

# Attachment Explained Bundle



## Includes:

- Handouts
- Videos
- Selected Podcast Episodes

**To Get You Started On Your Path To Secure Relating!**

Thank you for downloading our “Attachment Explained” bundle! Whether you're here for personal growth or professional development - welcome!



We're an independently produced, inclusive space where everyone's relationship journey matters. The podcast is indie-produced, female-led, queer friendly and yet remains a Top 10 Apple Social Science podcast in the US & many other countries.



We hope to help you better understand your brain - in order to understand your mind - to help you create a more secure relationship with yourself and with those you love.

To help you get started, we've pulled together some of our “Attachment Basics,” along with some of our most popular content, and put it all in this bundle for you!

Let's geek out together -

Your Co-Hosts, Dr. Ann Kelley & Sue Marriott

## Before you Begin...

Ever notice how we all use the word "attachment" like we're talking about the same thing? Here's what's fascinating – developmental researchers, social scientists, clinicians and the public use the term differently, so it's understandably more confusing than it seems on the surface.

We're here to make sense of it all. We have studied and digested boatloads of research (over 70 years worth!) and translate the most important parts that really matter in everyday life. We also incorporate these scientific insights with real-world wisdom from our therapy rooms and our own messy, personal journeys. You'll also find all the leading experts in the various fields we cover so that we can bring you "aha" moments and practical tips grounded in the real science.

Think of us as your friendly guides, translating complex ideas into those wonderful lightbulbs of insight. Whether you're curious personally or professionally, we speak your language.

We do all this and have now for 9 seasons because these insights can be life-changing, and we want *everyone* to have access to them!

# Get Involved with Therapist Uncensored

Click sticky note below to find out how you join us!

## Podcast

Follow us on:



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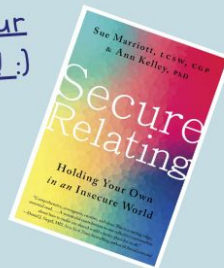
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## Engage

- Join email list.
- Join fb community.
- Join Neuronerd Online group.

## Learn More

Buy our book! :)



## Study / Heal

- Enroll in Beyond Attachment Styles Course
- Join the Vitality Series

Thanks for showing up, for staying curious, and for being part of this amazing community!

# What's new?

## ADVANCED CONTENT

[Secure Relating: Holding Your Own in an Insecure World](#)  
is our critically-acclaimed book that brings together  
everything we've learned so far.

New Course!

[Beyond Attachment Styles: Using Modern Attachment to Deepen Your Security and Improve Close Relationships](#)

Vitality Series

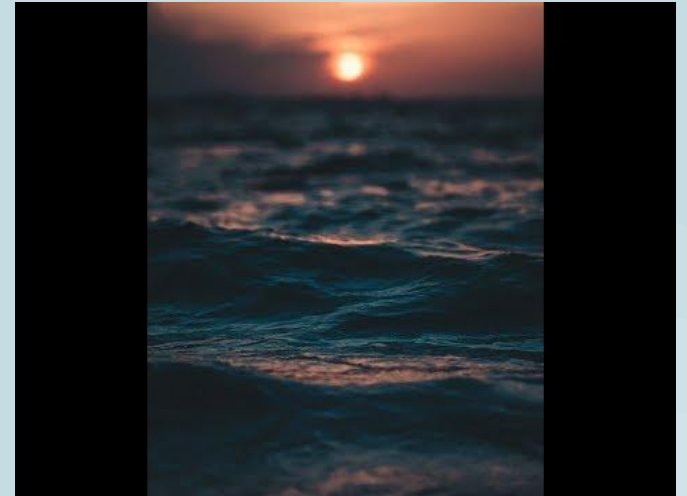
[Brewing Vitality – A Monthly Gathering](#)

# Let's Dive In...

## STEP 1

This now embarrassing :) video gives an overview of the modern attachment spectrum, and introduces attachment in general. There are 3 chapters, it's about 13 minutes long but worth it - plus, we think you'll get a chuckle.

