



DR. ANITA KNIGHT KUHNLEY

dranitakuhnley.com



About Anita

Anita is an author, esteemed scholar, expert counselor and speaker. She is passionately committed to her mission of sharing simple psychological techniques that empower counselors and individuals to improve their own lives and make a positive impact on others. She has authored or co-authored nine books, including the acclaimed, "The Mister Rogers Effect" (2020), which unpacks the incredible influence of Fred Rogers through a psychological lens. In her upcoming book, "The Four Relationship Styles: How Attachment Theory Can Help in Your Search for Lasting Love" (January 2024), she integrates classic attachment theory to provide readers with valuable insights into understanding both themselves and those with whom they aspire to build meaningful relationships. She resides in Florida.

Why Anita?

- Anita holds a PhD in Counselor Education and Supervision, has extensive counseling experience is a sought-after conference speaker and contributor for the American Association of Christian Counselors. Her professional journey has included private practice counseling and managing a college counseling center before transitioning to full-time teaching. Currently, she is an Associate Professor of Counseling at both Regent University and Liberty University.
- With a rich and diverse background, she has headed counseling services at a faith-based substance abuse facility, counseled at a women's community center and overseen a college counseling center. Additionally, she is a licensed professional counselor (LPC) in the state of Virginia and certified as a highly reliable Adult Attachment Interview Coder.
- Anita is committed to making psychology and research simplified and accessible in her areas of specialization, including attachment, empathy development and the role of emotional intelligence as a protective buffer against burnout among counselors. Her passion extends to mentoring students in research endeavors, where she co-leads a team focused on topics including emotional intelligence, empathy and attachment.
- Anita is deeply religious and dedicated to inspiring and educating others. Her knowledge and generosity of spirit are leaving an indelible mark on the field of counseling and those she encounters along her path.

Emily Taylor

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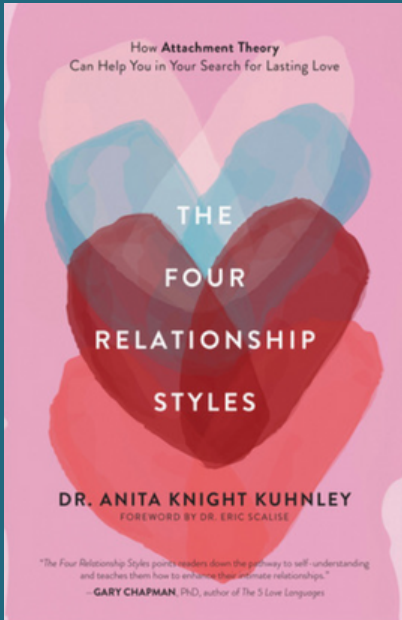
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THE FOUR RELATIONSHIP STYLES

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About The Four Relationship Styles

“The Four Relationship Styles” offers readers an opportunity to cultivate self-awareness and deepen their understanding of the art of building and sustaining meaningful relationships, both in their personal and professional lives. This comprehensive eight-chapter guide is increasingly essential in our fast-paced, technology-driven, post-COVID world. Anita uses job metaphors for each of the styles - firefighter, investigator, security guard, and networker - to provide a mental picture of how they tend to manifest behaviorally during stressful times, offering a fresh and practical approach to understanding and improving relationships. “The Four Relationship Styles” serves as a practical roadmap, utilizing attachment theory as a reliable compass. By removing the guesswork associated with understanding human behavior, particularly during times of stress, readers are empowered to embark on their own transformative journey as they seek profound and enduring love.

Why The Four Relationship Styles?

- Based on extensive research conducted over several years, the book integrates classical and modern attachment theory. It also incorporates the concept of “God attachment,” exploring the connection between individuals and their faith. The truths found in God’s word helped shape the content and principles of the book, resulting in a holistic perspective on attachment and relationships from both psychological and spiritual angles.
- Healthy relationships are essential not only for happiness and well-being but also for brain health. The book shares valuable tools needed to establish and sustain secure attachments and experience more love.
- The book delves into why some individuals can give and receive love effortlessly while for others it’s challenging. Readers will gain a better self-understanding and steps needed to improve their capacity to cultivate more intimate relationships.
- Anita’s work is grounded in a fusion of research and practical clinical experience. She demonstrates how attachment styles can serve as remarkably accurate predictors of relationship satisfaction and longevity. Adjusting our relationship blueprint will help us navigate the complexities of relationships, unlocking opportunities for healthier, more fulfilling connections.

Emily Taylor

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Suggested Interview Topics

- The impact of divorce, a mentor and a book on Anita's multifaceted professional background.
- Her mission of empowerment - to share straightforward psychological techniques that help individuals enhance their lives and create positive impacts on others.
- The role faith plays in her personal and professional life and how her belief in God's guidance has shaped her mission to provide people with a path to emotional security and thriving relationships.
- How attachment theory can explain and guide us through the complexities of human relationships, fostering self-awareness and personal growth.
- The main causes for success and failure in relationships and how Attachment Theory can help.
- The "not-so" secret to a healthy relationship both personally and professionally.
- Hey Neighbor!: How to bring out the best in ourselves and our partners using Mister Rogers' techniques.
- How counselors can use "The Four Relationship Styles" in their practice.
- Why your relationship style is different than your Enneagram number.
- The four relationship styles and the benefits of knowing how you identify in your relationships.
- Why the timing of this book is so important at this time in our collective evolution.



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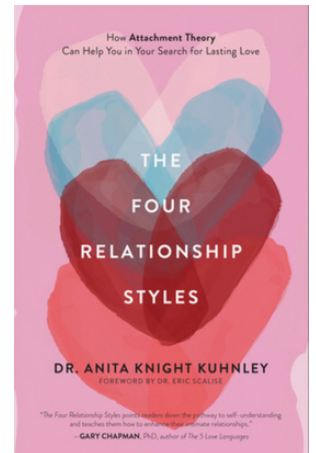
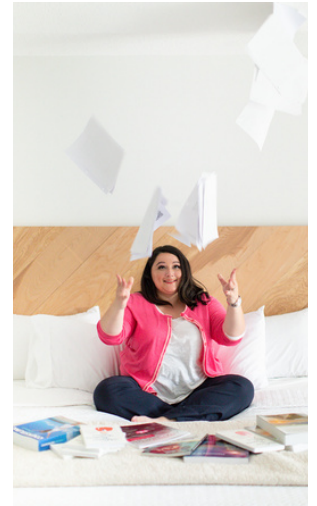
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Suggested Interview Questions

- How would you describe relationship styles? How does one determine their relationship style?
- How has the framework of classical and modern attachment theory shaped your approach to understanding and improving relationships?
- Can you share an example of how a specific relationship style shows up in our daily life? What are the strengths and challenges associated with that style?
- Faith is an integral part of your life and work. How does the concept of "God attachment" fit into the book and the holistic perspective it offers on attachment and relationships?
- What are the four relationship styles and how do the job metaphors help readers understand and relate to them, both in themselves and in others?
- How can attachment theory predict relationship satisfaction and longevity with such accuracy?
- What are some common benefits and challenges associated with the different relationship styles?
- How does understanding one's relationship style help in dealing with failed relationships?
- What advice can you offer individuals looking to adjust their relationship blueprint and improve their relationships?
- How do you envision the future of relationship science and the impact it can have on individuals and society?
- What motivated you to write this book, why now, and what do you hope readers take away from it?
- Your first trade book was called, "The Mister Rogers Effect." How does it relate to your new work on "The Four Relationship Styles"?
- What makes relationship styles important w/ respect to mental health?
- How can counselors or counselors in training use "The Four Relationship Styles"?



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