

*Presented by Dr. Diane Poole
Heller*

BUILDING HEALTHIER RELATIONSHIPS:

How to Navigate Conflicting Attachment Styles



Welcome

- This meeting is being recorded—and the recording will be sent out within 24 hours. Watch your inbox for a link.
- Once we start, all audience members will be muted, and cameras will be turned off.
- Once we start, chat will be disabled.
- There will be a 30-minute Q&A at the end, where 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 for help.

Overview

How can attachment theory help you and your clients navigate conflict, deepen intimacy and promote repair for any type of relationship?

- ✓ Influence of attachment styles on adult relationship patterns
- ✓ Insecure attachment dynamics and communication (especially in conflicts)
- ✓ Improving therapeutic awareness and attunement to support healing & repair
- ✓ Support couples in crisis with simple exercises you can try yourself and share with clients



AVOIDANT- AVOIDANT RELATIONSHIPS



AVOIDANT-AVOIDANT



Avoidantly attached relationships can seem distant and businesslike

- Better at self-regulation than co-regulation
- Both need space and independent time to regroup and recharge
- Turned-down attachment system
- Feel they can fulfill their own needs...but still crave connection
- Need distance and time alone
- Can only handle conflict in small doses
- Relationship lacks "oomph," disconnected
- Have trouble asking for help or even recognizing they need it
- Might feel like they are living in two separate worlds

GIFTS OF THE AVOIDANT



- Steady
- Reliable
- “Gets the job done”
- Easy-going
- Problem-solvers



IN THERAPY

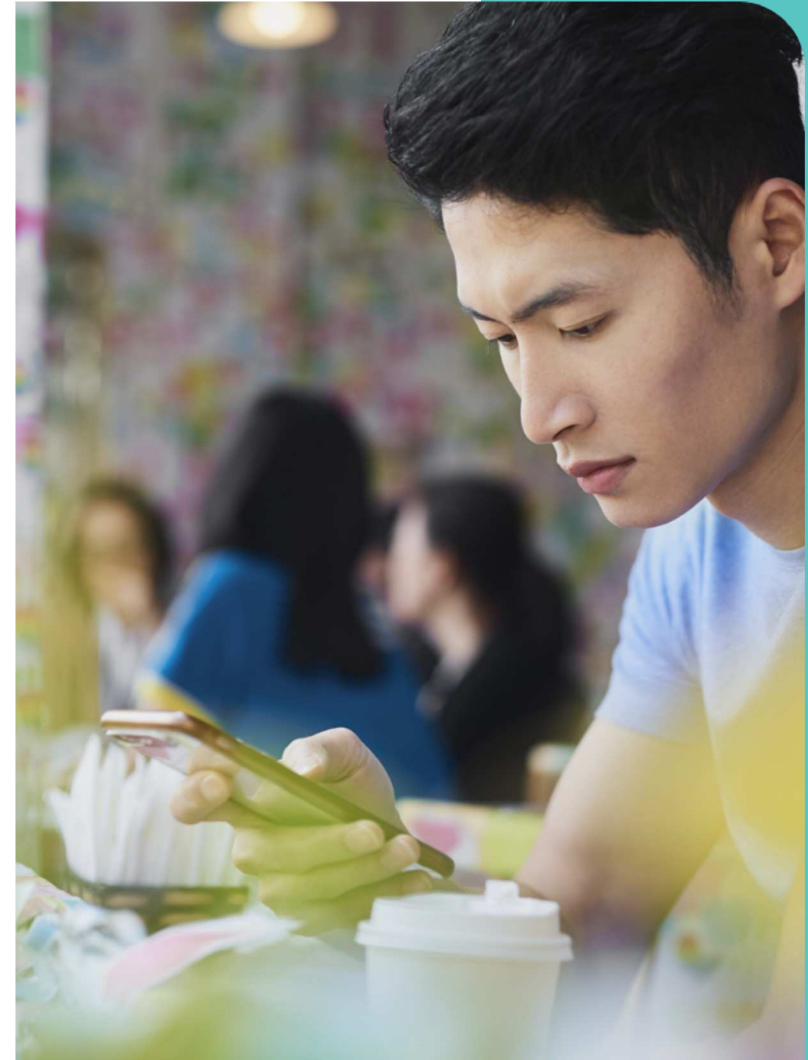


Working with the Avoidant-Avoidant

- Recognize that avoidants want connection, but also fear it
- Start with small gestures of connection
- Start slowly and gently when presenting new response options
- Realize connection makes them feel vulnerable and opens old wounds
- Appreciate and be available when they are ready to connect
- Teach them to tolerate (stay present with) discomfort in the body during connection OR conflict
- Practice face-to-face contact after shame is resolved
- Closeness during therapy may result in distancing afterward

