



## Attachment Goes to College: Basic Needs and College Counseling

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**Background and Introduction:** Unmet needs and traumatic experiences can have a significant impact on the mind-body connection. Without the benefit of corrective experiences, these factors can negatively impact our cognitive and emotional functioning. This workshop will explore the importance of early attachment and other fundamental needs that are common to everyone. Participants will understand how unmet needs affect relationships, especially during times of stress, such as the transition to college. Emphasis will be placed on approaches that promote the insight and self-understanding that helps with cognitive integration and assimilation into the college environment. Case Examples from the college-age population will be used to focus discussion on effective counseling approaches and participants will be offered tools to utilize within the University setting.

**Outline:** “Attachment Goes to College: Basic Needs and College Counseling”

- Basic Neurobiological Theory- Genetic Predisposition Triggered by Environment (Smoller)
- Consistency Theory and Basic Needs- Safety, Attachment, Distress/Enjoyment, Mastery/Self-Esteem
- Attachment Types- Ainsworth (video) Recent research- consistency across lifespan
- Self-Understanding and Insight- Siegel’s questionnaire, Trauma-informed context
- Translation to Counseling Approaches- How does this insight inform our interventions?
- Case Examples
- Wrap-Up

**Learning Objectives:**

1. Participants will understand the Consistency Theory and how unmet needs can lead to behavioral and physical health diagnoses.
2. The relationship between types of attachment and adjustment to the college environment will be explored.
3. Assessment and counseling approaches that can promote healthy and successful adjustment to the college environment will be explored.

## References

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## **Bio: David W. Eckert, LMHC, NCC, CRC**

Mr. Eckert is a Senior Consultant in the Center for Collaboration in Community Health at Coordinated Care Services, Inc. and supports CQI efforts for numerous organizations across NY. He is a Nationally Certified Counselor, a Certified Rehabilitation Counselor, and a Licensed Mental Health Counselor in New York State. He has over 30 years of experience in a variety of clinical settings, including 10 years as coordinator of mental health clinics in the Rochester area. Focused experience includes quality improvement, documentation standards, clinical design to improve service delivery, and family therapy. He received a Bachelor's degree in psychology at Florida State University and a Master's degree in Community Mental Health Counseling at the State University of New York in Brockport. His appreciation of person-centered and evidence-based practice, as well as data-driven behavioral health service delivery, is woven into his consulting work with the Center. These experiences are also shared in his role as an Adjunct Professor for the Master's level counseling programs at SUNY Brockport, Medaille College, and the Rochester Institute of Technology. Most recently, Mr. Eckert developed and is teaching a course titled "Neurobiology in Counseling" through the SUNY Brockport and RIT.