



Trauma Solutions  
DR. DIANE POOLE HELLER

*Hosted by Dr. Diane Poole Heller...*

# **Wired for Connection The Attachment Roots Of Addiction**

*LIVE Masterclass with Q&A*

Featuring Rose Viggiano

**Starting Soon!**





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# **Wired for Connection The Attachment Roots Of Addiction**

*LIVE Masterclass with Q&A*

Featuring Rose Viggiano





# Rose Viggiano

- Certified Master Level Relationship Coach, a Certified Relational Life Therapy (RLT) Couples Coach, and DARe Practitioner and facilitator
- Advanced training in Internal Family Systems (IFS), Compassionate Inquiry, and Somatic Experiencing®
- 25 years of personal recovery
- Creator of **The Awakening Relationships Method**, helping people build secure, connected relationships





## Diane Poole Heller, PhD

- International speaker, author, and teaching expert in attachment theory and trauma resolution
- Author of *The Power of Attachment: How to Create Deep and Lasting Relationships*, and *The Attachment Workbook*
- Signature approach—**DARe**—provides therapists and individuals with skills and exercises that facilitate healing from attachment and trauma wounds
- “We are all born with an amazing capacity to heal”



# Welcome

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## A few things before we begin:

- No pressure to share
- Step away any time
- A moderator is here if you need support

## Confidentiality agreement



## Two Foundational Ideas

The opposite of addiction is not just sobriety.

The opposite of addiction is connection.

**Secure connection is  
our birthright**

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**We're people who  
normally wouldn't mix**

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**8,935**

**Why do smart, self-aware people still  
do what they know hurts them?**



The question is not *why the addiction*, but *why the pain*?

—Gabor Maté



# What Addiction Really Is

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Any behavior with an element of craving...



...that creates negative consequences...



...where those consequences are not enough  
to make the person stop

## **Substances**

- alcohol, drugs, nicotine, prescriptions

## **Behaviors**

- gaming, gambling, pornography, exercise

## **Relational**

- love, sex, codependency

## **Comfort-Seeking**

- food, shopping, overworking, phone

## **Compulsions**

- busyness, perfectionism, rage, people-pleasing

## The tough part...

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For a while it works.

That's why we get stuck.

Think of a behavior you return to  
even when you don't want to

When you reach for it—  
what is the feeling it gives you?



# The Attachment Connection

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- ▶ We are biologically wired to attach
- ▶ Connection isn't a luxury
- ▶ It's how our system is built

# The Four Ways We Experience Connection

## Secure

- "I can reach out, and someone comes"

## Avoidant (Dismissive)

- "I'll rely on myself; needing you isn't safe"

## Anxious (Ambivalent)

- "I have to work to keep you close"

## Disorganized

- "I need you and I fear you"

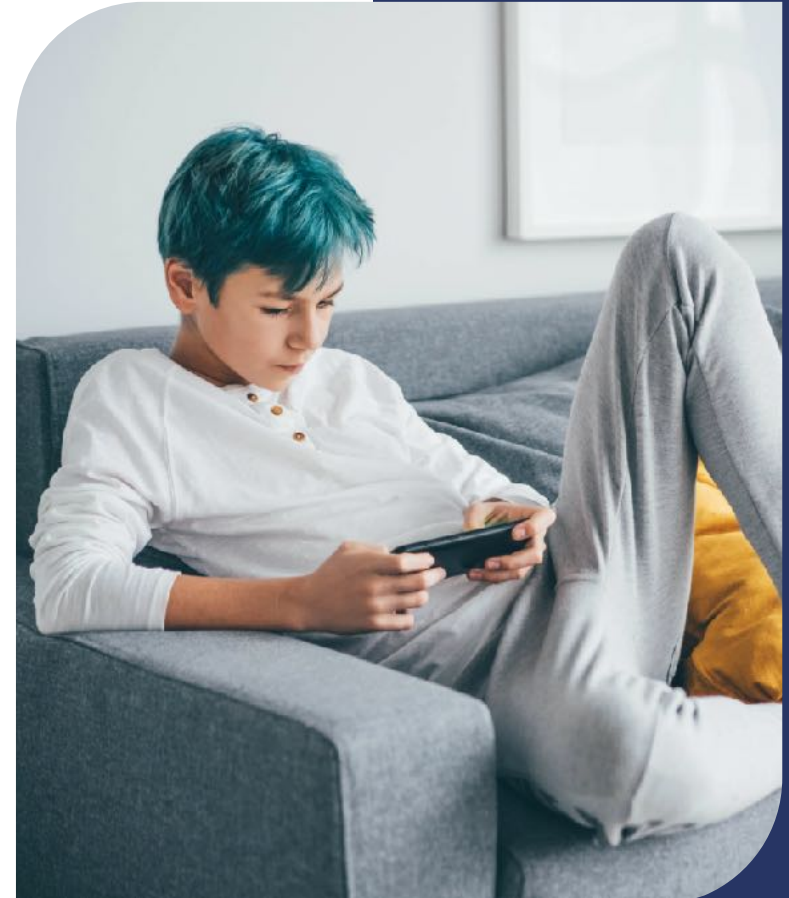
- ▶ When secure connection is missing, children adapt
- ▶ Those adaptations follow us into adulthood