WORKING WITH AVOIDANTS

Avoidantly attached people may need to take frequent breaks during arguments (or attempts at connection) to help them recharge.



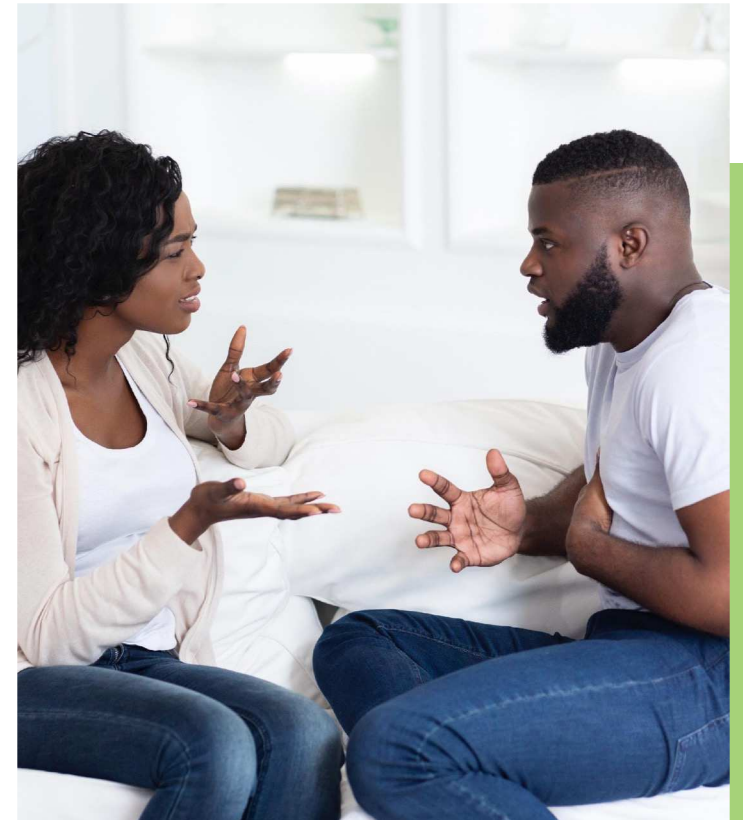
AMBIVALENT- AMBIVALENT RELATIONSHIPS



AMBIVALENT-AMBIVALENT

Ambivalently attached couples can run on high-energy, dramatic conflicts combined with admirable joy

- Need co-regulation and reassurance
- Overactive attachment system
- Can run high in both passion and insecurity
- Might come across as clingy or enmeshed
- Frequent conflicts and disagreements that can escalate
- Two needy partners can exhaust a relationship
- Need (and thrive) in closeness and connection
- Both over-focused on others (ahead of their own) and have difficulty asking for what they want
- Argue about past conflicts (difficulty letting go of past hurts)
- May complain a lot and dismiss caring behaviors



GIFTS OF THE AMBIVALENT



- Attuned to their partner's needs
- Sensitive to the relationship's needs
- Giving and accepting (caretaker)





IN THERAPY

Working with the Ambivalent-Ambivalent

- Practice self-regulation with exercises on breathing and self-soothing
- Teach them to verbalize their own needs calmly without being demanding
- Practice relaxing into the relationship and trusting it
- Take “argument breaks” because ambivalently attached people like to argue through resolution
- Practice giving each partner space to learn to self-regulate
- Meditation or other mindful practices to reduce anxiety
- Help each create healthy boundaries
- Teach them to NOT threaten to end the relationship

