

WHY DOES ATTACHMENT MATTER?

Somatic Attachment therapy involves the way in which a person forms intimate bonds with themselves (embodiment), with other people, and the environment. These bonds form the supportive foundation to be adaptive, learn and grow from new experiences, and flourish in one's goals and relationships. When there has been a consistent presence and the felt sense of connection and safety this forms a secure relational attachment. A secure attachment provides an intrinsic feeling of safety, acceptance, and belonging; it becomes the bedrock, or foundational experience, from which a person can more easily grow and thrive.

However, when there has been an absence or interruption of that bond, an insecure attachment forms. This attachment trauma is wired into the nervous system in the form of our responses and reactivity to our environment and particularly our relationships within it. And we carry this pain throughout life. The adaptive strategies we form in response shapes our capacity to regulate our nervous system and emotional states. It also informs the way we interpret incoming information, and how we come to understand ourselves, the world around us, and the relationships we have.

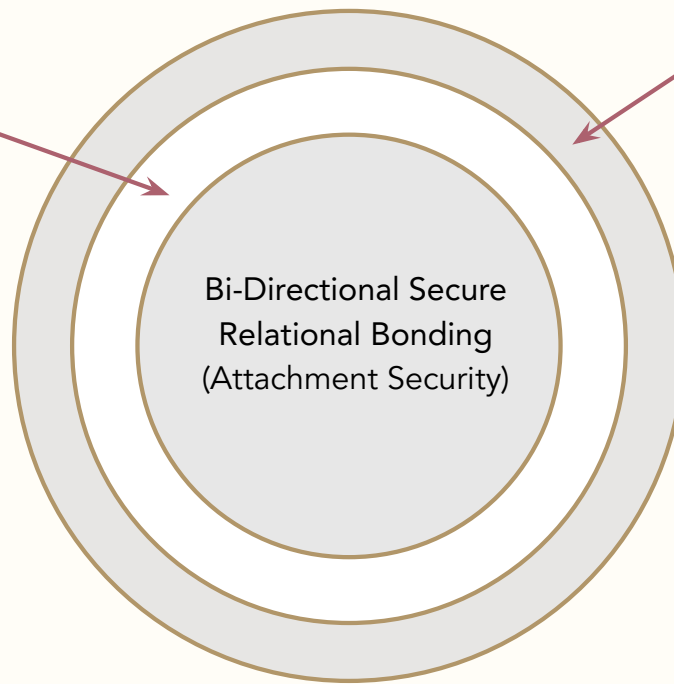
In other words, our early attachment experience is acting itself out in our daily life, replaying in our relationships, our jobs, how we respond to stress, and even the way we treat ourselves and other people.

Relationships can inspire our deepest sense of connection, joy and belonging--both to ourselves and others. They can also provoke our deepest insecurities, pains, and disconnection. Bringing an embodied understanding and awareness to attachment trauma transforms these early wounds, creating an empathic relationship with ourselves and others. This acquired secure attachment empowers us to live a life where our early attachment trauma doesn't define who we are or control our future relationships. Somatic attachment therapy is not just about healing what went wrong, it's also about nurturing the skills to deepen what is going right.

ATTACHMENT INGREDIENTS MAP

Contributing Ingredients & Factors

- Presence
- Consistency
- Co-Regulation
- Attunement
- Emotional Responsiveness
- Receptivity
- Expressiveness
- Support
- Safety
- Curiosity
- Compassion
- Persistence
- Reliability
- Trust



Interruptions to Bonding

- Intergenerational Trauma
- Boundary Ruptures
- Quality/Quantity of Touch
- Lack of Resources (i.e. financial, attentional, supportive)
- Structurally Harmful Systems and Inequity
- Intrusive Environments
- Over/Under Stimulation
- Unmetabolized Trauma
- Unprocessed or unhonored loss and grief
- Neglect
- Personal/Collective Disconnection and Disembodiment