



The Dynamic Attachment Re-Patterning Experience
www.DrDianePooleHeller.com 303-790-0603

For Immediate Release

Media Contact:

Brian Spielman 720-771-1253

www.DrDianePooleHeller.com

“Creating Healthy Adult Relationships” Secrets of Getting and Staying Attached Introduction Day and Workshop

Everyone wants love. Until now, few of us had directions on finding and keeping it. Presenting the latest in Somatic Attachment science “**The Dynamic Attachment Re-Patterning Experience (DARe)**” workshop series shares the secrets of successful relationships and how therapists can help their clients attain greater joy and intimacy in love.

Created by international author and trainer, **Diane Poole Heller, Ph.D**, the three-day DARe workshops reveal how four core **Attachment Styles** (patterns of the way we connect with others) impact all of our adult relationships. Through these dynamic and interactive workshops therapists and helping professionals learn how to recognize and release negative patterns clients hold and help them adopt healthy communication and self awareness skills that lead to secure, happier relationships.

DARe, the Dynamic Re-Patterning Experience, is an international training program created by Dr.

Diane Poole Heller, a Trauma and Attachment expert. Dr. Heller, based in Louisville, Colorado, is well

known as a global Somatic Experiencing© trainer for the [Somatic Experiencing Training Institute](http://www.SomaticExperiencingTrainingInstitute.com)

established by Peter Levine, and author of “Crash Course,” an internationally published auto accident recovery program.

Heller created DARe as a response to prevalent relationship quandaries. She says, “My goal is to stop unnecessary suffering that people experience in relationships because of early childhood experiences with

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caregivers. Given the right tools adults can find deeper, more satisfying relationships that ultimately lead to better parenting, communities and a better world.”

Current science and Dr. Heller’s research has shown that early bonding patterns can be a predictor for behavior in adult relationship. Attachment Styles are a key factor in determining how successful one can be in creating lasting adult relationships. Heller demonstrates how four styles of attachment – Secure, Ambivalent, Avoidant, and Disorganized, and their particular patterns – influence adult relationships. She trains therapists in how to identify the particular styles that hamper sound emotional connections. Through “hands on” approaches to learning, live client sessions, experiential exercises and creative corrective experiences, she provides practical steps for new ways of relating that result in healthier bonding. Therapists are finding more success in helping their clients achieve more ease, understanding, and harmony in close relationships through Dr. Heller’s engaging and compassionate teaching style and the essential information revealed in the DARe workshops. Heller provides workbooks, DVDs and actual client session demonstrations in her presentations.

Boulder therapist [Sandy Novak](#) notes the benefits of the DARe program, “The work has made some dramatic differences for clients in the way they relate. Diane does a great job of balancing didactic presentations, demonstrations and experiential exercises for everyone to participate in. She helps you get the knowledge "in your bones."

Diane Heller continues to present the series in the USA and Europe throughout 2011. Topics presented in DARe workshops include healing early attachment wounds, neurobiology and attachment, and the inter-relationship of trauma and Attachment issues.

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Diane Poole Heller, Ph.D is a trainer, presenter, and speaker offering workshops, teleseminars and educational materials on Trauma, Attachment Models and their dynamics in childhood and adult relationships, as well as many other topics. She has lectured and taught around the world as both a Somatic Experiencing trainer and Special topics presenter, most recently with her very popular DARE: Dynamic Attachment Re-Patterning Experience series.

Diane is noted for her ability to communicate complex topics with humor and clarity. She is available for workshops, speaking engagements and private phone consultations.

Dr. Heller began her work with Peter Levine, founder of the Foundation for Human Enrichment (FHE) and the “Somatic Experiencing” (SE) method of trauma resolution in 1989. As a Senior Faculty member for FHE she teaches Somatic Experiencing in the US and worldwide, including Denmark, Italy, Norway, Switzerland, Israel, Germany and Australia.

She weaves her 30 years of experience in the Diamond Logos spiritual practice with what she has learned in the field of body, mind, and spiritual sciences in a holistic approach to trauma healing.

Her book “Crash Course,” a guidebook on how to resolve auto accident trauma, is used as a resource for healing general trauma in the US and internationally.

Her highly successful series of media resources for DARE: Dynamic Attachment Re-Patterning Experience training, Somatic Based Therapy practitioners, and lay people interested in healing trauma and Attachment Wounds is available on her website at <http://www.dr Dianepooleheller.com>

As president of DARe and Trauma Solutions, a psychotherapy training organization, Dr. Heller concentrates her efforts to support the helping community through an array of specialized psychotherapy topics. She maintains a limited private practice.

What are Attachment Models Dynamics in Relationships?

A Brief Summary

'**Secure**' healthy attachment with parents who are present, safe and consistent offers the holding environment that allows for healthy relating and bonding. Fortunately, we can re-access the original, innate healthy attachment system later in life. When we come to understand our early attachment styles in a healthy environment today, the original imprints that are the foundation of our self-protective ego structure can be healed so that we can be more in contact with our intrinsic core intactness and enjoy fulfilling relationships embodying our Authentic Self.

Unavailability, hostility, and lack of fulfillment from caregivers in the '**Avoidant**' attachment model can result in a feeling that relationship and intimacy are so difficult that we tend to stay on the sidelines...perhaps a major 'disconnection' from relationships as a source of comfort in life.

The here today, gone tomorrow '**Ambivalent**' type of bonding leads to continual frustration and insecurity in relating that may manifest as feeling incapable of ever being truly loved or lovable enough and an over-focus on the "other" and an under-focus on the self.

When a parent is terrifying, we may become so frightened and confused in relating that '**Disorganized**' attachment can result. This describes a conflict between two major biological drives that occurs when a child looks for a safe attachment figure, and finds instead a need to protect oneself through the survival instincts to dis-attach.