immigrants, to illustrate how attachment defenses develop in response to specific life challenges. Strategies will also be presented to help clients develop a more integrated self and work toward secure attachment.