



# Teaching the World to Heal

The Association for Training on Trauma and Attachment in Children (ATTACH) is a national and international coalition of parents, professionals and caregivers with the know-how to increase awareness and understanding about attachment and its critical importance in human development.

## Our Mission

ATTACH aims to equip all communities with education and tools to create healthy attachment and support to heal trauma.

## Our Vision

ATTACH envisions a world where all have the capacity for secure human connection.

## → New Focus Area! Youth and Young People

ATTACH is excited to offer new groundbreaking programs for youth and young adults across the nation and internationally. ATTACH will focus on the development of skills and supports young people need for recovery, and to master mental health challenges.

Programming will focus on reducing the negative impact on their relationships, school success, recreational activities, health and wellness, daily living, early career experiences. ATTACH will also incorporate leadership opportunities into the programming.

## Our Services

- **Live, Online Trainings**
  - Hope for Healing - Parent Training
  - Treating Developmental Trauma and Attachment in Children
  - Valuing Sibling Relationships - Siblings Series - Part 1
  - Shifts in Sibling Dynamics - Siblings Series - Part 2
  - Occupational Therapy Attachment & Trauma Certification Series - Level 1
  - Occupational Therapy Assessment for Attachment & Trauma Training Certification Series - Level 2
  - Occupational Therapy Certification Series - Level 3 (In Development)

- **Online Parent Support**

Our Parent Support Group is a place where individuals can talk about their experiences and gain feedback without judgement or criticism. The group helps individuals develop positive parenting solutions and support to improve relationships with their children.

- **Membership**

ATTACH is a membership-based, non-profit organization whose members represent mental health clinicians, occupational therapists, parents, individuals and organizations from around the world. Many members are professionals who are leaders in research, education, management, and direct service delivery. They are also parents and peers seeking help or sharing support.

- **Annual Conference**

ATTACH in-person conferences educate, build capacity, resources and connections with those in mental health, occupational therapy and other fields that provide care and treatment to children and young people living with trauma and attachment disorders. This dynamic event also convenes, educates and supports individuals who are parenting a child or young person who has experienced trauma. Continuing Education credits and Attendance Certificates provided.

The need to heal is serious.



# What Is Attachment Trauma?



A child's early life experiences shape their adult life, and the relationship with their primary caregiver is among the most important for their development.

Attachment trauma is a consistent disruption of physical and emotional safety in the family system.

Attachment trauma comes from a rupture in the bonding process between a child and their primary caregiver. Its effects can last well into adulthood. It is not what happens to a person, but what happens inside of them.

Attachment science, especially the new attachment science, shows that people, especially children, can change their attachment style at any time in their life, and can actually change the wirings in their brain at any point in their life.

## Can Children With Attachment Trauma Heal?

The process of healing from attachment trauma isn't easy, especially when a child might not have immediate access to secure relationships.

It's important to remember that just as it has taken a child time to build an attachment style, changing an attachment style takes time too.



**It's not that [my child] doesn't care or doesn't want my love,** it's just that right now, with the tools she has, she actually isn't able to form the same kind of connection with me. I see that can change, and that is huge."

An ATTACH Parent Member



### Get in Touch



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