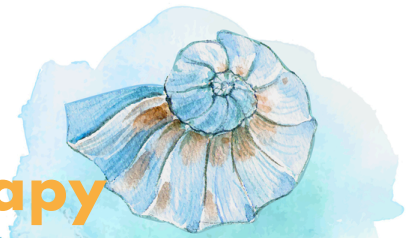


Attachment-Focused Trauma Therapy for Adults (AFTTA) Overview



Inner Self Therapy

Source: 'EMDR and Attachment-Focused Trauma Therapy for Adults: Reclaiming Authentic Self and Healthy Attachments' by Ann Potter, Ph.D & Debra Wesselmann, MS, LIMHP (2022); Adapted & Compiled by Samantha Getha, LCSW

This therapy approach helps you heal from the impact of past childhood experiences and develop a stronger, more integrated sense of self. Here's what you can expect in the sessions:

1. INTRODUCTION | PARTS-ADULT-CHILD MODEL

We'll explore the different parts of your inner self and how your childhood experiences have shaped your patterns and formed unmet needs. These needs may be addressed imaginally in ways that remind you "I have everything I need and am okay."

3. BUILD | A RESOURCE TEAM

Together we'll identify your strengths, goals, and supportive inner resources to help you on your healing journey.

2. DEVELOP | SAFE PLACE & NURTURING PROTECTIVE CAREGIVER

We'll create a safe, nurturing inner space for your adult self and child parts to feel soothed and cared for.

4. STRENGTHEN | YOUR COMPETENT ADULT SELF

We'll tap into positive memories and experiences of when you felt capable and confident to reinforce this part of you.

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5. FACILITATE | CORRECTIVE ATTACHMENT EXPERIENCES

Your adult self will reach out to comfort and reassure your inner child parts, helping to heal old wounds.

7. REVISE | EARLY BONDING CONTRACT RULES

We'll rewrite the unspoken "rules" you developed in childhood to create healthier patterns in your current relationships.

6. NEGOTIATE | NEW ROLES FOR CRITICAL/CONTROLLING PARTS

We'll work with parts of you that used to be protective but may now be unhelpful, and find new, more constructive ways for them to support you.

8. DEVELOP | A THERAPEUTIC STORY

We'll craft a cohesive narrative of your past that integrates both the positive and difficult experiences.

Throughout this process, we'll use bilateral stimulation techniques, such as eye movements, self-tapping, and auditory cues, to help integrate and strengthen the positive changes you're making. The goal is to help you feel more whole, confident and connected within yourself. This internal corrective attachment work helps to support the re-processing stage of EMDR therapy.