

DARe 2

Creating Healthy Adult Relationships with Diane Poole Heller, Ph.D

March 1-3, 2013

Vancouver School of Theology, University of British Columbia

DARe Module 2 focuses on Early Attachment Styles and how they manifest in adult personal relationships of all kinds – friends, family and romantic partners or spouses. It blends didactic presentation, demonstrations and experiential exercises to present a clear understanding of the practical application of the DARe® principles, Corrective Experiences, and Somatic Experiencing® techniques, and how to alleviate stuck patterns of the past.

Every day people are looking for clues to the mystery of loving relationships. This workshop provides the keys to that mystery by teaching you how to compassionately free yourself from the patterns of Early Attachment Wounds that influence adult relationships. This important information is crucial for therapists or individuals who want deeper, happier, more fulfilling relationships.

Through this fun, information-packed workshop you will learn to recognize the dynamics of Secure, Avoidant, Ambivalent and Disorganized Attachment patterns, and how we might be influenced by them later in life. This material builds on the fundamentals of DARe 1.

Topics we will explore include:

- Your Needs Style: Do you reject, deny, exaggerate or avoid your needs and why?
- Your Sense of Connection: Do you fear abandonment or override other's boundaries?
- Presence: Can you show up, stay connected to yourself while engaging with others?
- Healing Your Relationships: Understand your Inner Working Models of Attachment , Styles, how these manifest in your Adult relationships
- Use corrective Antidotes for disruptive relationship patterns, and incorporate specific Transformative processes of healing.
- Integration: Free your Encapsulated Inner Child from the prison of the past. Mature and integrate the parts you left behind into your Adult Self.
- Assessment Tool: included is a Questionnaire for determining Attachment Styles for both yourself and your Clients.

Through This Work You Will Gain:

- A deeper understanding of how our past infiltrates into our present
- Knowing how these dynamics can be transformed
- More skills to serve your clients and your own growth
- Specific examples of how techniques are applied to relationship styles
- An assessment tool for determining client Attachment Styles

This workshop is a blend of didactic presentation, demonstrations and experiential exercises. You will gain a clear understanding the practical application of Somatic Experiencing® and DARe® principles, including Somatic Techniques and Corrective Experiences to alleviate stuck attachment patterns. As you explore this material and your own attachment history, you will discover how to help your clients heal their relationships, which are such an important part of our human journey.

Who may attend: This training is open to all helping professionals that work with attachment, relationships, family dynamics, high stress, crisis and trauma. DARE, Module 1*, taken as a workshop, or reviewed through the DARE OVERVIEW DVD, is required for the other DARE workshops. Workshops 2, 3, and 4 may be taken out of order. You may take as many or as few workshops as you like.

Diane Poole Heller, Ph.D., is an established expert in the field of trauma resolution, Attachment Models, and integrative healing techniques. She 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. Dr. Heller began her work with Peter Levine, founder of the Somatic Experiencing® Training Institute (SETI) and the "Somatic Experiencing®" (SE) method of trauma resolution in 1989. As a Senior Faculty member for SETI she teaches Somatic Experiencing® in the US and worldwide, including Denmark, Italy, Norway, Switzerland, Germany, Holland, Turkey, Israel, Egypt, Brazil, Canada and Australia. She weaves her 30 years of experience in the Diamond Approach spiritual practice with what she has learned in the field of body, mind, and spiritual sciences in a holistic approach to trauma healing and Relational Trauma Repair. 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. She also has a 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. As dynamic speaker and teacher Diane has been featured at prestigious international seminars and conferences and is the author of numerous articles in the field, including Surviving Columbine, a video production dealing with the Columbine High School tragedy, which was featured on CNN. 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.

For more information about Diane and her DARE workshops visit her website www.drDianePooleHeller.com

WHERE: Vancouver School of Theology at the University of British Columbia
6000 Iona Drive Vancouver, BC V6T 1L4

WHEN: March 1-3, 2013
Friday March 1 10 am to 6 pm – 2 hour lunch break
Saturday March 2 10 am to 6 pm – 2 hour lunch break
Sunday March 3 9:30 am to 5 pm – 1.5 hour lunch break
Hot beverages and light snacks will be provided.

REGISTER: Workshop Fee is \$620 CAD. Early bird rate of \$580 if received by January 18, 2013.
Discounted rates for folks aged 60+ and students with proof of full time status \$ 520.00
[For discounted rates to apply, registration must be received by January 18, 2013](#)
We regret that we do not accept credit cards. Refunds available if notification is received by February 15, 13 minus a \$50 administrative fee.

Name: _____

Address: _____

Phone and email: _____

Check the appropriate box;

- \$520 aged 60+ **received** before Jan 18, 13
- \$520 early bird **received** before Jan 18, 13
- \$620 **received** after Jan 18, 13

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If the check is in US Funds make the check payable to Debi Hartwell and make the necessary conversion.

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