



Attachments



Welcome to Light University and the “Attachments” program of study.

Our prayer is that you will be blessed by your studies and increase your effectiveness in reaching out to others. We believe you will find this program to be academically sound, clinically excellent and biblically-based.

Our faculty represents some of the best in their field – including professors, counselors and ministers who provide students with current, practical instruction relevant to the needs of today’s generations.

We have also worked hard to provide you with a program that is convenient and flexible – giving you the advantage of “classroom instruction” online and allowing you to complete your training on your own time and schedule in the comfort of your home or office.

The test material can be found at www.lightuniversity.com and may be taken open book. Once you have successfully completed the test, which covers the units within this course, you will be awarded a certificate of completion signifying you have completed this program of study.

Thank you for your interest in this program of study. Our prayer is that you will grow in knowledge, discernment, and people-skills throughout this course of study.

Sincerely,

A handwritten signature in black ink that reads "Ron Hawkins".

Ron Hawkins
Dean, Light University



The American Association of Christian Counselors

- Represents the largest organized membership (nearly 50,000) of Christian counselors and caregivers in the world, having just celebrated its 25th anniversary in 2011.
- Known for its top-tier publications (*Christian Counseling Today*, the *Christian Counseling Connection* and *Christian Coaching Today*), professional credentialing opportunities offered through the International Board of Christian Care (IBCC), excellence in Christian counseling education, an array of broad-based conferences and live training events, radio programs, regulatory and advocacy efforts on behalf of Christian professionals, a peer-reviewed Ethics Code, and collaborative partnerships such as Compassion International, the National Hispanic Christian Leadership Conference and Care Net (to name a few), the AACC has become the face of Christian counseling today.
- With the needed vision and practical support necessary, the AACC helped launch the International Christian Coaching Association (ICCA) in 2011, which now represents the largest Christian life coaching organization in the world with over 2,000 members and growing.

Our Mission

The AACC is committed to assisting Christian counselors, the entire “community of care,” licensed professionals, pastors, and lay church members with little or no formal training. It is our intention to equip clinical, pastoral, and lay caregivers with biblical truth and psychosocial insights that minister to hurting persons and helps them move to personal wholeness, interpersonal competence, mental stability, and spiritual maturity.

Our Vision

The AACC's vision has two critical dimensions: First, we desire to serve the worldwide Christian Church by helping foster maturity in Christ. Secondly, we aim to serve, educate, and equip 1,000,000 professional clinicians, pastoral counselors, and lay helpers throughout the next decade.

We are committed to helping the Church equip God's people to love and care for one another. We recognize Christian counseling as a unique form of Christian discipleship, assisting the church in its call to bring believers to maturity in the lifelong process of sanctification—of growing to maturity in Christ and experiencing abundant life.

We recognize some are gifted to do so in the context of a clinical, professional and/or pastoral manner. We also believe selected lay people are called to care for others and that they need the appropriate training and mentoring to do so. We believe the role of the helping ministry in the Church must be supported by three strong cords: the pastor, the lay helper, and the clinical professional. It is to these three roles that the AACC is dedicated to serve (Ephesians 4: 11-13).

Our Core Values

In the name of Christ, the American Association of Christian Counselors abides by the following values:

VALUE 1: OUR SOURCE

We are committed to honor Jesus Christ and glorify God, remaining flexible and responsive to the Holy Spirit in all that He has called us to be and do.

VALUE 2: OUR STRENGTH

We are committed to biblical truths, and to clinical excellence and unity in the delivery of all our resources, services, training and benefits.

VALUE 3: OUR SERVICE

We are committed to effectively and competently serve the community of care worldwide—both our membership and the church at large—with excellence and timeliness, and by over-delivery on our promises.

VALUE 4: OUR STAFF

We are committed to value and invest in our people as partners in our mission to help others effectively provide Christ-centered counseling and soul care for hurting people.

VALUE 5: OUR STEWARDSHIP

We are committed to profitably steward the resources God gives to us in order to continue serving the needs of hurting people.



