



# Dr. Diane Poole Heller

ATTACHMENT & TRAUMA EXPERT

## INFO



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Diane Poole Heller PhD is an internationally recognized speaker, author and expert in the field of attachment theory and trauma resolution. Her signature series on adult attachment, DARE (Dynamic Attachment Re-patterning experience), provides tools for healing from trauma and creating more fulfilling relationships.

As Senior Faculty for SEI (Somatic Experiencing Institute®), Diane studied with Dr. Peter Levine and taught Somatic Experiencing® trauma work internationally for over 25 years.

Dr. Heller is author of *The Power of Attachment: How to Create Deep and Lasting Intimate Relationships*, *Crash Course*, and *Healing Your Attachment Wounds*. Her film, *Surviving Columbine*, supported community healing after the Columbine High School shootings.

## Education, Conferences, Attachment Webinars, Interviews, Trainings and Credentials



### 2022

- Co-Taught with Peter Levine: Somatic Interventions for Chronic Pain and Syndromes — January
- Presented: Attachment Mastery Program (DARE 1 Healing Early Attachment Wounds) 6 week course — February
- Presented: International Energy Psychology Conference - Role of Attachment in Treating Trauma — February
- Taught Clinicians of Color: Intro to Attachment Styles — April
- Co-Taught with Thomas Huebl: Healing Broken Connections — April

● Co-taught with Dr. Terry Levy: TMC 16 Attachment and Trauma Therapy for Adult Relationships — June

● Taught: Healing Roots of Shame — August

● Presented: Podcast Cracking Open for Molly Carroll — September

● Attachment Strategies for Adult Relationships 6 week course — September



## 2021

● Presented: DARE 3 *Neurobiology of Loving Relationships* — Fall

● Co-Taught with Dr. Terry Levy: TMC 14 *Trauma and Attachment Therapy for Children and Families* 6-month course — May

● Attended: SE San Diego, CA Conference — April

● Presented: Attachment Mastery Program (DARE 1 *Healing Early Attachment Wounds*) 6 week course — April

● Co-Taught with Peter Levine: *Shock and Developmental Trauma* 6 week course — January



## 2020

● Presented: Podcast *Radical Addiction Recovery* for Lynn Fraser — December

● Presented: TMC 13 *Intergenerational Trauma: Heal the Pain. Break the Cycle* (6 month course) — November

● Presented Podcast: *Living 4D* for Paul Chek — November

● Presented: DARE 4 *From Wound to Wellness* — November

● Attended: Peter Levine's *Transgenerational Trauma* course — November

● Attended: Diamond Approach *The Journey of Descent and Originality* — November

● Attended: Diamond Approach *Integration Retreat* — November

● Presented: Podcast *Healing Attachment and Dreamwork* for Mimi Pettibone, the Dream Detective — October

● Presented Podcast: Good Therapy Chesna — October

● Presented: Trauma and Attachment Summit — October

● Presented: DARE 3 *Neurobiology of Loving Relationships* — August

● Presented: Podcast *Healthtalks Online: Healing Summit* for Mingtong Gu — May

● Presented: Podcast *Trauma and Mind Body Superconference Summit* for Nikki Gratix — May

● Presented: Attachment Mastery Program (DARE 2 *Creating Healthy Adult Relationships*) 6 week course — April

● Attended: *Chi Gong Retreat* with Mingtong Gu at Chi Center, Santa Fe — April



## 2019

● Presented: DARE 3 *Neurobiology of Loving Relationships* Chicago — November

● Presented: DARE 4 *From Wounds to Wellness* Chicago — November

● Presented: AMP (DARE 1 *Healing Early Attachment Wounds*) 6-week course — October

● Presented: Podcast, Empowered Kids TV *Attachment Parenting* — September

● Keynote Presenter: Spirituality Mindfulness Conference, *Insights for Healing with Attachment Theory* in Santa Fe, NM — August

● Keynote Presenter: ASERVIC Conference *Understanding Attachment Styles* at Cheyenne Mountain, Colorado Springs CO — July

● Received: *Lifetime Humanitarian Award* from ASERVIC

● Presented: TMC 12A *Secure Attachment in Times of Crisis* 6-month course — May

Presented: Radiant Intimacy Conference, *Attachment and Deepening Intimacy* in Santa Cruz, CA — May

