



**Dr. Diane Poole Heller & Dr. David Wallin**

# **Clinical Implications of Attachment Work**

**The First Session: Attachment,  
Invitation, Initiation & the  
Psychology of the Therapist**

# Welcome!

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- This meeting is being recorded—and the recording (and slide handouts) will be sent out within 24 hours.
- Once we start, all audience members will be muted, and cameras will be turned off.
- During the teaching portion, chat will be disabled.
- There will be a 30-minute Q&A at the end, where David & Diane will answer as many of your questions as possible. *If you have questions or comments, please type them in the “Q&A Box” at the bottom of your screen.*
- If you’re having technical problems, please reach out to [help@dianepooleheller.com](mailto:help@dianepooleheller.com) for help.

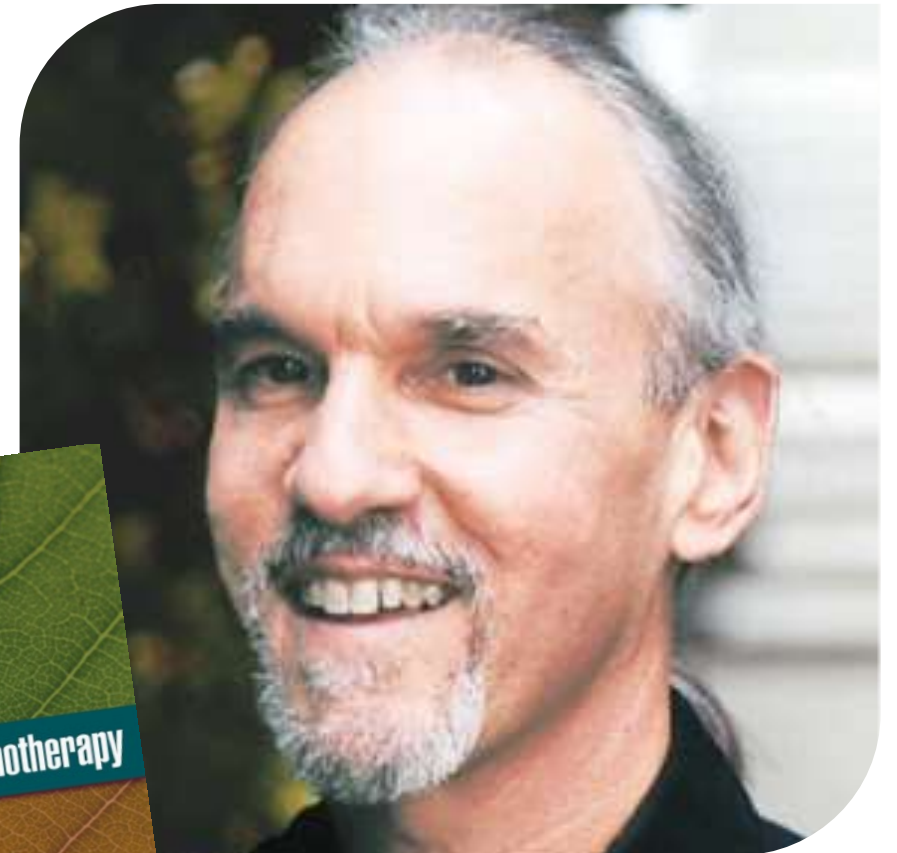
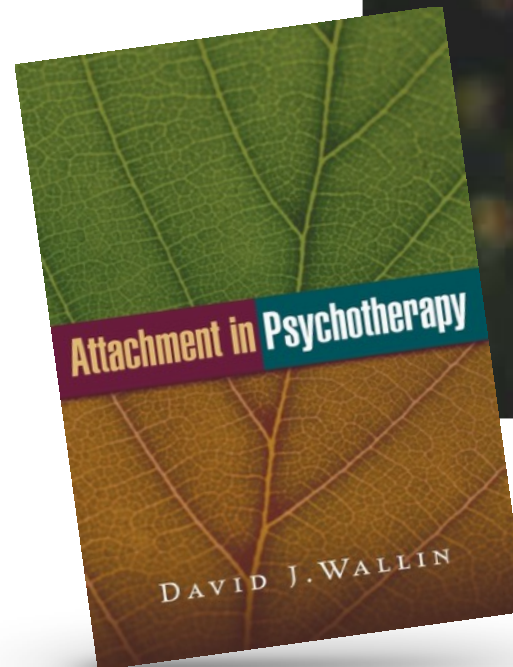


## Dr. Diane Poole Heller

- Internationally recognized speaker, author and teaching expert in the field of adult attachment theory and trauma resolution.
- “We are all born with an amazing capacity to heal.” —*The Power of Attachment*
- Signature approach—**DARe**—provides therapists and individuals with relevant skills and practical exercises that facilitate healing from attachment and trauma wounds.

