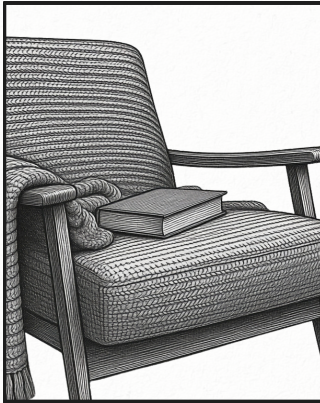


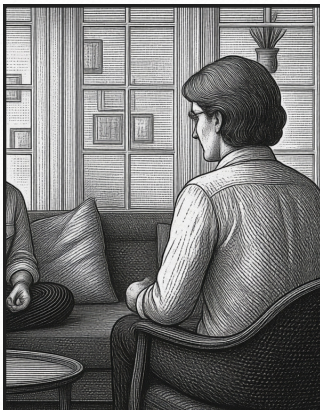
Complex Trauma & Attachment Recovery

Structured behavioural health support for individuals working through long-standing relational patterns, attachment difficulties, trauma responses, emotional regulation, and psychological recovery.



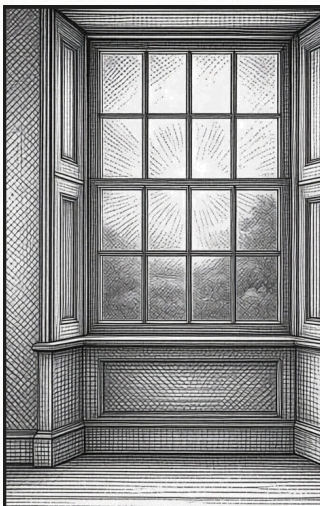
Who We Support

- Individuals experiencing attachment difficulties and relational distress
- Long-standing emotional regulation challenges
- Trauma responses affecting daily life and relationships
- Repeated behavioural patterns that feel difficult to change
- Burnout, overwhelm, and emotional survival strategies
- Difficulties with trust, boundaries, safety, and connection



Foundation Programme

- Trauma-informed assessment and formulation
- Attachment understanding and behavioural patterns
- Emotional safety and regulation strategies
- Stabilisation-focused support
- Relational awareness and practical coping strategies
- Clear recommendations and next steps



Professional Support Programme

- 8-Session Foundation Programme - £1,150
- Initial assessment and formulation
- Eight focused support sessions
- Trauma-informed behavioural strategies
- Emotional regulation and stabilisation support
- Clear recommendations and next steps

Suitable for attachment difficulties, trauma responses, relational strain, and emotional wellbeing challenges.