



Healing Trauma Through Secure Connection

An Introduction to the DARe Model

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Dr. Diane Poole Heller
with Dr. Liz George

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.

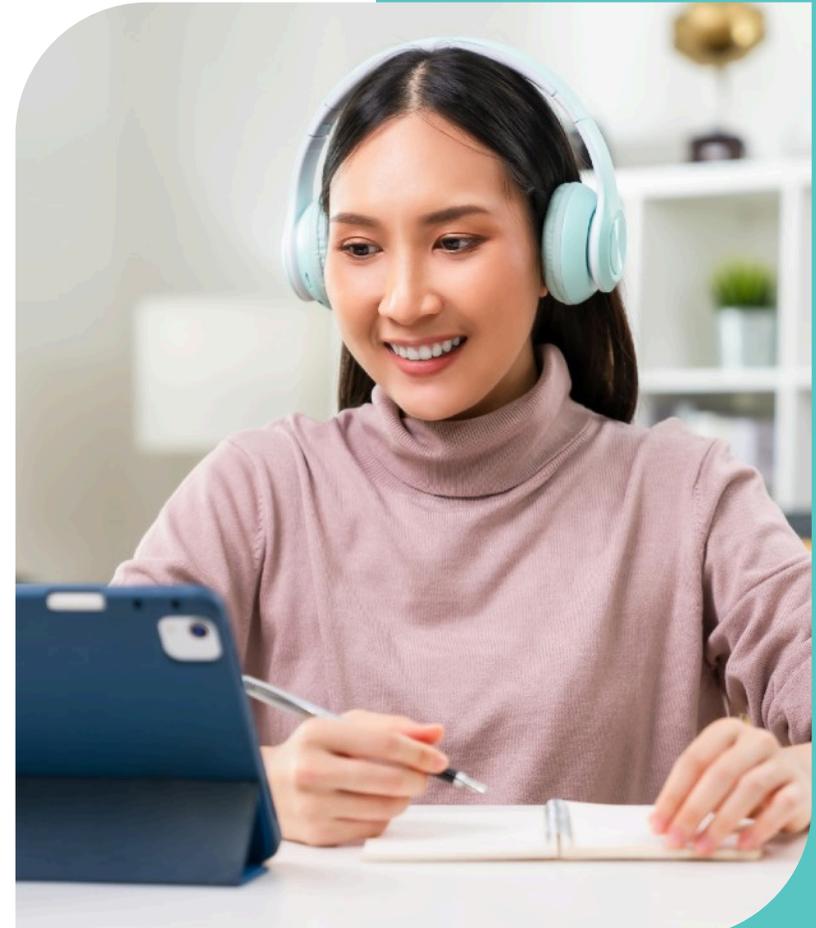


Liz George, PhD

- Certified Brainspotting therapist, a Somatic Experiencing Practitioner, a Somatic Resilience and Regulation for early trauma touch therapist, and **DARe practitioner**.
- 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.

What we'll cover today...

- The origin of DARE
- Challenges in trauma therapy
- Why attachment matters
- The DARE Program





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.