WORKING WITH AMBIVALENTS

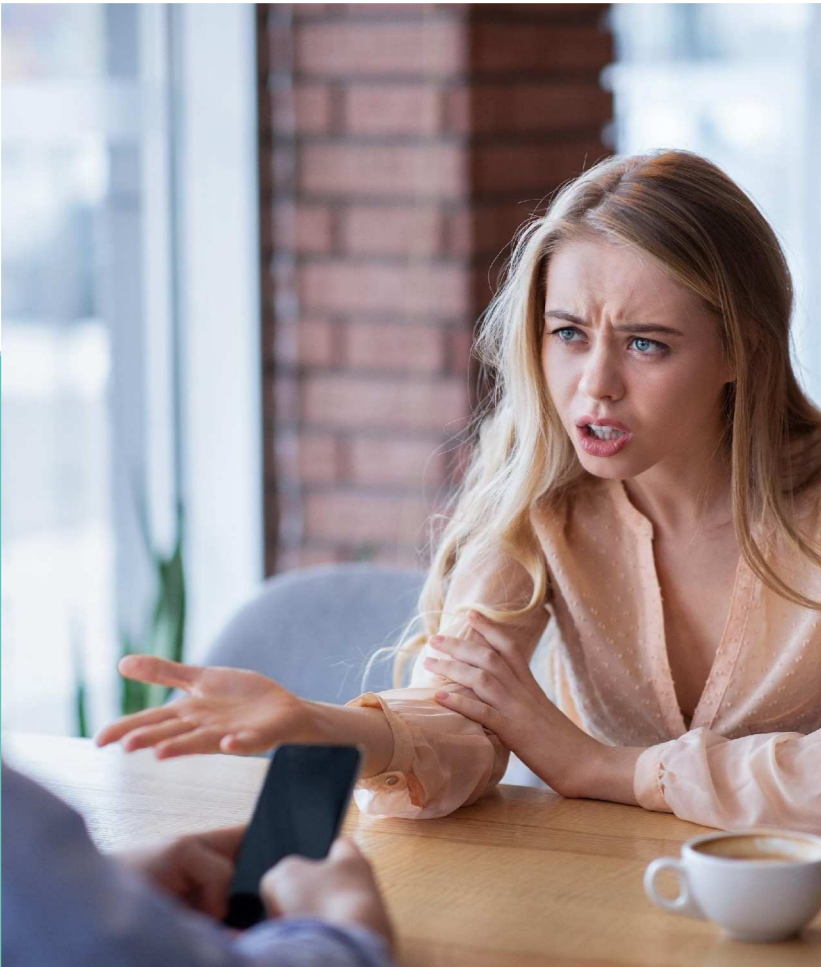
Since both ambivalent partners crave reassurance, advising frequent check-ins to calm separation anxiety can help build a stronger bond. During an argument, couples can remind one another that this argument does not mean the end of the relationship; they can revisit the topic later when emotions have calmed.



AVOIDANT- AMBIVALENT RELATIONSHIPS



AVOIDANT-AMBIVALENT



Initial attraction for avoidant is the passion of their ambivalent partner; ambivalent attracted to the steady reliability of the avoidant partner...

- Ambivalent may pick a fight for attention
- With time, the avoidant may find the ambivalent overbearing
- Avoidant may fight to get distance (and ambivalent will take that as rejection)
- Minimize the needs of self or other
- Avoidant may focus on flaws
- Ambivalent may focus on what they're not getting
- Both become suspicious of each other's motives
- Push-pull cycle / “rollercoaster” quality that can have intoxicating highs and intolerable lows

