



Healing Trauma Through Secure Connection

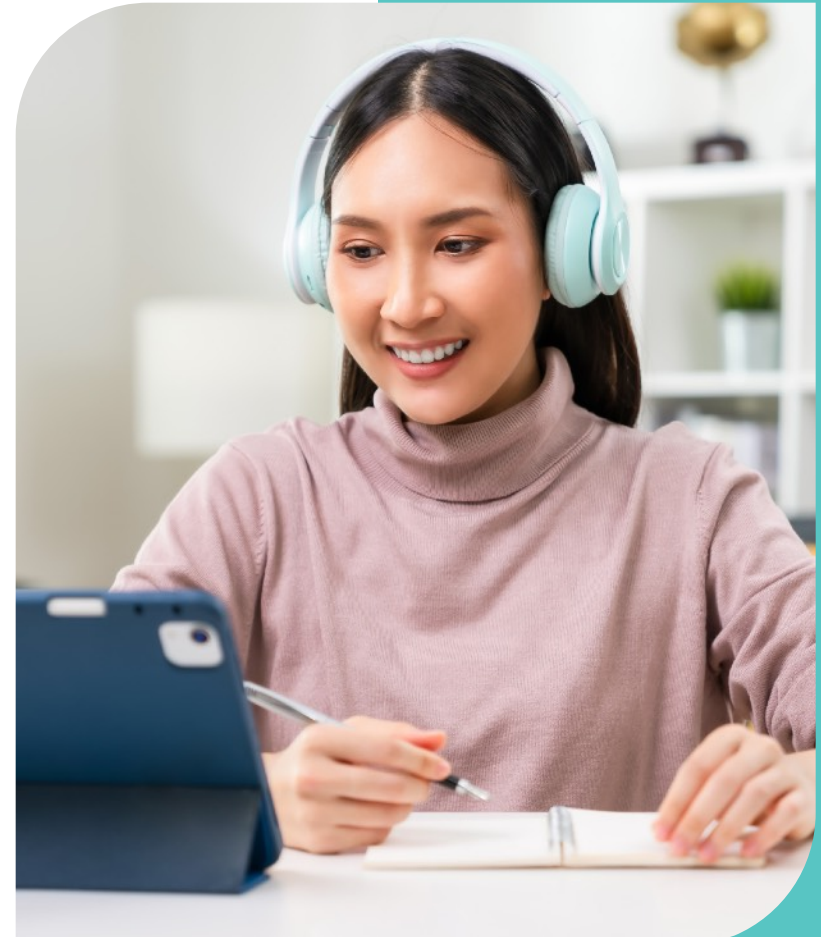
An Introduction to the DARe Model

September 2, 2026

Dr. Liz George

What we'll cover today...

- DARE's place in existing models
- What practicing DARE “looks like”
- Importance of developing Secure skills
- The DARE Program
- Details for the on-line training
October 16-19, 2026
- Q & A





Diane Poole Heller, PhD

- Internationally recognized speaker, author and teaching expert in the field of adult attachment theory and trauma resolution.
- Author of *The Power of Attachment: How to Create Deep and Lasting Relationships*— “We are all born with an amazing capacity to heal.”
- Signature approach—**DARe**—provides therapists and individuals with relevant skills and practical exercises that facilitate healing from attachment and trauma wounds.
- Decades of experience supporting therapists in crisis situations, helping professionals respond with trauma-informed care.



Liz George, PhD

- Former research associate and Co PI at the University of CO Boulder, working with individuals with bipolar disorder and their families
- Certified Brainspotting therapist, a Somatic Experiencing Practitioner, a Somatic Resilience and Regulation for early trauma touch therapist, and a **DARe trainer**.
- Certified Mindfulness Instructor, a SoulCollage® Facilitator, and a Ketamine Assisted Psychotherapy (KAP) provider.
- Co-author of *The Bipolar Teen* and multiple research articles on the psychosocial treatment of bipolar disorder.

Evolution of Therapeutic Work

Orientation

Is it possible to be in the here and now

Resourcing

Top-down models of therapy (i.e., CBT, DBT, IPSRT)

Trauma Healing

Bottom up models of therapy (i.e., SE, Brainspotting, EMDR, sensorimotor therapy)

Attachment Healing

Working with the deepest layer of trauma to promote the deepest layer of healing into wholeness



It is an exciting time to be an integrative therapist!