# Dr. David Wallin

- Clinical psychologist in private practice in Berkeley, California.
- Has been practicing, teaching and writing about psychotherapy for nearly four decades.
- Most recent book—***Attachment in Psychotherapy***.
- Lectured on attachment and psychotherapy throughout the world (and he's a songwriter!)





# Therapy heals through the creation of a new relationship of attachment

“The therapist’s role is analogous to that of a mother who provides her child with a secure base from which to explore the world.”

John Bowlby (1988)



## But then there's the patient...

Depending on which study you look at, the statistics suggest that **somewhere between 20% and 57% of all patients will fail to return for a second session**...much less a new and healing attachment relationship.

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## And then there's the therapist...

“We need to see the inevitable presence in the analyst [or therapist] of **wounds that must serve as tools**, aspects of the analyst's [or therapist's] capacities that are simultaneously brakes on and potentials for change.”

Adrienne Harris (2009)

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How can I be  
of help to *you*  
with regard to  
the initial  
session?





# The Initial Session...

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- ➔ **Remember it isn't *all* about you.** Patients stay and patients leave for all sorts of reasons, some of which do (and some which don't) have to do with you. So you're off the hook...*sort of*.
- ➔ **Because being present is so key, you can consider two useful questions:**
  - What **keeps** you from being fully present?
  - And what can you do to **amplify** your ability to be present with a new patient?
- ➔ It can also be useful—and reassuring—to have some **guidelines** and **orienting ideas** to help you and your patient feel that a therapeutic relationship with you can be a valuable resource.



**“The patient needs  
an experience, not  
an explanation.”**

Frieda Fromm-Reichmann

# The experience that makes therapy possible...

“Unless a therapist can enable his patient to experience some measure of security, therapy cannot even begin.

*Thus we start with the role of the therapist in providing a secure base.”*

John Bowlby (1988)





## Good parents and good therapists both create a secure base.

- ✓ They make the dialogue in the relationship *inclusive*.
- ✓ They recognize and *repair* disruptions.
- ✓ They *upgrade* the dialogue.
- ✓ They are willing to actively engage and provide necessary *structure*.





# How Will Patient and Therapist Attach?

## The First Session as *Invitation* and *Initiation*

- ➡ **Making Room for Two:** The most effective “invitation to attach” balances the need for inclusiveness—and the patient’s fullest possible experience of herself—with the need for a present, responsive, and structuring therapist.
- ➡ **The *Single* Question That Structures the First Session:** *What are you hoping for from this kind of ongoing conversation with a therapist?*
  - If the patient has been in therapy before, ask what was helpful and what was not. This can foster a *collaborative* relationship.
- ➡ **The Rules and the Roles:** Be as clear as you can about exactly *how* you think the two of you can make the best possible use of your time together.
  - Make sure there’s an opportunity before the session ends to discuss the *patient’s* experience—and *your own experience*.



To *reach* the patient in the first session, the therapist must enable the patient to “*feel felt.*”

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- Try to think and feel your way into **who the patient is on the inside** (the patient's psyche/soul/spirit/mind) as well as **who the patient is on the outside** (the patient's behavior).
- Focus on the patient's **emotions**—and your own emotions—in the immediacy of the moment.
  - What is it like for this patient to experience (or try not to experience) her/his emotions in your presence?
- Focus on **current lived experience**, including the patient's **present** experience in recounting the past.
- Focus more on the **process** than the **content** of the therapeutic interaction. Pay attention not just to the words but to the **nature of the experiences** you and the patient are creating together.



## To engage the patient, the ability to be *present* may be the most important skill.

“I am inclined to think that in my writing I have stressed too much the three conditions (congruence, unconditional positive regard, and empathic understanding).