IN THERAPY

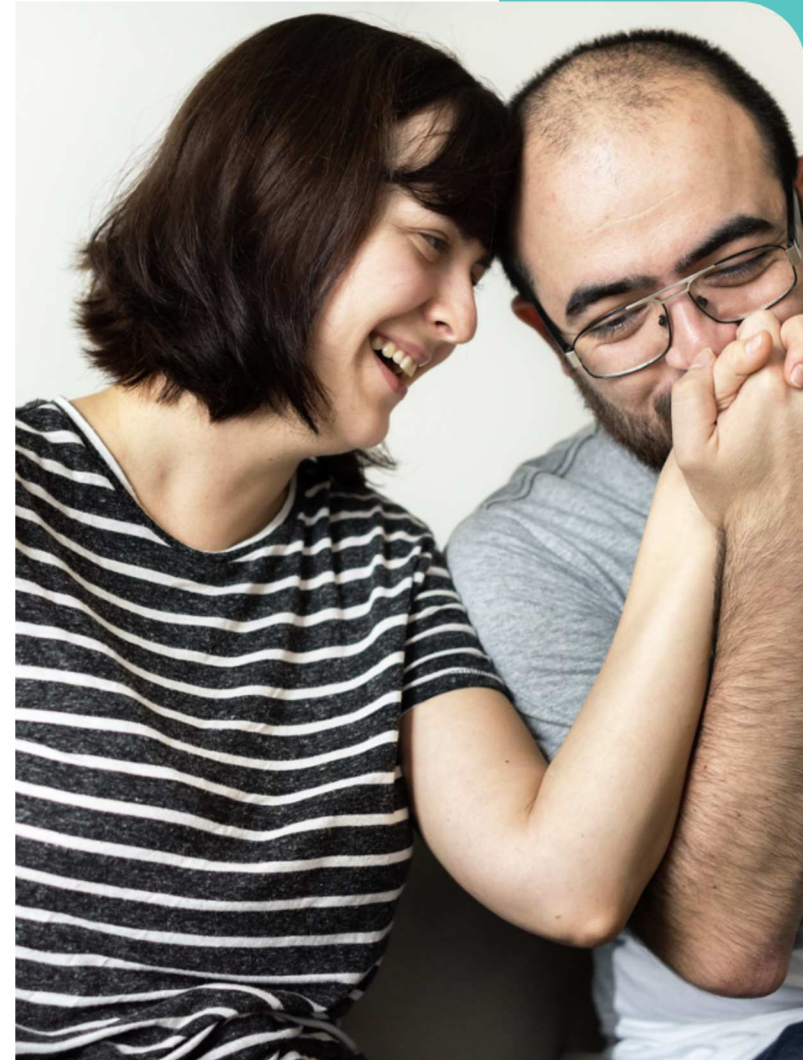


Working with the Avoidant-Ambivalent

- Help them see the effect their reaction has on the other (walking away for avoidant / anger or panic for ambivalent)
- Help both practice self-regulation and co-regulation
- Work with speaking AND listening to each other's attachment language (stop blaming and start communicating with compassion and empathy)
- Practice taking difficult behaviors less personally
- Secure attachment skills can be learned and practiced...by clearly expressing and responding to needs for ourselves and our partner, we can form a foundation of trust

WORKING WITH AVOIDANTS AND AMBIVALENTS

Both insecure attachment styles are trying to create a sense of security by controlling their external conditions. When we see that our behaviors come from a place of being deeply wounded rather than a place of cruelty or hurtfulness, we can begin to see the suffering of the other partner with greater compassion.