**When a person can't be your safe haven, something else becomes one**

- Substances
- Screens
- Food
- Caretaking

**They are reliable, never leave, and ask nothing of you**





## **Insecure attachment is correlated with substance use**

- ▶ ACE Study: each point of childhood adversity raises addiction risk 2-4x



# The Rat Park

## Studies in the late 1970's by Bruce Alexander

- ▶ Two groups of rats were studied
- ▶ The first group lived alone in a bare cage
- ▶ Offered a choice of clean water and water laced with drugs
- ▶ They chose the drug-laced water, and usually drank it until it killed them



# The Rat Park

## The second group...

- Lived in “Rat Park”
- Provided with adequate space, toys, food, and socialization
- Offered a choice of clean water and water laced with drugs
- Typically left the drug water alone—and thrived



**In 2018, the National Institute on Drug Abuse  
found that when addicted rats were given a  
choice between drugs and other rats...  
...they overwhelmingly chose connection**



**Addiction is more than the substance or behavior.  
It has roots in disconnection and isolation.**

- ▶ About half of American adults report measurable levels of loneliness
  - ▶ Our cultural rat cage—
    - ▶ fewer friendships
    - ▶ fewer spaces of belonging
    - ▶ more hours alone with screens
- 







- ▶ But here's the deeper layer:
    - ▶ It's not only that connection is scarce
    - ▶ Many of us can't let it in — even when it's right in front of us
    - ▶ These are our attachment wounds
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# Micro-Moments of Connection

All-New Training is NOW OPEN!

# The Search for Connection

## Healing the Roots of Addictive Behaviors

Understand the attachment roots of addictive behaviors—and how lasting recovery grows through reconnection

- Three LIVE classes exploring the attachment roots of addiction
- Replace shame with insight, compassion, and a clear path toward
- healing

Practical, compassionate tools to support healing in yourself or others



**Rose Viggiano**

[www.TraumaHealingExperts.com](http://www.TraumaHealingExperts.com)

# Inside **The Search for Connection...**

- + **3 Live, Interactive Workshop Sessions** with Rose Viggiano, exploring the attachment roots of addictive behaviors, compulsions, and recovery

- ✓ Live teaching
- ✓ Real-world examples
- ✓ Group exercises
- ✓ A path to healing

- + **An Attachment Map for Understanding Addiction, Compulsion, and Recovery**

- ✓ Understand substitute connections
- ✓ Recognize patterns without shame
- ✓ Tools for self-reflection and healing
- ✓ Clear next steps for recovery

- + **Lifetime Access to Your Complete Learning Library** to revisit the material and continue learning whenever you need it

- ✓ Audio & video downloads
- ✓ Class transcripts & handouts
- ✓ Put it Into Practice exercises