Perhaps it is something around the edges of those conditions that is really the most important element of therapy—*when my self is very clearly, obviously present.*”

Carl Rogers (2000)







# Three-Part Thought Experiment

- ✓ Close your eyes and imagine that you're about to meet a new patient for the first time...
  - ▶ *What are you feeling?*
  - ▶ *Thinking?*
  - ▶ *Picturing?*
  - ▶ *Anticipating?*



# Three-Part Thought Experiment

- ✓ There are *five facets of the mysterious internal experience* we each can have as human beings: **heart, mind, spirit, soul and psyche**.
- ✓ As a way of going deeper inside yourself—to become more centered and present...
  - *See what comes up in your experience, as each facet is touched upon in turn.*
  - *Just be curious.*



## Three-Part Thought Experiment

- ✓ Repeat the first part, imagining your experience just before the first session with a new patient.
  - *What are you feeling?*
  - *Thinking?*
  - *Picturing?*
  - *Anticipating?*





# WHAT'S NEXT?

- First look at **Attachment in Psychotherapy...**
- **Q&A**



*Join Dr. Diane Poole Heller and Dr. David Wallin for...*

# Attachment in Psychotherapy

Use your own psychology as a therapeutic tool  
to connect with clients, understand their  
challenges and facilitate change.

JOIN NOW



Enrollment is NOW OPEN.  
Join us for the first session on May 30th!





## What is Therapy Mastermind Circle?

An annual online program where we meet monthly to explore relevant topics, share expert learning and gain practical clinical skills to help you and your clients thrive.

- ✓ Explore a variety of deep and complex topics not covered often in traditional training programs.
- ✓ Integrate new skills, corrective exercises and interventions that help clients grow & thrive despite their trauma.
- ✓ Join an engaged and friendly community that supports you while you support others in their healing.
- ✓ Learn directly from Dr. Diane Poole Heller and renowned experts, ready to share years of professional, clinical experience.
- ✓ Discover a consolidated library of tools, training resources, client case studies, clinical demos &
- ✓ Stay current with the latest training tools—you can purchase CE credits every six months (as you complete training topics).

# Develop your skills and provide better support for clients...

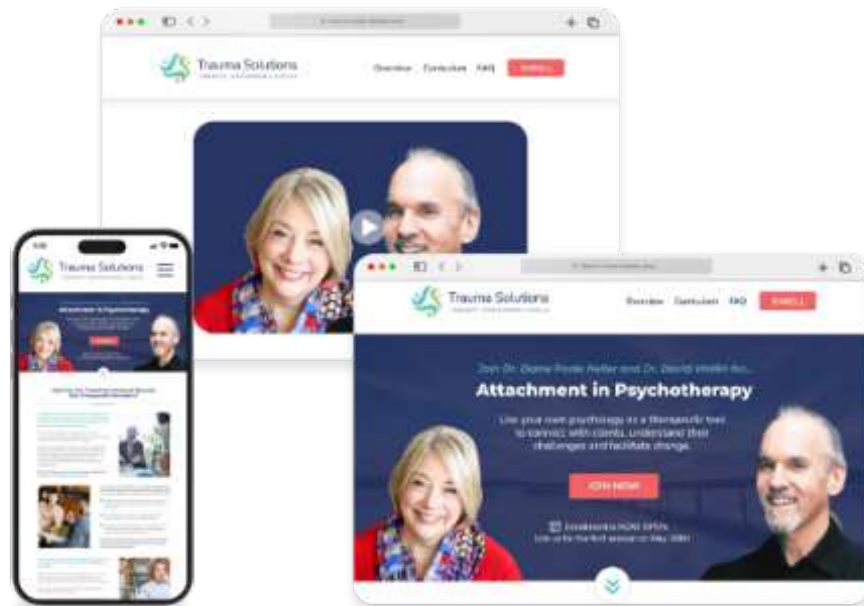
- ✓ Learn how to **work from a place of secure attachment yourself**, so you can create a safer therapeutic environment, establish deeper clinical connections and improve your effectiveness *from the first session*.
- ✓ Better understand how your own history and experiences can shape your perspective, beliefs and behaviors so you can **prevent your own patterns and adaptations from affecting your client's progress**.
- ✓ Navigate attachment system dynamics between you and your client to **create a new, healthier way of interacting and communicating during sessions**.
- ✓ **Uncover and address individual, intergenerational and collective traumas** that may unconsciously hinder your ability to connect with and remain empathetic to clients.
- ✓ **Incorporate additional attachment-based tools, techniques and interventions with existing modalities** to deliver more effective treatment and support improved outcomes.
- ✓ **Learn new corrective exercises, strategies and interventions you can apply to your everyday practice** so you can prevent your unresolved wounds from being activated.

Here's everything you'll get in...