Co-Taught with Peter Levine: *Healing Sexual Abuse* — May

Presented: TMC 11: *Shame* (6-month course) — April



## 2018

Attended: Diamond Approach *Teaching Retreat* — November

Presented: TMC 12 *Grief and Loss* (6-month course) — November

Presented: Keynote: NESTTD Boston / Brattleboro Retreat – *Adult Attachment Theory, Trauma Resolution and Integrative Healing Techniques* — November

Presented: Integrative Psychiatry Institute, *Trauma and Attachment* — October

Presented: AMP Secure DARE 2 *Creating Healthy Adult Relationships* — October

Presented Podcast: Higher Practice by Will Van Derveer *Cutting Edge Interventions Related to Attachment Theory* — July

Presented: DARE 2 *Creating Healthy Adult Relationships* — July

Presented: DARE 4 *From Wound to Wellness* — July

Presented: TMC 9 *Enlivening Intimacy, Sensuality and Sexuality* (6-month course) — June

Presented: AMP DARE 1 *Healing Early Attachment Wounds* (6 week course) — May

Presented: TMC 10 *Personality Disorders* (Schizoid, Borderline, HSP, Narcissistic, OCD) — April

Presented/Co-Taught Peter Levine *Trauma and Memory* — March



## 2017

- Presented: TMC *Character Structure* (6-month course) — November
- Co-Taught with Kim John Payne: *Secure Parenting* — November
- Attended: Diamond Approach Training — September
- Attended: David Wallin Workshop *Healing Attachment* — September
- Presented: Dare 4, *From Wound to Wellness* — August
- Presented: Sounds True's Spiritual Summit — May
- Presented: Dare 4, *From Wounds to Wellness* — April
- Attended: Eban Pagan *Thinktank on the Cutting Edge of How Adults Learn* — April
- Presented: TMC 8 *Encapsulated Child* (6-month course) — April
- Presented: FACES Conference: Attachment, Trauma and Intimacy; *Clearing the Past from Your Present* — March
- Presented: The Networker: *Understanding Attachment and Relevant Interventions* — March
- Attended: Institute for Brain Potential Seminar — February
- Presented: Dare 2 *Creating Healthy Adult Relationships* — February
- Presented: Dare 3 *The Neurobiology of Loving Relationships* — February
- Recorded: Sounds True's *Healing Your Attachment* CD Series — January



## 2016

- Attended: Terry Real's *Couples Counseling* — December
- Attended: Diamond Approach Retreat — November

- Presented: AMP 4 (Dare 1, *Healing Early Attachment Wounds*) — October – November
- Attended/Assisted Peter Levine *On Healing Trauma* — October
- Presented: *Attachment Webinar* — October
- Presented: DARE 2 *Creating Healthy Adult Relationships* — September
- Co Sponsored and Hosted: Sounds True Psychotherapy Summit, which included 14 - 20 world renowned speakers such as Bessel van der Kolk, Diana Foshe, Bonnie Badenoch, Ellyn Bader, plus personally presented a Workshop on *Intergenerational Trauma and No One to Blame*
- Developed: Post Advanced and Advanced levels of *Attachment-Related Training Curriculum* for the Somatic Experiencing® Training Institute — August - May
- Attended: Asilomar Retreat Center: Diamond Approach — July
- Presented: SATE 2 *Creating Healthy Adult Relationships* in Cologne, Germany at the UTA Institute — May
- Presented: Couples Conference in San Francisco, CA on a panel with Rick Miller and Scott Woolley. Also presented a Workshop: *Bringing the Avoidant Client Out of Their Bubble of Isolation to Help Resolve Compulsive Aloneness* — May
- Presented: Sounds True Neuroscience Summit *The Neurobiology of Healthy Relationships* — May
- Presented: Sounds True Neuroscience Summit *How You Tell Your Story Tells Your Story: Understanding How Attachment Forms Language Patterns Related to Bonding and Brain Development* — May
- Created, Hosted and Presented: at DARE to Connect II on Attachment, Trauma and Intimacy Conference in Boulder, CO. Presented *Healing Early Attachment Wounds: Embracing the Authentic Self* and hosted Dick Schwartz, John Howard, Amir Levine, Maggie Phillips, Jaci Hull and Ellyn Bader. Participated in panel discussions with all presenters — April
- Presented: 3 workshops at The Psychotherapy Networker Conference in Washington DC area on *When Therapy is Too Safe and How to Keep the Clients Within Their Range of Resiliency* and was on a panel with Diana Foshe, ACEP and Stephen Porges creator of the Polyvagal Theory and Social Engagement on *How to Work with the Client Challenges Regarding Disorganized Attachment* — March
- Presented: Psychotherapy Networker Working the Edge in Trauma Therapy – *Can Therapy be Too Safe?* — March
- Attended: Diamond Approach Retreat: Integration Retreat and Teacher Retreat