**This is the ONLY time this course will be offered LIVE.  
Be sure to save your spot today...**



**Session 1: Wednesday, August 5**

**The Roots:  
Where Disconnection Begins**

**Session 2: Wednesday, August 12**

**The Map:  
Understanding Substitute Connections**

**Session 3: Wednesday, August 19**

**The Path Home:  
Coming back to Connection**

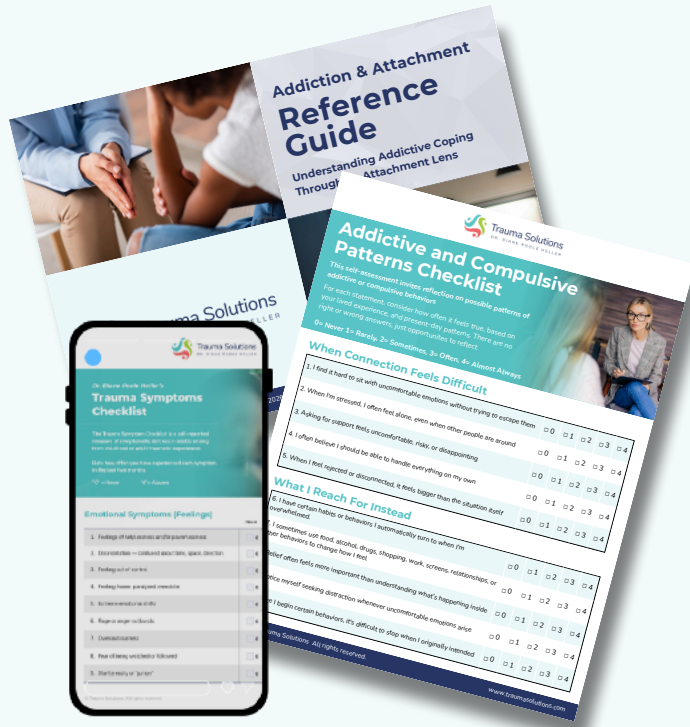
**This workshop is for you if...**

- You've struggled with substances, compulsive behaviors, or recurring relationship patterns
- You love someone affected by addiction or codependency
- You're a therapist, coach, or helping professional wanting a deeper attachment-informed framework
- You're ready to replace shame with understanding and lasting connection

**All 3 LIVE sessions meet online for 90 minutes from 5 - 6:30 pm MT**

**PLUS - Join after class for small breakout groups with your peers**

# PLUS, you'll also get these special COURSE BONUS!



## + Addiction and Attachment Reference Guide

- ▶ An easy-to-use guide exploring the links between attachment and addictive behaviors

## + Addictive and Compulsive Patterns Checklist

- ▶ A self-reflective tool for tracking the influence of addictive patterns in your life

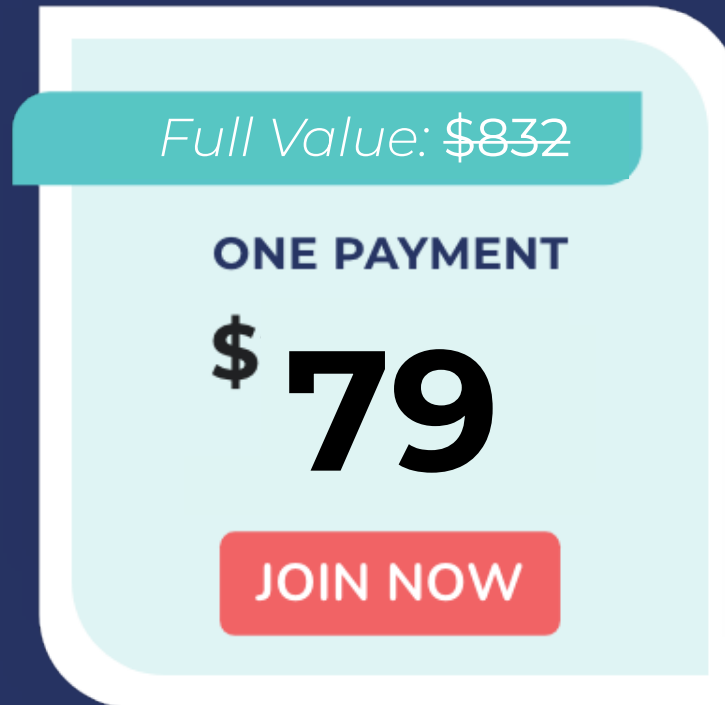
## + Trauma Symptom Checklist

- ▶ Learn to notice possible trauma-related patterns and identify areas where trauma challenges your wellbeing



# Save your spot!

Our first session begins on August 5, 2026



*Can't attend live? All training is recorded*

All-New Training is NOW OPEN!

# **The Search for Connection**

Healing the Roots of  
Addictive Behaviors

ENROLL NOW



**Rose Viggiano**

[www.TraumaHealingExperts.com](http://www.TraumaHealingExperts.com)

**Q&A - Up Next!**

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**Enroll now at:**

**[www.TraumaHealingExperts.com](http://www.TraumaHealingExperts.com)**