

Healing Early Attachment Wounds: Embracing the Authentic Self

with

Diane Poole Heller, PHd

November 10-13th, 2011

Vancouver School of Theology, UBC

Come meet Diane
and listen to the introduction to the workshop

November 10 7-9 pm

\$35



Healing childhood wounds is key for enjoying fulfilling relationships as an adult. You can overcome the grip of past trauma to have more fun, connection and healthy intimacy in your relationships now.

Participants will learn:

- 🌸 To identify how over-coupling dynamics between early childhood “family of origin” attachment patterns may play out in adult relationships.
- 🌸 To be able to define distinctions between Secure, Avoidant, Ambivalent, and Disorganized Attachment models.
- 🌸 The use of Corrective Experiences to aid in resolving fixed attachment patterns.
- 🌸 How to facilitate “Earned Attachment” which means a return to healthy Secure Attachment that occurs as you repair and heal early bounding wounds.

The foundational workshop for the D.A.R.E. series, this experience explores the dynamics of Attachment Models formed our early patterns of bonding. Through lectures, demos, and an array of insightful, interactive exercises, Diane explains Secure, Ambivalent, Avoidant and Disorganized Attachment styles. She illustrates how these dynamics are imprinted in early life and “lived out” in later relationships. Learn creative clinical interventions, which restore Secure attachment and open the door for greater intimacy, trust and joy in current relationships. Leave this workshop clearly understanding the practical application of Somatic Experiencing® principles, techniques and Corrective Experiences to alleviate stuck attachment patterns. As you explore this material and your own attachment history, you will discover how to help your clients heal this important part of our human journey

Module 1*, taken as a workshop, or reviewed through the DARE OVERVIEW DVD, is required for the other DARE workshops. Workshops 2, 3, and 4 may be taken out of order. You may take as many or as few workshops as you like.

Who may attend: This training is open to all helping professionals that work with high stress, crisis and trauma.

Diane Poole Heller, Ph.D., is an established expert in the field of trauma resolution, Attachment Models, and integrative healing techniques. She is a trainer, presenter, and speaker offering workshops, teleseminars and educational materials on Trauma, Attachment Models and their dynamics in childhood and adult relationships, as well as many other topics. She has lectured and taught around the world as both a Somatic Experiencing trainer and Special topics presenter, most recently with her very popular DARE: Dynamic Attachment Re-Patterning Experience series.

Dr. Heller began her work with Peter Levine, founder of the Foundation for Human Enrichment (FHE) and the "Somatic Experiencing" (SE) method of trauma resolution in 1989. As a Senior Faculty member for FHE she teaches Somatic Experiencing in the US and worldwide, including Denmark, Italy, Norway, Switzerland, Israel, Germany and Australia.

She weaves her 30 years of experience in the Diamond Logos spiritual practice with what she has learned in the field of body, mind, and spiritual sciences in a holistic approach to trauma healing.

Her book *Crash Course*, a guidebook on how to resolve auto accident trauma, is used as a resource for healing general trauma in the US and internationally. She also has a highly successful series of media resources for DARE: Dynamic Attachment Re-Patterning Experience training, Somatic Based Therapy practitioners, and lay people interested in healing trauma and Attachment Wounds.

As dynamic speaker and teacher Diane has been featured at prestigious international seminars and conferences and is the author of numerous articles in the field, including *Surviving Columbine*, a video production dealing with the Columbine High School tragedy, which was featured on CNN. As president of DARE and Trauma Solutions, a psychotherapy training organization, Dr. Heller concentrates her efforts to support the helping community through an array of specialized psychotherapy topics. She maintains a limited private practice.

For more information about Diane and her **Dare** workshops visit her website www.drdianepooleheller.com

WHERE: Vancouver School of Theology at the University of British Columbia
6000 Iona Drive Vancouver, BC V6T 1L4
Student accommodation is available. Phone: 1 866 822 9031 Guest rooms will be held until October 10, 2011

WHEN: November 10-13, 2011
Thursday 7- 9:00 You may attend the introductory evening only for \$35. Otherwise it is included in the workshop fee.
Friday, Saturday and Sunday, 9:30-5:00 PM
Hot beverages and light snacks will be provided.

REGISTER: Workshop Fee is \$620 CND. Early bird rate of \$580 if received by October 1, 2011.
Seniors aged 60+ and students with proof of full time status \$ 480.00
We regret that we do not accept credit cards. Refunds available if notification is received by October 1, minus a \$50 administrative fee.

Name: _____

Address: _____

Phone/email: _____

- Registration for the full workshop
- Introductory evening only

Please mail check payable to: The Cutting Edge Innovative Workshops
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