DISORGANIZED ATTACHMENT



DISORGANIZED ATTACHMENT



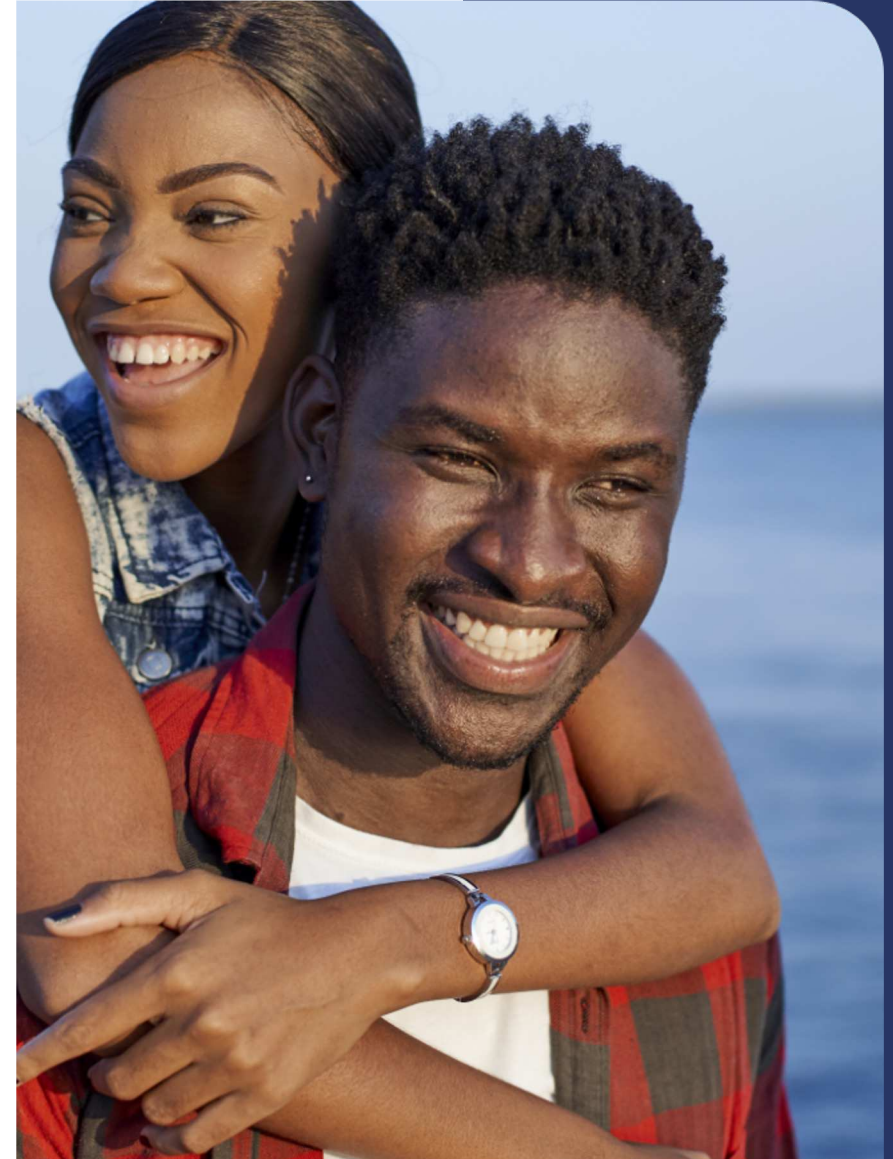
Can be the most challenging or complex adaptation...

- Disorganized attachment patterning pairs intimacy with fear, threat and chaos
- When extreme, may include PTSD, mental health issues and even addiction
- Characterized by sudden or rapid shifts in emotional and physiological states
- Constantly scanning for threats—fight / flight / freeze, dissociation
- Disjointed or confusing use of language
- May have lapses of memory when activated
- May also revert to attachment injury behaviors during times of stress or conflict
- Some may shift toward fear-based avoidant or ambivalent (or both)

GIFTS OF THE DISORGANIZED



- Crave closeness and with work may be able to welcome intimacy and emotional closeness
- May be protective and respond quickly to threats