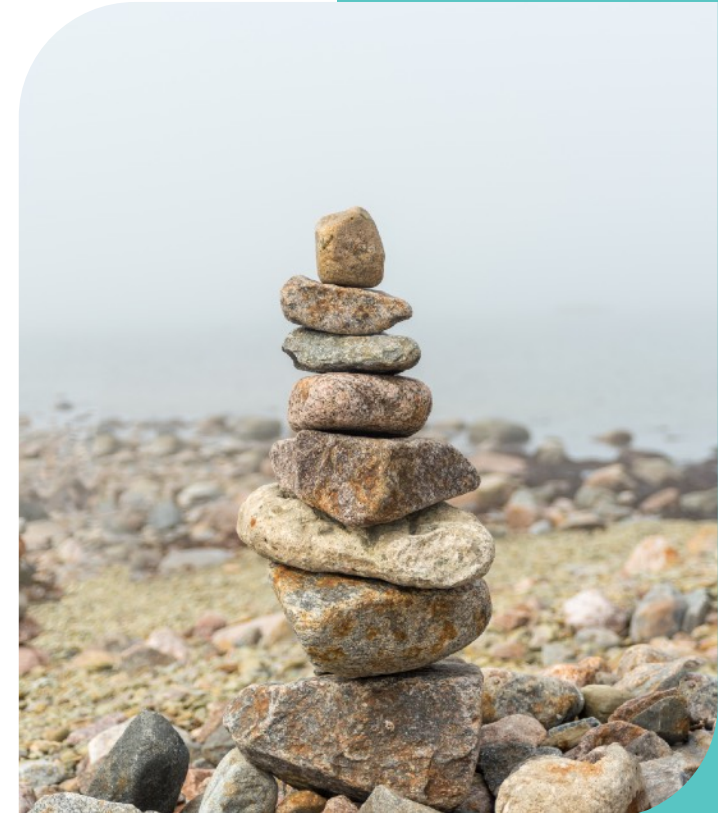
The fusion of **Attachment Theory** and *other disciplines* is expanding and transforming clinical work.



DARe Formula

Most treatments have a formula

- Begin with Social Engagement
- Find and land Secure (i.e., who, what, when, where) - once identified deepen into a felt sense
- The wound may arise - if not ask what want to work with
- Identify the need - as the wound arises listen for the need
- Use a DARe based intervention to meet the need - often based on what attachment adaptation you are in



Stance of the DARE therapist

It's a way of being rather than what you are doing

- Models elements of Secure Attachment
- Attunement is the state of being in harmony, awareness, or responsiveness to oneself or another person, often described as a deep, resonant connection.
- Presence is a state of being in the here and now, alert and at ease
- Connection is the sense of being tethered to another
- Safe enough - down regulates defenses and supports *social engagement, openness and receptivity*.



The unique way the DARE model approaches working with attachment:

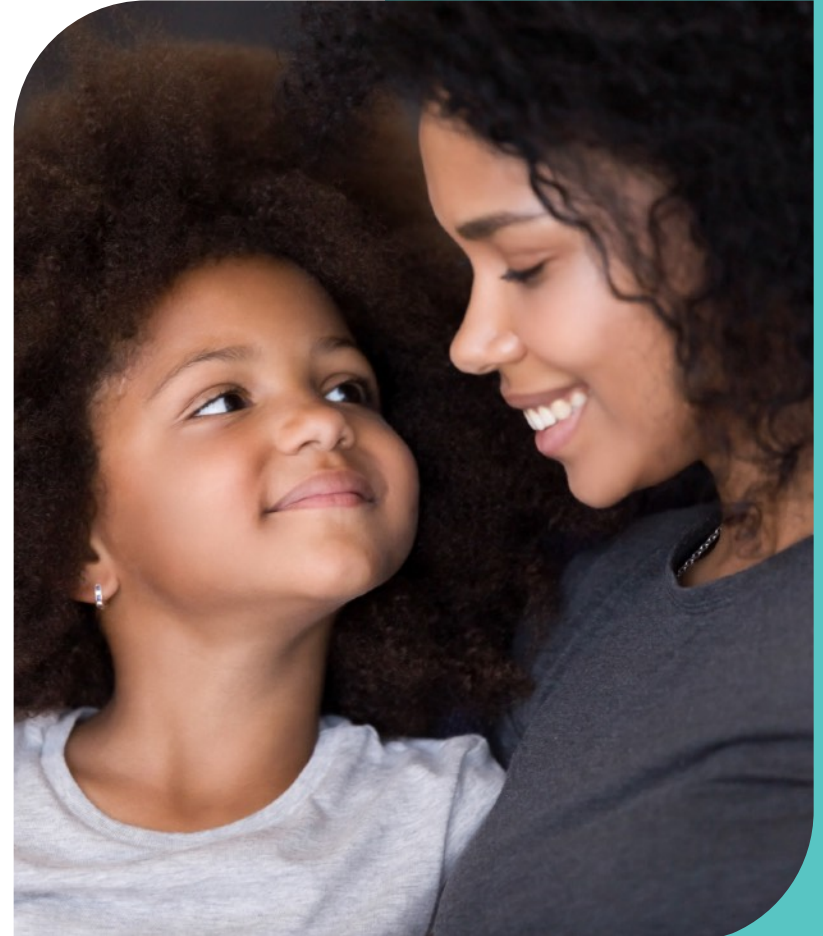
- * Belief that secure is inherent in each of us
- * The idea that our adaptation was the best survival strategy for us at the time
- * That our adaptation will change based on our physiology and/or the relationship or situation we are engaged in
- * Use of the therapeutic relationship to aid in healing attachment wounds
- * Specific focus on Disorganized - whole day in DARE 1 and whole module addressing Disorganized attachment - DARE 4



When Clients Develop Secure Attachment...

- Better emotional regulation skills
- Higher sense of trust in relationships
- Improved conflict resolution
- Ability to repair misattunements
- Stronger sense of self and personal agency
- Greater engagement in own wellbeing
- Mitigates the effects of trauma and reduces PTSD

DARe helps clients move toward secure attachment during a session and in their lives



The DARE Program

Each DARE level combines live 3-4 day workshops and prerecorded online training, with experiential demonstrations and guided practice sessions

- ▶ **DARE Level 1: Fundamentals of Attachment Styles**

- ▶ Learn foundational attachment system dynamics, so you can help clients address negative patterns that undermine wellbeing, connection, and intimacy.

- ▶ **DARE Level 2: Attachment Strategies for Adult Relationships**

- ▶ Practical approaches to help adults and couples remove destructive patterns and embrace positive ways of perceiving, behaving and interacting.



The DARe Program

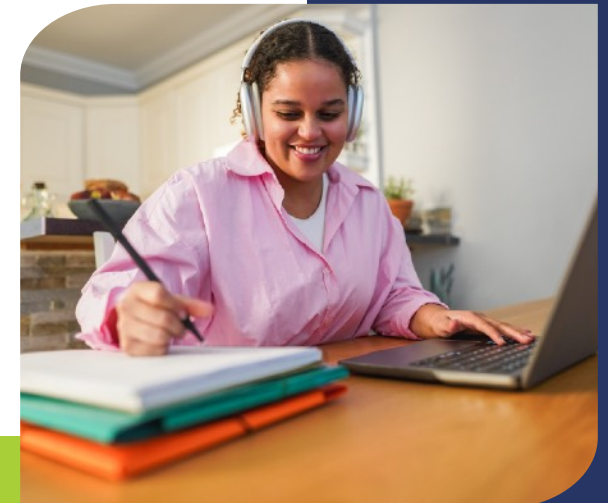


- ▶ **DARe Level 3: Neurobiology, Attachment & Secure Relationships**
 - ▶ Combining neurobiology, the autonomic nervous system, and attachment-informed work to promote healing from unresolved trauma and early attachment wounds.
- ▶ **DARe Level 4: Clinical Strategies to Address Complex Trauma**
 - ▶ Aligning attachment work with various clinical practices, perspectives, and modalities to address the challenges of complex trauma—including disorganized attachment adaptations and victim-perpetrator dynamics.