Light University

- Established in 1999 under the leadership of Dr. Tim Clinton—has now seen nearly 200,000 students from around the world (including lay caregivers, pastors and chaplains, crisis responders, life coaches, and licensed mental health practitioners) enroll in courses that are delivered via multiple formats (live conference and webinar presentations, video-based certification training, and a state-of-the art online distance teaching platform).
- These presentations, courses, and certificate and diploma programs, offer one of the most comprehensive orientations to Christian counseling anywhere. The strength of Light University is partially determined by its world-class faculty—over 150 of the leading Christian educators, authors, mental health clinicians and life coaching experts in the United States. This core group of faculty members represents a literal “Who’s Who” in Christian counseling. No other university in the world has pulled together such a diverse and comprehensive group of professionals.
- Educational and training materials cover over 40 relevant core areas in Christian—counseling, life coaching, mediation, and crisis response—equipping competent caregivers and ministry leaders who are making a difference in their churches, communities, and organizations.

Our Mission Statement

To train one million Biblical Counselors, Christian Life Coaches, and Christian Crisis Responders by educating, equipping, and serving today’s Christian leaders.

Academically Sound • Clinically Excellent • Distinctively Christian

Video-based Curriculum

- Utilizes DVD presentations that incorporate **over 150 of the leading Christian educators, authors, mental health clinicians, and life coaching experts** in the United States.
- Each presentation is approximately **50-60 minutes in length** and most are accompanied by a corresponding text (in outline format) and a 10-question examination to measure learning outcomes. There are **nearly 1,000 unique presentations** that are available and organized in various course offerings.
- Learning is **self-directed** and pacing is determined according to the individual time parameters/schedule of each participant.
- With the successful completion of each program course, participants receive an official **Certificate of Completion**. In addition to the normal Certificate of Completion that each participant receives, **Regular and Advanced Diplomas** in Biblical Counseling are also available.
 - The **Regular Diploma** is awarded by taking *Caring For People God's Way, Breaking Free* and one additional Elective among the available Core Courses.
 - The **Advanced Diploma** is awarded by taking *Caring For People God's Way, Breaking Free*, and any three Electives among the available Core Courses.

Credentialing

- Light University courses, programs, certificates and diplomas are **recognized and endorsed by the International Board of Christian Care** (IBCC) and its three affiliate Boards: the Board of Christian Professional & Pastoral Counselors (BCPPC); the Board of Christian Life Coaching (BCLC); and the Board of Christian Crisis & Trauma Response (BCCTR).
- Credentialing is a separate process from certificate or diploma completion. However, the IBCC accepts Light University and Light University Online programs as **meeting the academic requirements for credentialing** purposes. Graduates are eligible to apply for credentialing in most cases.
 - Credentialing involves an application, attestation, and personal references.
 - Credential renewals include Continuing Education requirements, re-attestation, and occur either annually or biennially depending on the specific Board.

Online Testing

The URL for taking all quizzes for this course is: <http://www.lightuniversity.com/my-account/>.

- **TO LOGIN TO YOUR ACCOUNT**

- You should have received an email upon checkout that included your username, password, and a link to login to your account online.

- **MY DASHBOARD PAGE**

- Once registered, you will see the My DVD Course Dashboard link by placing your mouse pointer over the My Account menu in the top bar of the website. This page will include student **PROFILE** information and the **REGISTERED COURSES** for which you are registered. The **LOG-OUT** and **MY DASHBOARD** tabs will be in the top right of each screen. Clicking on the > next to the course will take you to the course page containing the quizzes.

- **QUIZZES**

- Simply click on the first quiz to begin.

- **PRINT CERTIFICATE**

After all quizzes are successfully completed, a “Print Your Certificate” button will appear near the top of the course page. You will now be able to print out a Certificate of Completion. Your name and the course information are pre-populated.