IN THERAPY



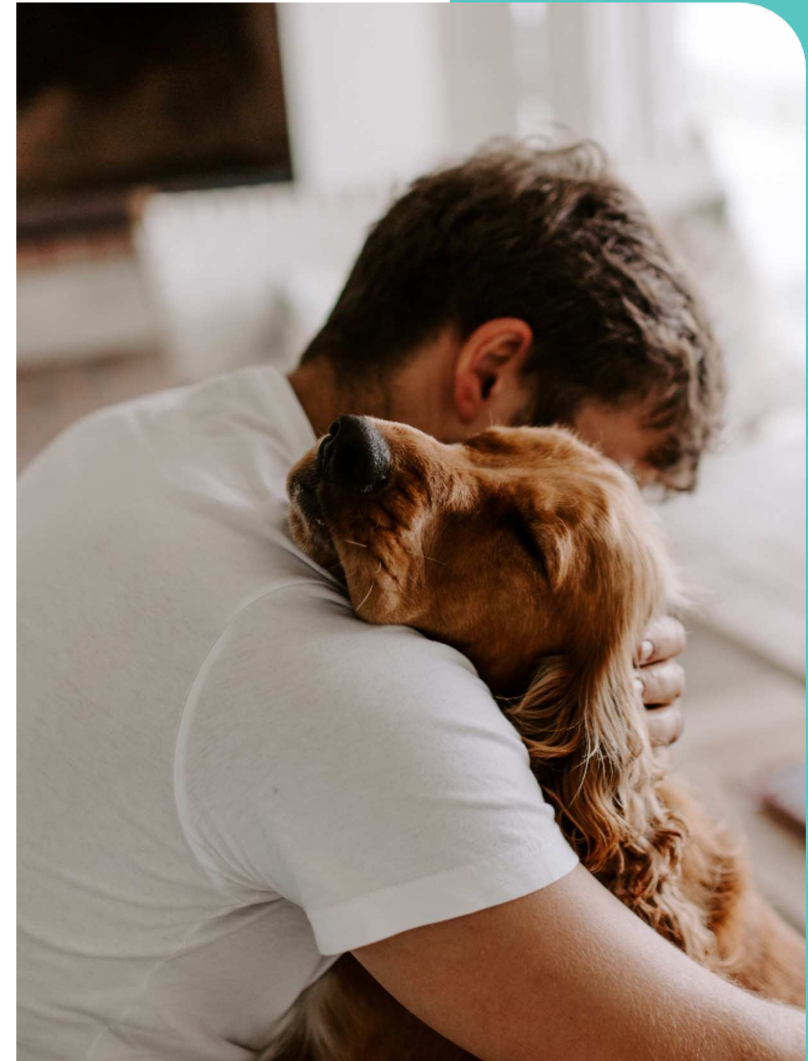
Working with Disorganized


- Help the client move from dysregulated states back to regulation and safety
- Use connection or give space to regain presence
- Work with the “wounded child”—experiential exercises
- Untangle two hard-wired systems (i.e. protect and connect)
- Install a “competent protector”
- Help them recognize when they can feel connected and cared for
- Establish safety first and earn trust gradually
- Teach and practice secure attachment skills

WORKING WITH DISORGANIZED

It is critical to prevent over-activation when working with complex cases involving trauma and abuse.

Pacing and dosing from dysregulation back to regulation can foster a sense of safety and strengthen innate secure attachment.



A photograph of two hands clasped together, with a teal overlay and a teal vertical bar on the right. The hands are positioned in the lower half of the frame, with one hand resting on top of the other. The background is blurred, showing a person in a white shirt. The text is centered in the upper half of the frame, overlaid on the teal background.

We are fundamentally designed to heal
our attachment system and develop
deeper, more fulfilling connections.



Join Dr. Diane Poole Heller for...

ATTACHMENT STRATEGIES FOR ADULT RELATIONSHIPS

Learn how to navigate the complexities of adult attachment system dynamics—and foster a healthy relational space that restores secure attachment, improves communication and promotes deeper connections.

Save your spot today! Enrollment for this course is only open every other year.



Enrollment closes September 27, 2022 at 11:59 pm PT

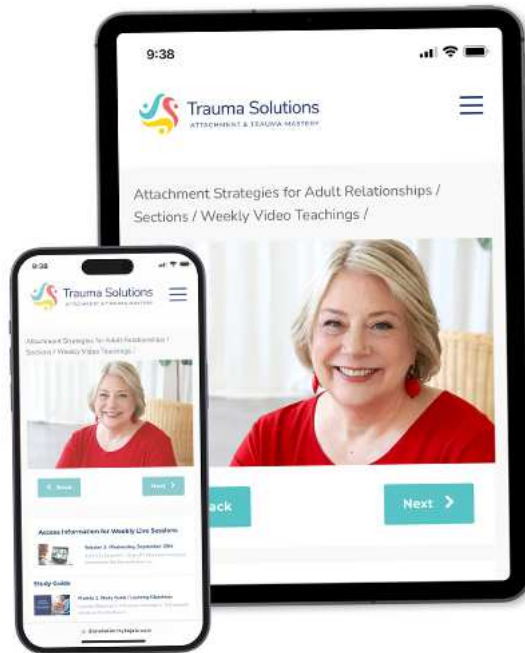


Trauma Solutions

ATTACHMENT & TRAUMA MASTERY

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

ATTACHMENT STRATEGIES FOR ADULT RELATIONSHIPS



**LIVE Weekly Sessions
with Real Client Demos**

Six, LIVE 60-minute Interactive Sessions (+ Q&A) with Dr. Diane Poole Heller

Join Dr. Heller for 6, LIVE 1-hour online sessions that include teaching review, real client demos (to show the work in action), experiential exercises and plenty of time for Q&A.