My Story



Common Client Challenges

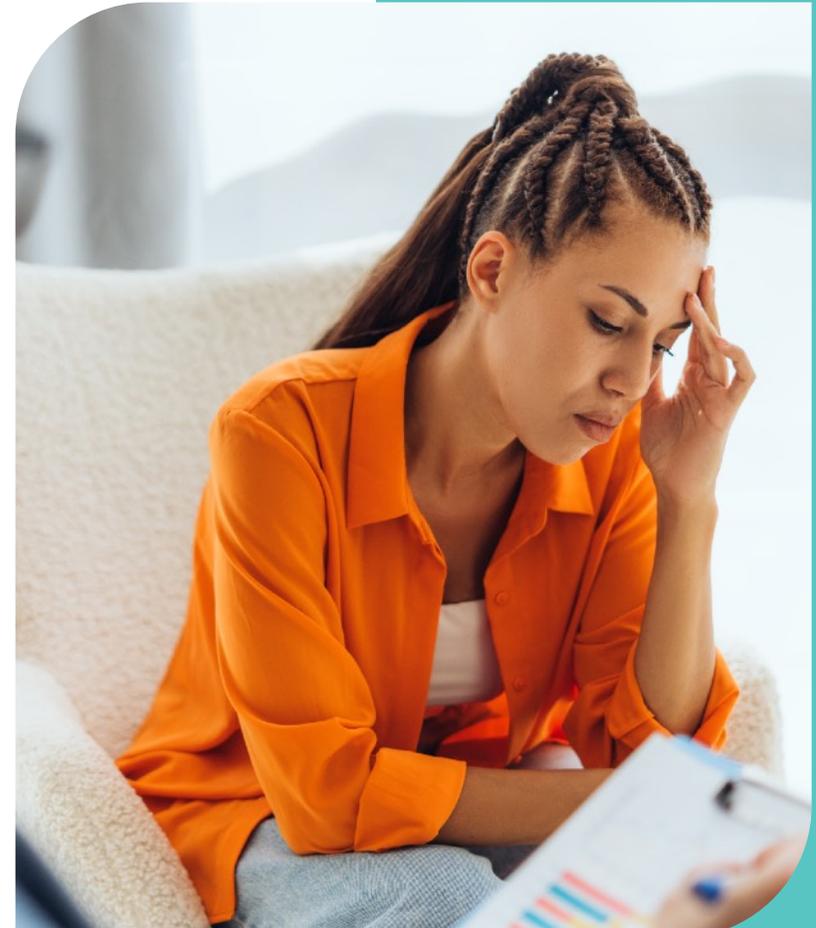


- ▶ Sessions feels stuck
- ▶ Avoidance of core material
- ▶ Lack of buy in / frequent cancellations
- ▶ Intellectual understanding without behavioral change
- ▶ Difficulty tolerating closeness
- ▶ Emotional overwhelm or shutdown
- ▶ Complex presentations can leave therapists feeling de-skilled

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

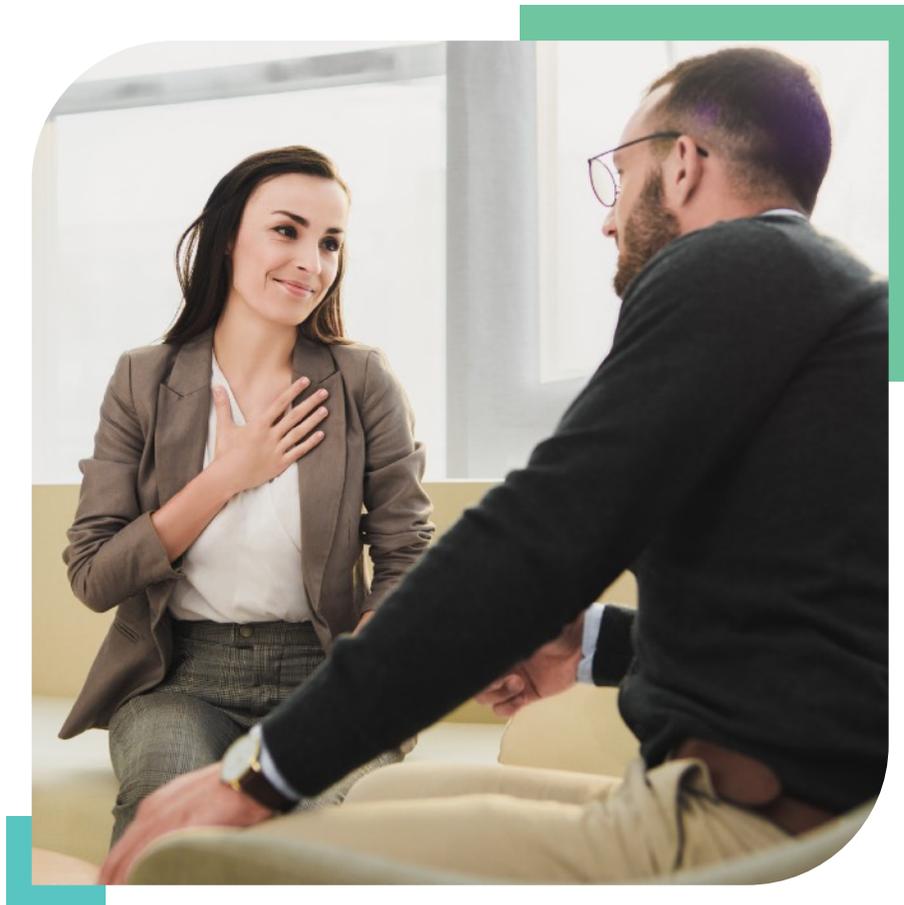


It is an exciting time to be an integrative therapist!

