

KEV KOKOSKA



[DIS]CONNECTION THROUGH AN AEDP 2.0 LENS

ATTACHMENT + INTERNAL ATTACHMENT

- Mapping and exploring the three axes of connectivity.
- Considering the role(s) of disconnected/dissociated Self States in client and therapist.

RELATIONAL + INTERNAL TRANSFORMATION

- Naming and locating the micro and macro-level skills that may facilitate relational change/transformation.
- Understanding and untangling the difference(s) between your inter-personal and intra-personal toolkits.

IMPACT of DISORGANIZATION on THERAPISTS

- Using your own somatic experience as a guide when working with disorganized attachment.
- Therapist self-care around the self-shame associated with disorganization.

BIO

Kev Kokoska is a psychotherapist, theatre artist, and teacher. He offers clinical counselling and creative consulting services through his private practice, KOKOSKA + CO., performs one-person plays about mental health, and teaches at Native Education College in Vancouver, BC. His last name means “Broody Hen.”

DEAR PARTICIPANTS

In this didactic presentation I will draw upon my experiences of connection and disconnection with current and formerly incarcerated clients, mapping these experiences onto the relational and intra-relational schemas outlined in AEDP 2.0.

CONNECT

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