Participate live or download the replay recording at your convenience if you cannot make the scheduled time. Learn concepts, frameworks, techniques, practical exercises and ways to apply the work to everyday practice.

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

ATTACHMENT STRATEGIES FOR ADULT RELATIONSHIPS

Six Video Training Modules

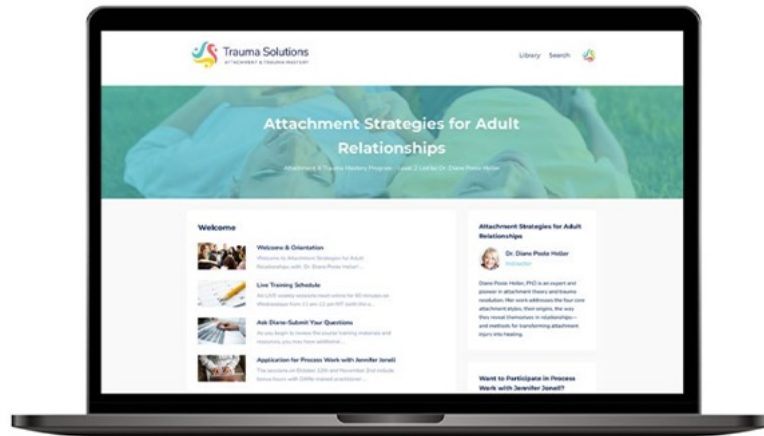
Each week you'll get access to a recorded training module that provides the foundation of attachment theory so you can better understand how to foster a healthy relational space—and begin to learn corrective exercises, skills and strategies that help our clients heal and thrive.



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

ATTACHMENT STRATEGIES FOR ADULT RELATIONSHIPS

Your Own Course Portal with Downloadable
Access to Video, Audio, Transcripts & Bonus
Resources



Every live training will be recorded. The recorded replay will be available in video, audio and written format, so you'll be able to access content 24/7/365.

If you miss a training session, want to download transcripts and use them for reference and note taking—or want to watch the trainings at a later date—you'll be able to do so at your convenience.

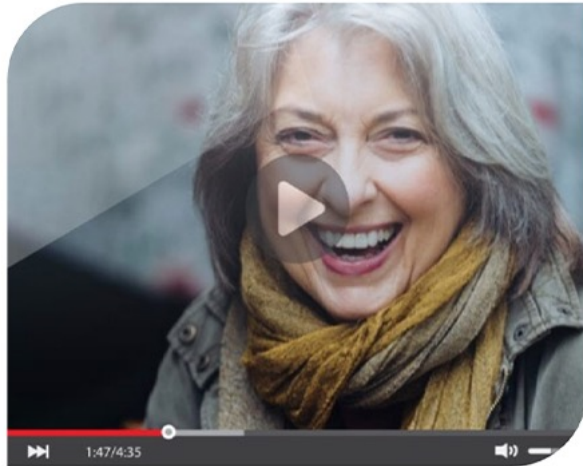
The course portal is also a terrific place to ask questions, grow your network and receive support directly from Dr. Heller.

Plus, You'll Get These Special Bonuses...



BONUS #1

NEW! Two 60-Minute Integration Sessions with Jennifer Jonell



BONUS #2

Two Trainings with DARE Trainer and Trauma Therapist—Patti Elledge

Enroll Now!

CHOOSE YOUR PAYMENT OPTION

Best *Value*

ONE PAYMENT

\$797

~~Was \$997~~

CHOOSE

Most **Flexible**

5 MONTHLY
PAYMENTS

\$169/ EACH

CHOOSE

Save your spot now! This course is only offered every other year.

Enrollment ends September 27th at 11:59 pm PT



Join Dr. Diane Poole Heller for...

ATTACHMENT STRATEGIES FOR ADULT RELATIONSHIPS

Learn how to navigate the complexities of adult attachment system dynamics—and foster a healthy relational space that restores secure attachment, improves communication and promotes deeper connections.

ENROLL NOW:
attachmentmastery.com



Enrollment closes September 27, 2022 at 11:59 pm PT