● Attended: Colorado EASE Training: *Eating Disorders*

● Taught DARE 4, *Disorganized Attachment and Victim-Perpetrator Dynamics* in Washington DC area — January



## 2015

● Presented: at Kaiser Permanente, *Overview of Healing Early Attachment Wounds and Resolving Trauma* in Los Angeles, CA — December

● Presented: *Mastering Attachment III* for 750 students — October – November

● Developed and Presented: *Intergenerational Trauma and No One to Blame*, as well as SATE/ DARE 3 on “the Neurobiology of Loving Relationships” in Cologne, Germany — October

● Co-Sponsored, Hosted and Presented: at the Psychotherapy 2.0 14-Day Summit on *Attachment, Trauma and Neuroscience* Interviewed world renown speakers such as Rick Hanson, Dan Siegel, Peter Levine, Stephen Porges, Joan Borysenko, Ellyn Bader, Michele Weinder- Davis, Bonnie Badenoch, Ron Siegel, Esther Perel Sue Johnson, etc. — September - October

● Presented: Podcast Interview with Tami Simon for Sounds True, *The Evolutionary Upgrade* for Psychotherapy Now, Louisville, CO — August

● Developed, Enhanced and Presented: DARE to Connect, a 3-day live event, a professional training with demos, experiential exercises and teaching for therapy professionals as well as specific training for facilitators and assistants, Boulder CO — July

● Presented: WISDOM 2.0 “Compassionate Mindfulness,” *Mindfulness and the Courage to Connect* San Francisco, CA — May

● Keynote Presenter: FACES Compassion and Wisdom Conference, *Integrating Attachment Theory Into Your Life and Practice* San Diego, CA — February

● Attended: FACES Compassion and Wisdom Conference, several 3-hour presentations by the following: Ron Siegel presentation on *Mindfulness in Psychotherapy*; Stan Tatkin’s presentation on *Healing Couples in Distress*; Rick Hanson’s presentation on *Neuroplasticity and Pathways to Happiness*; Peter Levine on *Spirituality and the Recovery from PTSD*; Amy Weintraub on *Yoga Practices and the Healing of Trauma*; and Richard Fields on *Compassion and Mindfulness* San Diego, CA — February

● Attended: NICABM online courses on *Neuroscience, Trauma and Mindfulness*

● Developed, Enhanced and Presented: Certification program for the DARE/SATE 4-module therapist professional training series on 1) *Healing Early Attachment Wounds: Connecting to Your Authentic Self*; 2) *Creating Healthy Adult Relationships*; 3) *The Neurobiology of Loving Relationships*; 4) *From Wound to Wellness: Healing Disorganized Attachment and Victim-Perpetrator Dynamics from Abuse*.

Developed and Presented: Mastering Attachment 1 and 2 - 22 – 44 hours professional training online to help teach therapists how to work clinically with their clients to restore Secure Attachment skills and functioning. Included expert interviews with John Chitty, Maggie Phillips, and David Wallin.

Developed and Presented: Therapist Mastermind Circle: Online professional training that involves teaching Working with Attachment Adaptations, Character Structure, Implicit and Explicit Memory, Sexuality and Sensuality, Trauma into Transformation and Compassionate Approaches to Working With Your Most Difficult Clients and Personality Disorders - as well as providing Case Consultation for the therapists' most difficult cases. This program also includes monthly interviews with Experts in the Field related to topics such as Peter Levine, Terry Real, Stan Tatkin, Ana DoValle, Ellyn Bader, Susan Hart, Marianne Bentzen, Susan Scott, Ariel Giaretto, Caryn Scotto d' Luzia, Bonnie Badenoch, Dick Schwartz, John Howard, Nancy Napier, Amir Levine, David Wallen, etc.