Continuing Education

The AACC is approved by the American Psychological Association (APA) to offer continuing education for psychologists. The AACC is a co-sponsor of this training curriculum and a National Board of Certified Counselors (NBCC) Approved Continuing Education Provider (ACEP™). The AACC may award NBCC approved clock hours for events or programs that meet NBCC requirements. The AACC maintains responsibility for the content of this training curriculum. The AACC also offers continuing education credit for play therapists through the Association for Play Therapy (APT Approved Provider #14-373), so long as the training element is specifically applicable to the practice of play therapy.

It remains the responsibility of each individual to be aware of his/her state licensure and Continuing Education requirements. A letter certifying participation will be mailed to those individuals who submit a Continuing Education request and have successfully completed all course requirements.



Presenters for

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Presenter Biographies

Tim Clinton, Ed.D., is President of the nearly 50,000-member American Association of Christian Counselors (AACC), the largest and most diverse Christian counseling association in the world. He is Professor of Counseling and Pastoral Care, and Executive Director of the Center for Counseling and Family Studies at Liberty University in Lynchburg, VA. Licensed in Virginia as both a Licensed Professional Counselor and Licensed Marriage & Family Therapist, Dr. Clinton now spends a majority of his time working with Christian leaders and professional athletes. As a writer, Dr. Clinton has authored over 20 books including his latest, a novella – *The Impressionist*. Dr. Clinton earned a B.S. in Pastoral Ministries from Liberty University, graduating Magna Cum Laude. Soon after, he completed his Masters in Counseling from Liberty and moved on to obtaining an Ed.S. and Ed.D. from The College of William and Mary in Counseling. As he has moved through his counseling career, Dr. Clinton has only grown in passion to educate others on how to become competent Christian counselors. His personal education and experience in the field makes him an excellent instructor. Dr. Clinton and his wife of over 30 years, Julie, have two children, Megan (recently married to Ben Allison) and Zach.

Gary Sibcy, Ph.D., is Professor of Counseling and Director of the Ph.D. program in Professional Counseling and Pastoral Counseling at the Center for Counseling and Family Studies at Liberty University, where he teaches courses in advanced psychopathology and its treatment. He is both a Licensed Clinical Psychologist (LCP) and a Licensed Professional Counselor (LPC), has been in private clinical practice for more than 20 years, and currently works at Piedmont Psychiatric Center. Dr. Sibcy specializes in anxiety disorders, including OCD and panic disorder, and chronic depression in adults, as well as the diagnosis and treatment of children with severe mood dysregulation. He is currently developing an empirically supported treatment within the framework of interpersonal neurobiology and attachment theory. Dr. Sibcy has co-authored several books with Dr. Tim Clinton, including *Attachments* and *Why You Do the Things You Do*.

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***Assessment and Treatment of Sexual Addictions
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ATTS 101:

Attachment Injuries: Soul Wounds and the Foundations for the Healing Journey

Tim Clinton, Ed.D, and Gary Sibcy, Ph.D.

Attachments

Abstract

In this lesson, Dr. Clinton and Dr. Sibcy identify and define attachment along with its scriptural basis. There are five key features of an attachment bond that differentiate attachment bonds from close relationships. Core beliefs about the self influence how attachments form. Drs. Tim Clinton and Gary Sibcy review the four main attachment styles and the different relational rules that each style follows. They will help participants identify attachment styles, understand how they develop, and recognize how to create secure bonds with others and/or break free from negative attachment patterns. By doing so, you can enjoy a deeper, more fulfilling life with God and those you love, while becoming equipped to help other people do the same through various care-giving opportunities.

Learning Objectives

1. Participants will discern the scriptural basis for attachment.
2. Participants will explore the power of attachment and the capacities that emerge from attachments.
3. Participants will recognize the core beliefs that underlie each attachment style.