DARe 1: Fundamentals of Attachment Styles

On- line training

- ▶ Four days of immersive, experiential live-streamed lectures, demonstrations, and Q&A integrating attachment theory and somatic awareness
 - Day 1 - Secure Attachment Adaptation
 - Day 2 - Avoidant Attachment Adaptation
 - Day 3 - Ambivalent Attachment Adaptation
 - Day 4 - Disorganized Attachment Adaptation
- ▶ Embodied experiential exercises and daily integration groups to deepen learning through direct experience
- ▶ Participate in facilitated small-group practice sessions led by dedicated online assistants
- ▶ Demonstrations of treatment interventions and course lessons and discussions alongside fellow online participants
- ▶ **October 16-19, 2026**



Therapist Testimonials

I learned real, practical ways to teach attachment styles to my clients, top-down, and then how to help them understand and grow from the bottom-up.

—Loren, LCSW

It goes into your bones and you find yourself being able to implement it in your sessions and in your life in such a natural way that the healing literally pours out of you and into your clients.

—Rose, Coach

I felt so safe in the learning environment that it allowed me to play with attachment theory and really develop my skills

—Rick, SEP

This work has touched me more deeply, personally than any other work that I've done. This work gets to the implicit place of the wound and comes up right behind it with the reparative experience that changes the physiology so fast.

—Courtney, SEP

When I came to DARE, what I really walked away with was actual skills to work with attachment theory and to move into secure attachment.

—Nina, LMFT

I got very tangible and powerful tools to move myself and my clients towards a more secure attachment and secure relationships, which I use frequently. I'm very grateful.

—Victoria, Relationship Coach



Check your inbox for the link to
learn more about **DARe training**
or visit

<http://traumasolutions.com/dare1-october-2026>

Coupon code:
DARE2026

SECURE ATTACHMENT SKILLS

- Presence
- Prosody
- Safety
- Protection
- Safe, Affectionate Touch
- Eye Gaze - Gleam Beaming
- Playfulness, Laughter, Expansive Joy
- Containment (for whatever arises)
- Relaxation in the Relational Field
- Comings & Goings (approach or give space)
- Interactive Co-Regulation & Self-Regulation
- Repairing Misattunements





You're in the right place if...

- ▶ You've heard that trauma is stored in the body
- ▶ You're seeking a way to apply trauma knowledge practically into your work
- ▶ You're familiar with somatic work, and want to expand into working with relational patterns
- ▶ You work with developmental or attachment trauma.
- ▶ Your work with clients gets stuck. They can feel safe in session with you, but might struggle to bring that into practice in their day-to-day life.

Benefits of the DARE Method

- ✓ Work with clients is more embodied, experiential, and efficient
 - Beyond insight and into direct experience
- ✓ Feel confident working in the relational and somatic field
 - Learn to track attachment dynamics and nervous system states in real time
 - Gain skills to address a variety of client challenges
- ✓ Clients resolve stored trauma and attachment wounds simultaneously
 - Corrective experiences support trauma processing while relational safety allows for lasting change
- ✓ Physical and emotional regulation leads to the capacity for embodied change in the attachment system



Common Client Challenges



- Sessions feels stuck
- Avoidance of core material
- Lack of buy in / frequent cancellations
- Intellectual understanding without behavioral change
- Difficulty tolerating closeness
- Emotional overwhelm or shutdown
- Complex presentations can leave therapists feeling de-skilled

Many of these challenges are more than psychological — they are attachment and nervous system responses

Why Many Trauma Therapies Plateau

- ▶ **They work cognitively but not relationally**
 - ▶ *Insight without application*
 - ▶ Clients may understand their patterns intellectually, but remain unchanged in real relationships
- ▶ **They regulate the nervous system but ignore attachment**
 - ▶ *Calm without relational healing*
 - ▶ Clients can continue to be activated by closeness, trust, and dependency in relationships
- ▶ **They understand attachment but don't work somatically**
 - ▶ *Theory without embodiment*
 - ▶ Attachment patterns are discussed, but the nervous system responses that sustain them are not directly addressed



**Working in an integrative
fashion is the number one
way I see progression
toward secure connection**





Most importantly...

More people discover what is required to sustain safe secure connection

Attachment and relational healing tends to make better parents, better partners, and better colleagues.



Dynamic Attachment Repatterning Experience (DARe)

Our job is to uncover the secure blueprint that exists within us all

We do this by...

- ➔ Using experiential exercises and techniques that gently reveal and support the attachment wound
- ➔ Creating “experiments” that activate the implicit memory of the attachment system
- ➔ Providing direct experiences of safety: non-judgement, compassion and other elements of secure attachment
- ➔ Facilitating corrective experiences that support the embodiment of secure attachment