Attended: All-Day Seminar with David Wallin on *Your Wounds as Your Tools* Denver, CO — April



## 2014

Keynote Presenter: WISDOM 2.0, *Safe Connection in the Workplace* with Eileen Fisher and Tami Simon New York, NY

Keynote Presenter: FACES Wisdom Conference, *Understanding Attachment Adaptations, Separating Threat From the Instinct to Bond and the Journey Home to Safe Connection* Las Vegas, NV

Attended: FACES Wisdom Conference, 3-hour presentations by the following: Ron Siegel on *The Power of Disidentification in Buddhism*; Pat Love on *Innovative Interventions to Support a Couple's Journey*; Dick Schwartz on *Working with Internal Family Systems*; Terry Real on *Relationship Therapy at Its Best and Grief and How to Treat It*, Las Vegas, NV

Keynote Presenter: Wisconsin University, Madison, WI, Healing Sexual Abuse Conference. All day Keynote on *Understanding Disorganized Attachment, and Restoring Access to Physiological Safety and the Social Engagement System for Healthy Connection*

Keynote Presenter: Meta MasterMind Conference by Eben Pagan, L – *Safe Connection in the Workplace to Enhance Innovation, Creativity and Trust* Miami, FL

Attended: Wisconsin University, Madison, WI – Healing Sexual Abuse Conference: 90-minute to 3-hour presentations by Anna Slater on *Sadistic and Non-Sadistic Abuse*, etc.

Attended: All-day seminar with Kathy Steele at Sensorimotor Processing Office in Broomfield, CO on *Integrating Dissociative States in the Aftermath of Trauma*

Attended: All-day seminar at the Porch Front series in Boulder, CO with Beatrice Beebe on *Infant Parent Bonding and Attachment Disruption*



● Attended: All-day seminar at VIRITAS, Boulder, CO with Dr. Robert Scaer on *Trauma, Dissociation and Attachment*

● Attended: All-day seminar at Sensorimotor Processing Office, Broomfield, CO with Pat Ogden on *Somatic Strategies in the Healing of Trauma*



## 2013

● Keynote Presenter: Psychotherapy Networker Conference, Washington, DC Keynote on *Creating Corrective Emotional Experiences* Two full-day presentations on *DARe Presenting Secure Attachment* and *Know Thy Face*



## 2012

● Presented: Psychotherapy Networker Conference, Washington, DC Two full day presentations on *DARe, Know Your Attachment Style: A Somatic Approach*, and *Recovery from Trauma: A Somatic Experiencing® Approach*

● Created: synthesis training in *Trauma, Attachment and Embracing Essence* in Connecticut to integrate Diamond Approach Psycho-spiritual work with *DARe*, Somatic Attachment work developed by Diane Poole Heller and Trauma Recovery work, Somatic Experiencing® developed by Peter Levine. Included Master level clinicians class and Coaching training.



## 2011

● Keynote-Plenary with Ellyn Bader/full day Workshop/Concurrent session with Stan Tatkin for NICABM(National Institute for Clinical Application for Behavioral Medicine) Conference in Hilton Head, SC

● Studied with Lou Cozolino, Norm Shealy, Rubin Naiman, Bruce Perry, Joan Borysenko, Ron Siegel and Rick Hanson, Stan Tatkin, David Whyte and many others there.

● UCLA Conference for Interpersonal Neurobiology with Dan Siegel, Pat Ogden, Marion Solomon, Dan Hughes, Francine Shapiro and many others

● Interviews with Maggie Phillips, Ellyn Bader, Stan Tatkin and Ron Alexander for webinars, teleseminars and interviews as well as giving interviews on Attachment Styles/Caregiving Styles and Healthy Adult Relationships on local and national many radio stations

● Developed special program for Bilgi University in Istanbul Turkey on Somatic Approaches to integrate Trauma Work and Healing/ Secure Understanding Attachment and Disrupted Attachment Wounds in regard to impact in a Muslim culture

Developed special bilingual webinar and 4 day workshop for Brazilian Culture on Understanding and Healing Attachment Wounds with ACT Institute near Sao Paulo, Brazil.

