

**Working Somatically with Attachment styles**, is a four-day immersive course designed for somatic therapists who want to deepen their capacity to work safely and effectively with relational patterns held in the nervous system.

This training bridges attachment theory with somatic practice, allowing you to understand attachment not only as a concept, but as a lived nervous system experience. You will learn to recognise attachment patterns as they unfold in the body and develop the skills to work with them safely and effectively.



**Dates:** Weekend 1: 27<sup>th</sup> and 28<sup>th</sup> of June; Weekend 2: 18<sup>th</sup> and 19<sup>th</sup> of July

**Times:** 10:00 – 17:00 (with one hour lunch break between 13:00 – 14:00)

**Location:** Calmer Being at 21a Walker St, Edinburgh EH3 7HX

**Price:** £600 per person

#### Training content and focus

Attachment is fundamentally a biological survival system. The ways we move toward or away from connection are shaped by early nervous system experiences and continue to organise how we relate as adults.

This training will explore how attachment patterns form, how they manifest somatically, and how they can shift through safe, regulated relational experience.

We will cover:

- Attachment as a nervous system survival process, and how early relational experiences shape adult patterns
- How anxious, avoidant and disorganised attachment strategies appear in the body and in therapeutic relationships
- How relational anxiety, withdrawal, and defensive adaptations function as intelligent survival responses
- How attachment-organised parts develop, including survival roles and internal fragmentation
- How conflicting impulses such as approach and withdrawal arise, and how to work with them safely
- How secure attachment can develop in adulthood through nervous system regulation and relational repair
- The role of the therapist as a regulating presence and temporary attachment figure
- How to support clients in returning to adult nervous system functioning and letting go of unmet relational expectations

#### Structure of the training

Each day includes both theoretical and practical components.

Mornings focus on theory, demonstrations, and discussion, providing a clear framework grounded in attachment science and somatic practice.

Afternoons focus on experiential learning, including live demonstrations and supervised practice in small groups, allowing you to develop practical skills in a safe and supported environment.

The emphasis throughout is on developing the capacity to:

- Track attachment processes in the nervous system
- Work safely with relational activation
- Support nervous system regulation and repair
- Facilitate the emergence of earned secure attachment

#### Who this training is for

This training is designed for somatic therapists and practitioners who want to deepen their understanding of attachment and strengthen their ability to work effectively with attachment patterns in clinical practice. It is suitable for those already working somatically who wish to refine their skills, enhance their clinical effectiveness, and develop greater clarity and confidence in supporting clients toward more secure attachment.

Participants should have prior experience working with clients in a somatic or therapeutic context. No prior specialist training in attachment theory is required.

#### CPD accreditation and certificate of attendance

This training counts as 24 CPD (Continuing Professional Development) hours and is designed to support the ongoing professional development of somatic therapists and practitioners. Participants will receive a certificate of attendance upon completion of the course.

In order to qualify for the certificate and CPD credits, participants are required to attend at least 90% of the training. This ensures sufficient engagement with both the theoretical and experiential components of the programme.

#### How to register

If you would like to attend, or would like further information, you can reply to this email or contact Ana at: [contact@anaisabelpiris.com](mailto:contact@anaisabelpiris.com)

Places are limited to 9 in order to maintain a small group and ensure individual support.

#### Interested but unavailable?

If you are interested in this training but the current dates do not work for you, please feel free to get in touch to express your interest. I will be offering this workshop again in the future, and I would be happy to notify you of upcoming dates and opportunities to attend.