Attachments

I. Introduction to Attachments

A. Definition

1. How you do or don't do intimacy

B. Importance

1. Shapes the way we relate to the people we love the most

C. Relevance

1. Everyone has an attachment style that directly impacts how you view yourself and others

II. Scriptural Basis for Attachments

A. Genesis 2

1. Man was made for relationships.
2. God is social in His orientation -Man was made in His image
3. "Man should not be alone" - Only part of creation God saw as "not good"
4. "One flesh" - Bonds of marriage reflect intimacy with God

B. Psalm 23, 46

1. Man was made for God
2. Attachment with God is the ultimate attachment.

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C. Deuteronomy 6:6-9

1. The parent-child relationship is an attachment bond.

D. Related Passages

III. The Difference Between an Attachment Bond & Close Relationships

A. Five Key Features of an Attachment Bond

1. Seek Closeness -Desires proximity during times of trouble
2. Safe Haven -Brings comfort and provides security
3. Exploration -Provides a secure base from which to explore the world
4. Fear of Separation - Creates anxiety and anger
5. Perceived Loss -Results in grief and sadness

B. How Attachment Bonds Shape Feelings and Reactions

IV. The Power of Attachments/Bonds

A. Capacities that Emerge from Attachments

1. Ability to calm self down
2. Ability to deal with frustration

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3. Ability to delay gratification
4. Ability to deal with social conflict

B. Seven Tasks in the Way of Love

1. Belief that they are loved by God and you
2. Belief that relationships are warm, pleasurable, satisfying and safe
3. Belief that they can trust others to be there in times of need
4. Teach them how to manage their feelings and emotions
5. Teach them to love with limits or boundaries
6. Teach them how to deal with frustration
7. Teach them how to deal with social problems

C. Core Beliefs

1. About self
 - Am I worthy of being loved?
 - Am I capable of getting the love I need?
2. About others
 - Are others reliable/trustworthy?
 - Are others accessible and willing to respond to me when I need them?

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D. Relationship Rules (Four Primary Attachment Styles)

1. Secure Attachment Style -Positive view of self & others
2. Avoidant Attachment Style - Inflated view of self & negative view of others
3. Ambivalent Attachment Style -Negative view of self & inflated view of others
4. Disorganized Attachment Style -Negative view of self & others

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Lesson One Study Questions:

1. Define attachment bonds. What is their Biblical basis, and why are they so important to relationships?
2. How are attachments developed? At what age do they begin to emerge?
3. What is the difference between an attachment bond and a close relationship?
4. What are the seven tasks in the way of love?
5. Describe the four primary attachment styles and their characteristics



ATTS 102:

Attachments: Core Principles & Dynamics That Affect Intimacy With Others

Tim Clinton, Ed.D., and Gary Sibcy, Ph.D.

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Abstract

This session examines the different emotional responses that correspond with each attachment style. There are also implications for intimacy in relationships based on a person's attachment bonds. Drs. Clinton and Sibcy provide information on the theoretical background of attachment, along with ways that attachment injuries can occur. Traumatic relationships can be detrimental to a person's attachment style.

Learning Objectives

1. Participants will describe how each attachment style approaches intimate relationships.
2. Participants will explain the theoretical background of attachment.
3. Participants will identify and define traumatic relationships and their influence on attachment.

Attachments

I. Review

A. Core Beliefs

B. Relationship Rules (Four Primary Attachment Styles)

1. Secure
2. Avoidant
3. Ambivalent
4. Disorganized

II. Attachments & Emotions

A. Secure

1. Comfortable with their own feelings
2. Comfortable with others' feelings

B. Avoidant

1. Too much control
2. Uses things to soothe self
3. Keeps people at a distance
4. Doesn't share feelings

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C. Ambivalent

1. Overwhelmed by emotions
2. Overreact -too much emotion

D. Disorganized

1. Numb at first
2. Then overwhelmed & traumatized

III. Attachments & Intimacy

A. Secure

1. Moves toward you in conflict/stress
2. Attempts to connect relationally

B. Avoidant

1. Moves away from you/Distancing in relationships
2. Relate by "doing"

C. Ambivalent

1. Moves toward you and against you at the same time
2. Questions your love/Never satisfied

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D. Disorganized

1. Approach avoidance -clinging to distancing
2. Help-reject-complain
3. Fearful
4. Switch between Avoidant & Ambivalent

IV. Theoretical Background

A. John Bowlby

1. Observed Stages of Separation
 - Protest
 - Despair
 - Detachment
2. Developed Attachment Behavioral System (See Chart on page 20 in *Attachments* text)
3. Identified Internal Working Models or Attachment Styles (See pages 23-24 in *Attachments* text)