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



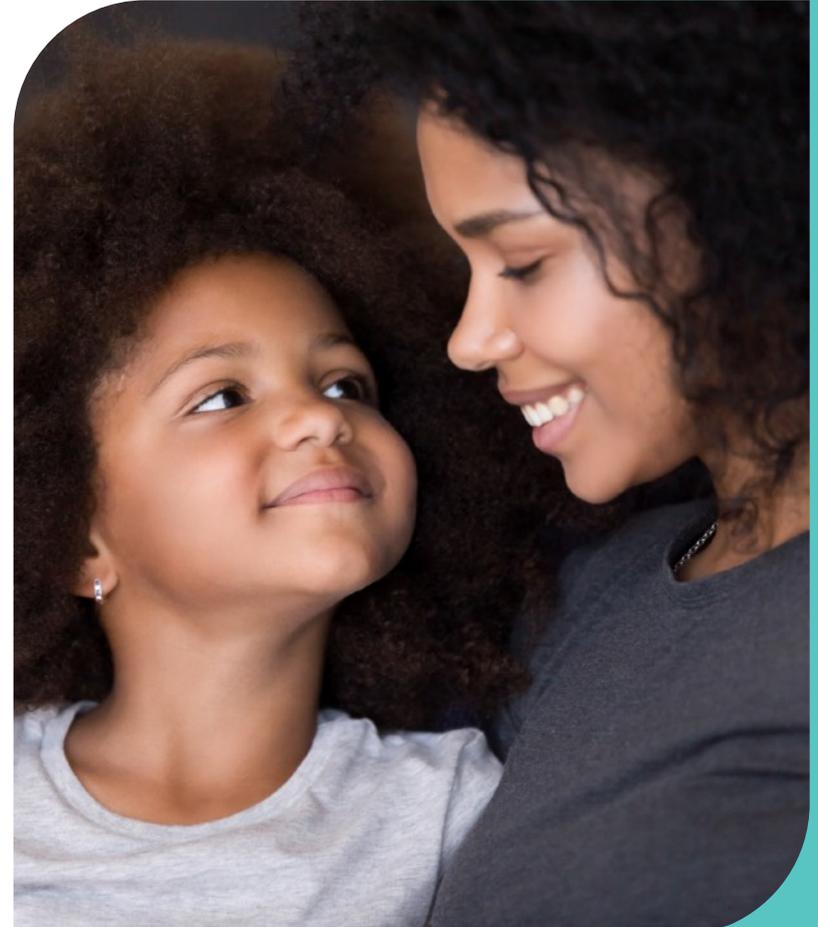
Working in an integrative fashion is the number one way I see progression toward secure connection



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

How do we help clients move toward secure attachment during session?





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



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





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.

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.

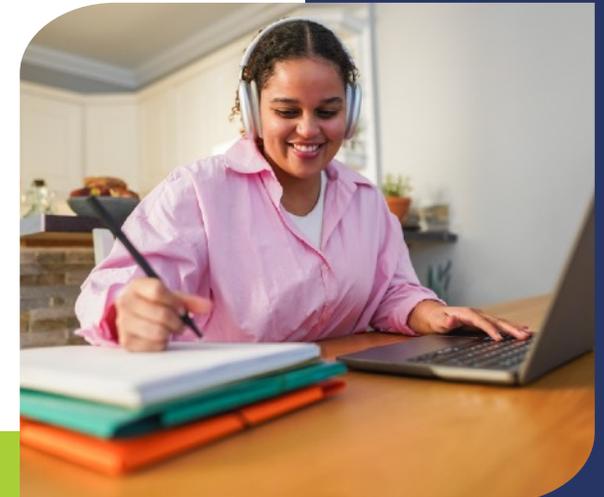
DARe 1: Fundamentals of Attachment Styles

In Person at Sunrise Ranch in Loveland, CO

- ▶ Four days of immersive, experiential retreat-style training integrating attachment theory, somatic awareness, and live demonstrations
- ▶ Embodiment practices, small-group exercises, and daily integration groups to deepen learning through direct experience
- ▶ Held at Sunrise Ranch, a peaceful retreat center in the foothills of the Rocky Mountains
- ▶ A restorative learning environment with farm-to-table meals, community connection, and space for reflection
- ▶ **May 14-18, 2026**

Live-Streaming Online and Worldwide

- ▶ Experience the full training remotely, with live-streamed lectures, demonstrations, and Q&A from the in-person event
- ▶ Participate in facilitated small-group integration sessions led by dedicated online assistants
- ▶ Engage in experiential exercises and course discussions alongside fellow online participants
- ▶ Receive the same structured learning experience as our established online DARe trainings—now streamed live from the classroom
- ▶ **May 15-18, 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

A stack of several hands is shown in a teal gradient background. The hands are stacked on top of each other, with the fingers pointing towards the right. The image is semi-transparent, allowing the text to be overlaid.

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

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