Opened Brazil, Turkey and Canada for DARE (Dynamic Attachment Repatterning experience) Somatic Attachment trainings to add to trainings in Germany, Italy

PACT training with Stan Tatkin specializing in Couples Therapy Skills



## 2010

Pre Conference 2 day workshop given on “Healing Early Attachment Wounds and the Encapsulated Child” and Creating Healthy Adult Relationships” at NICABM, Hilton Head, SC

Created special program for ESALEN as adjunct faculty member of Santa Barbara Graduate Institute in Therapy Degree Program

Member of ACA – American Counseling Association (2010-2012)



## 2008

Keynote at “Surviving Torture” Conference and workshop on healing trauma in Political Refugees who had endured deprivation, dislocation extreme losses/complicated grief, violence and/or torture in Helsingor, Denmark



## 2006

Developed the DARE Program on Healing Relational Trauma - Dynamic Attachment Repatterning experience with strong psychophysiological understanding of brain development, psychological development, attachment theory and Self and Interactive Regulation of the Brain, Body and Autonomic Nervous System. (2006-Present)



## 2005

Developed DARE trainings to help relieve Relational Trauma in therapists and clients



## 2003

President – DLM and ASSOCIATES. P.C. dba Trauma Solutions Denver, CO (2003-Present)



**2002**

Board Member – The Institute for Authentic Healing New York, NY



**2000**

Ph.D. – Western Institute for Social Research – Higher Education and Social Change Berkeley, CA



**1996**

Licensed Professional Counselor – Colorado License 1491

Consultant and Therapist – Victims' Compensation Program Denver, CO. For battered wives, assault victims or children/adults witnessing violence



**1995**

Director of Education – Auto Accident Recovery Program Denver, CO (1995-Present)

Consultant to therapists and doctors related to shock trauma, developmental trauma, assault, auto and other accidents, falls and natural disasters (1995-Present)



**1994**

National Certified Counselor (NCC) – License 37295 (1994-Present)

M.A. in Counseling – University of Northern Colorado Greeley, CO



**1987**

Psychotherapist, Trauma Specialist and Director of Education – Rocky Mountain Psychotherapy Associates Denver, CO (1987-Present)

## Internships



**1988**

- ERGOS Institute, Peter Levine, Ph.D.
- Rocky Mountain Psychotherapy Associates Denver, CO Group therapy training and integration of Gestalt approach with group process
- Evergreen Consultants for Human Behavior Evergreen, CO Individual and family psychotherapy

## Seminars Attended



**1984-Present**

- Hellinger Family Constellations Conference – Burt Hellinger, Peter Levine at Wurzburg, Germany
- European Study of Traumatic Stress Society (ESTSS) Conference on Neurobiology in Treatment of Trauma
- Colorado Trial Lawyers Association Legal Ethic Workshop
- Cranial Sacral/Polarity Workshop, Ann Chitty, NRT
- Why People Don't Heal, Carolyn Myss
- Bodydynamic Seminars, Marianna Bentzen Boulder, CO Ph.D. Boulder, CO
- Healing Addiction through Empowerment, University of Denver Denver, CO
- Self Esteem: A Family Affair, Jean Illsley Carke Seattle, WA
- Family Sculpting, Virginia Satir Vancouver, Canada Future of Business
- Treatment of Sexual Abuse for Professionals, Laura Davis Boulder, CO
- Courage to Heal for Professionals, Laura Davis
- Recovery from Sexual Abuse, Jessica Britt Sante Fe, NM

- Transforming Sexual Abuse, Jessica Britt Esalen, CA
- Accelerated Learning Techniques Training, Ivan Barzakov Denver, CO
- Consultation/Supervision in Borderline Personality Disorder, William Philips, M.D.
- Professional Training in Somatic Education, Peter Levine, Ph.D. Lyons, CO
- Character Structure/Bodynamics, Marianna Bentzen Boulder, CO
- War, Generational and Social Trauma, Anngwyn St. Just, RN, Ph.D. Boulder, CO
- Family System, Ian McNaughton
- SE®: AFA Leadership Training, Jean Illsley Clark Seattle, WA
- Bioenergetics/Gestalt Objections Theory: Review of Psychoanalysis and Training Analysis
- Parenting with Love and Logic Workshop, Foster Cline
- Polarity Conference, Presenter
- USABP Conference, Presenter and Panelist