

The Attachment Cure:  
*Somatic Interventions for Relational Trauma, Childhood Grief and  
Intimacy Wounds*  
Video Course

Dr. Janina Fisher

Video Course  
CPD hours: 21

Includes 3 Video Courses + Exclusive 90-Minute Pre-recorded Integration Session



Online video access remains available for 1 year or 3 years from the date you receive the video course, depending on the ticket type.

**The Revolutionary Learning Model: Study → Practise → Integrate**

This isn't traditional training—it's a complete clinical transformation system. Unlike standalone courses that leave you wondering "how do I actually use this?", this programme creates a powerful integration cycle:

- **STUDY:** Master three foundational video courses at your own pace
- **PRACTISE:** Apply the somatic tools directly with your clients over several weeks
- **INTEGRATE:** in this session, Janina examines real clinical experiences—what catalysed breakthroughs, what required adjustment, and how to refine approach

**The Core Clinical Challenge: When Relational Wounds Live in the Body**

Clients with attachment trauma often present as high-functioning but emotionally unreachable. They long for closeness while bracing against it, grieve a childhood they never truly had, or become dysregulated by even minor relational cues. Traditional approaches can feel like working around these wounds rather than through them.

**This programme moves beyond insight into embodied transformation. By combining somatic tracking, mindful presence, and neurobiological attunement, Janina offers a treatment roadmap for healing what was never named: traumatic caregiving, invisible losses, and the terror of intimacy.**

**The Three-Stage Clinical Journey:**

1. **Attachment Injury** - Address the imprint of early relational trauma on the nervous system



2. **Grief Recovery** - Work somatically with the pain of what was absent, not just what occurred
3. **Intimacy Repair** - Rebuild trust in connection without retraumatisation

This isn't just about understanding attachment theory—it's about recognising how early relational wounds become embodied patterns of protection, and learning to work with them somatically rather than cognitively.

### **The Integration Session: Where Theory Becomes Mastery**

This exclusive 90-minute session is where clinical theory transforms into therapeutic artistry. Janina doesn't just review the material—she weaves the three modules into a cohesive clinical framework, using actual practice experiences as the foundation.

### **Essential Clinical Skills You'll Develop**

- ✓ Decode the somatic patterns associated with insecure and disorganised attachment
- ✓ Use body-based interventions to process grief over what was missing or never allowed
- ✓ Support clients who mistrust closeness or dissociate during moments of connection
- ✓ Apply mindfulness and present-moment tracking to regulate defensive responses
- ✓ Repair therapeutic ruptures in ways that build safety, not shame
- ✓ Strengthen your own embodied presence when working with relational trauma
- ✓ Navigate the delicate balance between connection and overwhelm in attachment-injured clients

### **The Three Video Modules: Your Attachment Repair Toolkit**

#### **◆ Module 1: Healing Broken Bonds – The Consequences of Traumatic Attachment**

##### **Foundation: Addressing Early Relational Rupture**

This module explores how disrupted early caregiving creates embodied patterns of fear, shame, and emotional isolation. Janina provides a somatic framework for understanding clients who re-enact abandonment, avoid vulnerability, or mistrust the therapy relationship itself. You'll gain clinical tools for rebuilding safety without retraumatising clients who have never known secure attachment.

#### **◆ Module 2: Grieving a Lost Childhood – Somatic Interventions for Intangible Losses**

##### **Recovery: Processing What Was Never Given**

Some of the deepest client wounds come not from what happened, but from what didn't: emotional presence, attunement, protection. This training focuses on helping clients name and grieve the "non-events" of early life. Through somatic tracking and mindfulness techniques, Janina shows how to honour these losses and facilitate integration—even when clients have no conscious memory of what was missing.

#### **◆ Module 3: When Intimacy Feels Unsafe – Healing the Trauma Legacy**

##### **Integration: Rebuilding Safety in Connection**

After trauma, closeness can feel dangerous. This course explores how clients protect themselves through emotional distancing, dissociation, or relational sabotage. With particular emphasis on the therapist-client relationship, Janina provides practical tools for making intimacy tolerable again. You'll learn how to move clients from protection to engagement—without pushing past their window of tolerance.



## Why This Programme Changes Everything

- ★ **Relational Depth:** Work effectively with attachment trauma, grief, and intimacy wounds—not just cognitive content
- ★ **Embodied Safety:** Learn to create felt safety for clients who struggle to trust or connect
- ★ **Evidence-Based Integration:** Sensorimotor Psychotherapy, Polyvagal Theory, and mindfulness woven into practical interventions
- ★ **Case-Driven Learning:** Janina draws directly on attendee-submitted cases for real-time application
- ★ **Master Clinician Mentorship:** Deepen your confidence and clarity with Janina's expert integration guidance
- ★ **Therapeutic Relationship Focus:** Learn to use the therapy relationship itself as a healing container

Whether your client pulls away at the moment of connection, aches for something they can't name, or becomes dysregulated by care itself, this programme gives you the tools to work at the intersection of attachment and embodiment—where real repair begins.

## About the speaker

**Janina Fisher, Ph.D.** is a licensed clinical psychologist and a former instructor, Harvard Medical School. An international expert on the treatment of trauma, she is an Executive Board member of the Trauma Research Foundation and a Patron of the John Bowlby Centre. Dr. Fisher is the author of *Healing the Fragmented Selves of Trauma Survivors: Overcoming Self-Alienation* (2017), *Transforming the Living Legacy of Trauma: a Workbook for Survivors and Therapists* (2021), and *The Living Legacy Instructional Flip Chart* (2022), as well as numerous peer-reviewed journal articles. She is best known for her work on integrating mindfulness-based and somatic interventions into trauma treatment. Her treatment model, Trauma-Informed Stabilization Treatment (TIST), is now being taught around the world. More information can be found on her website: [www.janinafisher.com](http://www.janinafisher.com)

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