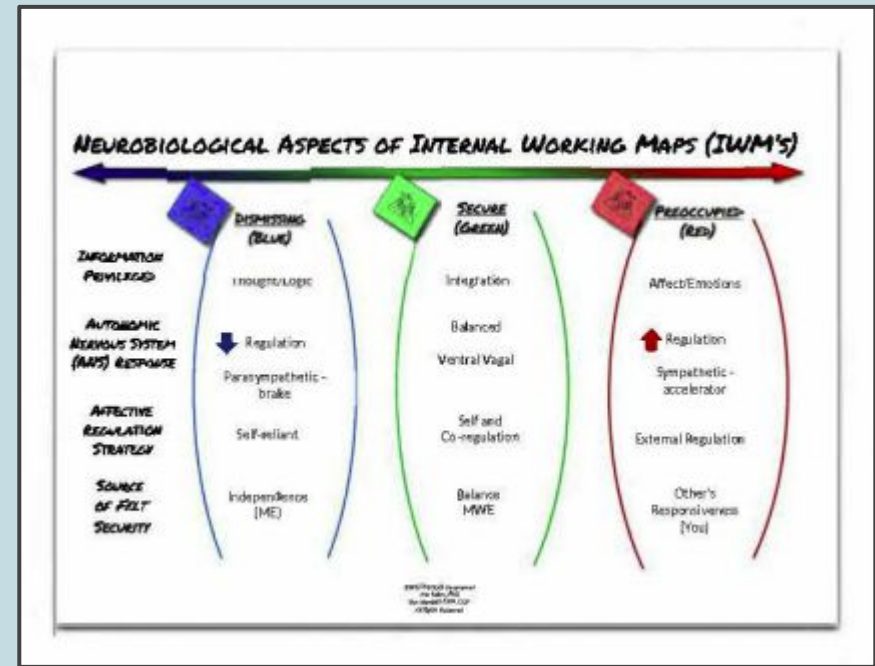
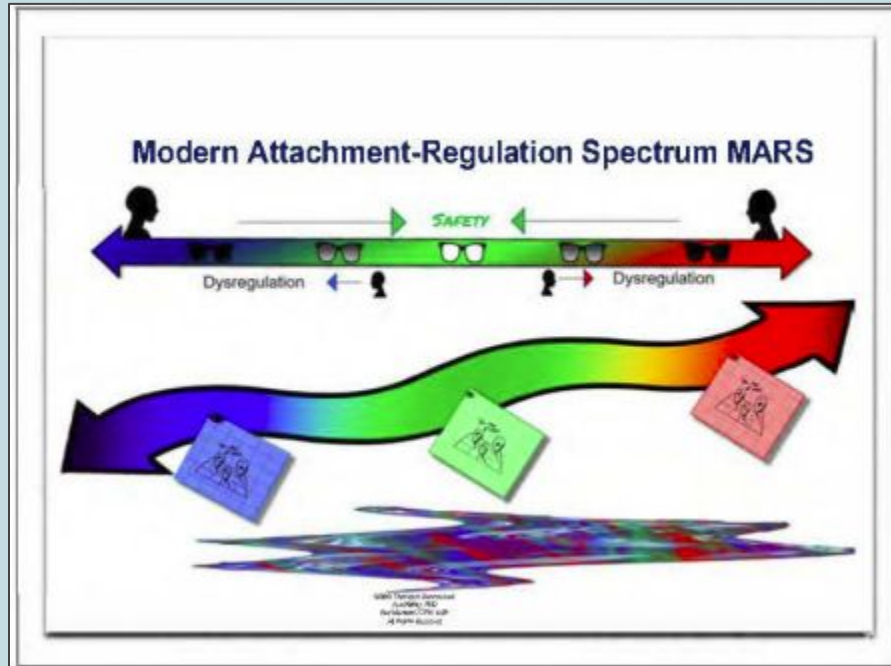
Check out our [resource page](#) which lists works by many of the great researchers and clinicians that have advanced these ideas.





# STEP 2

Next, download these two pages on the attachment spectrum.  
Click the images below to download.



# STEP 3

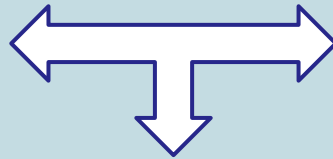
If you are new to this all, these from our archive will catch you up...

## Episode 5 -

**“How Attachment Impacts Adult Relationships”**

with guest Traci Campbell

This is the first of many conversations with Traci. She is awesome at asking the questions that you may ask if you were sitting right there with us.



## Episode 54 -

**“The Stress Response System Across the Lifespan”**

Anyone caring for aging parents, or curious how attachment systems play out...

## Episode 18 -

**“Polyvagal Theory, Understanding Irrational Threat Responses in Relationships”**

This is still an early episode - cringe - but we cover some great basics of a very important concept that everyone should know!





If you've been around awhile in this content area, pop in with these more recent episodes to get our vibe.

## TU 163 -

Sue and Ann geek out about attachment assessment and interview with Dr. Carole George

## TU 166 -

Regulation basics - Sue and Ann geek out again but this one is more updated

## TU 168 -

Civil rights activist Loretta J. Ross teaches us how to use the power of our voice most effectively with those we disagree. This was a big hit, do not miss this one!

These next three go together, they are fan favorites -

TU 59 -

“Are You Cool or Just  
Cut Off?”

TU 60 -

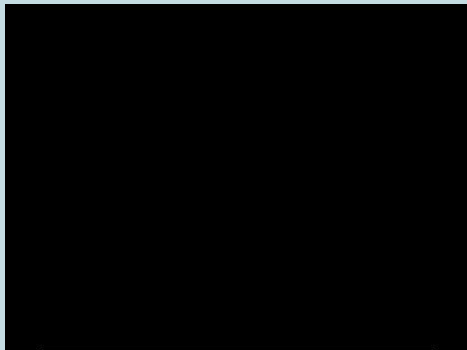
“Preoccupation in  
Relationships”

TU 61 -

“It’s Not Crazy - It’s a Solution  
to an Unsolvable Problem,  
Disorganized Attachment”

# A FEW EXTRAS

We have had the privilege of being a part of some of Avaiya University's FREE online summits. The first video is from their Healing from Childhood Trauma summit and the second is from their Breaking Free From Abandonments and Betrayal summit. Please visit Avaiya's website to find out about their upcoming events and tons of additional helpful resources.



← Click to play →



## Vitality Series



## A Monthly Gathering

This is a series of monthly workshops open to anyone wanting to stay awake and alive and secure inside ourselves and between us.

This workshop is led by Dr. Ann Kelley, DeLinda Spain, LCSW-S, CGP and Sue Marriott LCSW, CGP

[Join us!](#)

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