



THE
Compassionate Mind
FOUNDATION

8th International Conference

*The Compassionate Mind in Its Social
Context: From the Body to the Social
World*

8-11 October 2019 in EDINBURGH

WORKSHOP: An Embodied Inquiry into Compassionate Attachment
with DEIRDRE FAY

When our essential relational bonds are broken or betrayed, especially in an affectively intense manner, internal disorganization occurs, undermining compassionate self-development. Split off, compartmentalized multiple selves remain unintegrated. These unresolved painful attachment patterns unconsciously repeat, breeding self-criticism, despair, and a ruptured sense of self.

Integrating early non-verbal embedded patterning through the implicit language of the body can repair and remap painful relational imprints. This is enhanced when gentle, safely embodied body-based approaches reach below the Internal Working Model to cultivate a solid, steady, secure and compassionate self.

This experiential workshop explores the seven fundamental attachment needs to reduce self-criticism and soften fears of compassion. Cultivating an embodied compassionate attachment encourages a person's innate guidance system to more easily arise, especially in the face of life's difficulties.

Key learning points

- 1) Identify seven fundamental attachment needs
- 2) Explain Embodied Movements of Attachment
- 3) Demonstrate embodied practice to integrate multiple selves
- 4) Predict how the Parallel Paths model cultivates compassionate self

Useful Reading

Brown, D., Elliott, D., et al. (2016) [*Attachment Disturbances in Adults: Treatment for Comprehensive Repair*](#). New York: W. W. Norton & Company.

Fay, D. (2017) [*Attachment-Based Yoga & Meditation for Trauma Recovery*](#). New York: W.W. Norton & Company

Gilbert, P. & Choden (2017) [*Mindful Compassion*](#). Robinson & New Harbinger.

Workshop Leader



Deirdre Fay, LICSW, integrates traditional trauma and attachment therapy with over 40 years of meditation and yoga practice. The author of [*Attachment-Based Yoga & Meditation for Trauma Recovery*](#) (Norton, 2017), co-author of [*Attachment Disturbances in Adults*](#) (Norton, 2016) and the originator of Becoming Safely Embodied Skills, Deirdre has pioneered using the internet to teach ways to heal trauma and attachment by creating an international community. A

former supervisor at The Trauma Center, Sensorimotor Psychotherapy Institute trainer from 2000–2008, certified in Internal Family Therapy, and qualified trainer in Mindful Self-Compassion, Deirdre is a respected international teacher and mentor for working safely with the body.