B. Mary Ainsworth

1. Strange Situation Procedure

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2. Reaction Patterns

- Secure Response
- Avoidant Response
- Ambivalent Response
- Disorganized Response

C. Mary Main

1. Measured Attachment Patterns in Adults
2. Adult Attachment Interview Procedure
3. Trans-generational Attachment Patterns -70-80% of children repeat their parents' attachment styles

D. Hess & Shaver

1. Romantic Relationships & Attachment Styles
2. Measuring Instrument

E. Kirkpatrick

1. Relationship with God & Attachment Styles
2. Criteria Found in Scripture

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v. Attachment Injuries & Traumatic Relationships

A. Defining Trauma/Traumatic Relationships

B. Symptom Reduction vs. Relational Change

Lesson Two Study Questions:

1. How do attachments affect emotional feelings and intimacy?
2. Describe how each attachment style approaches intimate relationships.
3. Briefly explain the theoretical background of attachments? Who were the key researchers and what did their work accomplish?
4. How does a parent's attachment style affect his/her children?
5. How is a traumatic relationship defined?



ATTS 103:

***Breaking Free: An Attachment-Based
Prescription for Changes that Heal***

Tim Clinton, Ed.D., and Gary Sibcy, Ph.D.

Abstract

This lecture focuses on breaking free from the past and healing from different attachment injuries. Based on their years of experience, Drs. Tim Clinton and Gary Sibcy present useful tools for counselors to help clients overcome attachment struggles, such as collaboration therapy, interpersonal therapy, cognitive therapy, and "here and now" therapy. Throughout all the different therapeutic options, clients need to experience the phases of healing change.

Learning Objectives

1. Participants will identify the roles that relationships play in a person's capacity for change.
2. Participants will explore ways that a therapist can encourage change through a variety of different therapies.
3. Participants will identify and describe the four phases of healing change.

Attachments

I. Relationships & the Capacity for Change

A. Therapist

B. Friends/Family

C. Church

D. God

II. Attachments-Informed Psychotherapy

A. Collaboration Therapy

1. Overcoming Attachment Struggles

2. Developing a Secure Base

3. Encouraging Exploration

4. Encountering Resistance

B. Interpersonal Therapy (Triggers of Emotional Storms)

1. Relationship Disputes

2. Transitions (Positive or Negative)

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3. Unresolved Grief
4. Loneliness or Abandonment

C. Cognitive Therapy

1. Automatic Thoughts
2. Emerging Patterns
3. Implementing Behavioral Changes
4. Example of Jesus

D. Emotion-Focused Therapy

1. Primary Emotions
2. Secondary Emotions

E. "Here & Now" Therapy

1. Powerful Method
2. Search for opportunities in the therapeutic relationship
3. Search for Equivalentents in the Treatment Relationship

III. Relating the Therapeutic Models to the Attachment Styles

A. Secure

B. Avoidant

C. Ambivalent

D. Disorganized

IV. Phases of Healing Change

A. Remember

B. Reframe

C. Repair

D. Reconnect

Lesson Three Study Questions:

1. What role do relationships play in a person's capacity for change? Which relationships are most important?
2. How can a therapist encourage change through collaboration? Interpersonal therapy? Cognitive therapy? Emotion-focused therapy?
3. What is meant by "Here & Now" therapy? Why is it so effective?
4. Describe the "triggers of emotional storms."
5. According to Clinton and Sibcy, what are the four phases of healing change?

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