# Attachment in Psychotherapy

## Relational Transformation, Nonverbal Experience & the Psychology of the Therapist

Use your own psychology as a therapeutic tool to connect with clients, understand their challenges and facilitate change.



- ✓ **Six, LIVE 90-minute Interactive Training Sessions** with Dr. David Wallin and Dr. Diane Poole Heller
- ✓ **Live Small Group Breakout Sessions** led by Dr. Wallin during the LIVE call each month
- ✓ **A Private Course Portal** with Downloadable Access to Video, Audio, Transcripts & BONUS Resources



PLUS, get these exclusive

## Program Bonuses!



### BONUS #1: Two LIVE 60-minute Integration Sessions with Dr. Heller

You'll learn *strategies for staying grounded, centered and regulated during therapy sessions*, so you can show up as your best self for your clients.

+ Demo review of recorded **PROCESS WORK** with volunteer course participants.



### BONUS #2: Video Training & Client Demos with Patti Elledge

*Includes video and audio recordings of:*

- How Attachment Styles Interact in Adult Relationships
- Client Demos with Q&A

# Continuing Education (CE) Option

## Licensed Mental Health Professionals

*Do you need CE credits?*

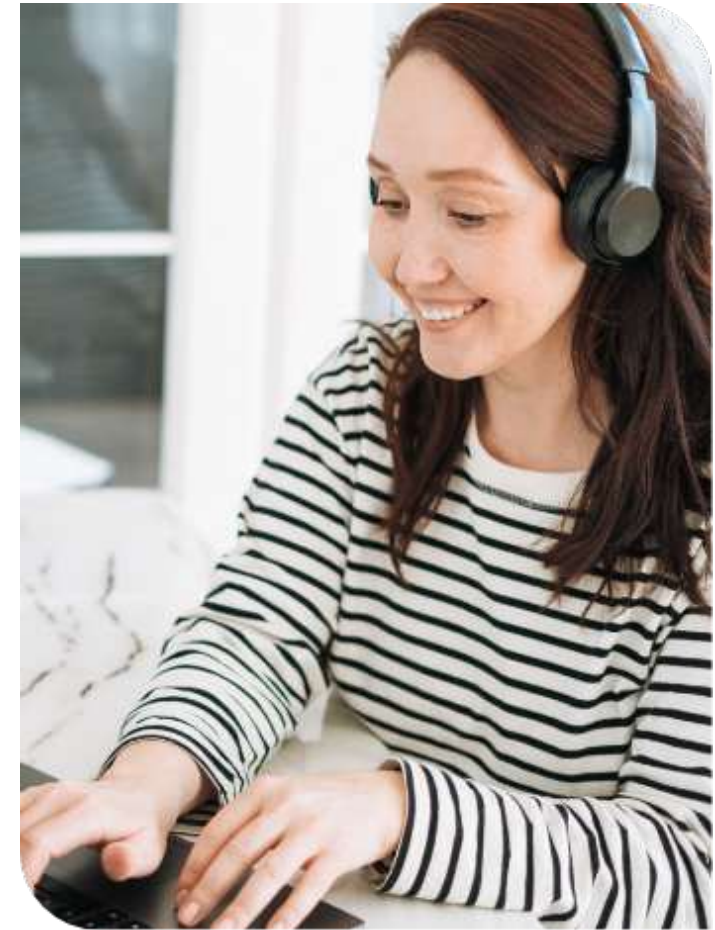
You may be able to purchase **12 CE credit hours** for this program, for an additional (non-refundable) fee of \$89.

**Course Level:** Beginning to advanced practice professionals

**Target Audience:** Licensed mental health professionals

*Continuing Education Credit has been approved for the following professions:*

- + Licensed Professional Counselors  
(MUST attend all six live calls to be eligible)\*
- + Licensed Clinical Social Workers



**Ready to Start? Join Today!**

*All for just*  
**\$67/  
month**

ENROLL NOW

Therapy Mastermind Circle only opens up twice a year. Sign up today to get immediate access.

**Our first live call is on May 30, 2023!**

Enroll now until May 29, 2023 at 11:59 pm PT

—NOW OPEN—

*A 6-month LIVE online course with Dr. Diane Poole Heller and Dr. David Wallin...*



# Attachment in Psychotherapy

## Our next topic in the Therapy Mastermind Circle

Use your own psychology as a therapeutic tool to connect with clients, understand their challenges and facilitate change.



Our first session starts on May 30, 2023

**Enroll now!** [www.TherapyMastermindCircle.com](http://www.TherapyMastermindCircle.com)