



Trauma Solutions

DR. DIANE POOLE HELLER

DIANE POOLE HELLER, PhD

Attachment And Trauma
Resolution Expert

TRAUMA SOLUTIONS

Groundbreaking Adult Attachment
Workshops And Training Programs
For Therapists And Individuals

- ✓ Creator of the *DARe: Dynamic Attachment Re-patterning experience* signature training and certification program on adult attachment
- ✓ Author of *The Power of Attachment: How to Create Deep and Lasting Relationships*
- ✓ Pioneer in synthesizing attachment theory and trauma resolution with over 30 years teaching and clinical experience



“We are fundamentally designed to heal. Even if our childhood is less than ideal, our secure attachment system is biologically programmed in us, and our job is to simply find out what’s interfering with it — and learn what we can do to make those secure tendencies more dominant.”

- Dr. Diane Poole Heller

THE SCIENCE OF ATTACHMENT & TRAUMA

Diane Poole Heller is an expert and pioneer in attachment theory and trauma resolution.

Current research in the field of attachment shows great promise in understanding the emotional and neurobiological origins of attachment styles. This understanding—and the revelations of modern brain science on brain plasticity—give us the **exciting opportunity to change destructive relationship patterns into constructive behaviors that lead to better, more profound and longer lasting adult relationships.**

Diane Poole Heller’s work addresses the four core Attachment Styles, their origins, the way they reveal themselves in relationships—and methods for transforming attachment injury into healing.

The four core attachment styles are: **Secure, Avoidant, Ambivalent and Disorganized Attachment.**



The foundation of Dr. Heller’s teachings rests on her firm belief that we are all hardwired to heal. Our bodies and our brains store memories of early experiences, creating patterns that deeply affect our relationships and our behaviors in adult life.

It doesn’t matter whether our nervous system is primed toward threat or safety. The neuroplasticity of our brains means that as adults, we can affect our neural pathways and steer them in the direction of secure attachment.

Diane’s holistic approach provides proven strategies to discover the root causes of insecure patterns and then utilize process-oriented techniques and relationally-based corrective experiences to return to secure attachment—thus empowering us to become more resilient and recover more quickly from trauma and distress.

Evidence-Based Research References

Siegel, D. *The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are.* The Guilford Press, third edition, April 23, 2020. ASIN: B082PDWQ23.

Levine, A. and Heller, R.S.F. *Attached: The New Science of Adult Attachment and How It Can Help You Find and Keep Love.* Penguin Random House LLC, New York, New York, 2010. ISBN: 978-1-58542-949-9.

Wallin, D. *Attachment in Psychotherapy,* The Guilford Press, New York, New York, 2007. ISBN: 987-1-59385-456-0.

SHORT BIO

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 30 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.



TESTIMONIALS

“Dr. Heller provides a wealth of clear, practical tools that anyone can use to improve their relationships and enrich their lives. With warmth, honesty, and a gift for teaching, she weaves together insights from attachment research, neurobiology, and life experience to provide easy-to-use tools to connect more deeply to others and heal our hearts and minds in the process.”

—**RONALD D. SIEGEL, PsyD**, Assistant Professor of Psychology at Harvard Medical School and author of *The Mindfulness Solution: Everyday Practices for Everyday Problems*

“I have been fortunate in knowing... Dr. Heller for several decades. Diane [is] someone whom I continue to admire and cherish greatly. Her qualities of warmth, energy, caring and insight have benefited thousands of her clients and students over the years.”

—**PETER A. LEVINE, PhD**, creator of *Somatic Experiencing®* and author of the bestselling book, *Waking the Tiger: Healing Trauma*

LONG BIO

Diane Poole Heller PhD is an internationally recognized speaker, author and expert in the field of child and adult attachment theory as well as trauma resolution. Her expertise in trauma healing has benefitted survivors and families of 9/11 and the Columbine shootings, making her a highly sought-after consultant, speaker and presenter for organizations worldwide.

Diane's signature series on adult attachment—**DARe (Dynamic Attachment Re-patterning experience)**—provides therapists and individuals with the skills and tools they need to facilitate healing from trauma and create more fulfilling adult relationships. Her work with adult attachment has forged a path for adults with childhood attachment injuries to develop Secure Attachment Skills that lead to more connected adult relationships. Diane strongly believes that by healing ourselves, we heal our families, our communities and the world.

In 1989, Dr. Heller began working with Dr. Peter Levine, founder of Somatic Experiencing Institute® (SEI). As Senior Faculty for SEI, she taught Somatic Experiencing® trauma work internationally, for over 30 years.

In 2019, Diane joined Rosie Perez on stage at the Rubin Museum of Art to discuss childhood trauma, its effect on adult relationships and how to help people manage PTSD.

Dr. Heller received a Lifetime Humanitarian Award in 2019 from ASERVIC (Association for Spiritual, Ethical and Religious Values in Counseling).

Diane is the author of *The Power of Attachment: How to Create Deep and Lasting Intimate Relationships*, which Dr. David Wallin (author of *Attachment in Psychotherapy*) describes as “a gem of a book that clearly conveys what decades of attachment research have taught us about how we become the people we are, and how we can change.”



resolution, is used worldwide as a resource for healing a variety of overwhelming life events.

Her film, *Surviving Columbine*, produced with Cherokee Studios, aired on CNN and supported community healing in the aftermath of the Columbine high school shootings.

Diane's audiobook, *Healing Your Attachment Wounds: How to Create Deep and Lasting Relationships*, guides people through healing practices to regain secure attachment. She is also author of numerous articles in the trauma resolution and attachment field.

SPEAKING TOPICS

Diane Poole Heller PhD is a renowned expert on attachment theory, adult relationship dynamics, and how to recover and heal from trauma. She is available for speaking engagements on a variety of topics including:

- + Adult Relationship Dynamics
- + Anxiety
- + Attachment in Adult Relationships
- + Attachment in Children and Families
- + Attachment Theory
- + Community Healing after Tragedy
- + Intergenerational Trauma and Healing
- + Polyvagal Theory
- + PTSD
- + Resilience
- + Secure Attachment
- + Somatic Healing
- + Trauma Resolution



RECENT PRESENTATIONS / PROGRAMS

2025

- ✓ Presented with Peter Levine, PhD Awakening Aliveness: A Somatic Approach to Healing Attachment Trauma, Five Week Course, Feb
- ✓ Attended The Diamond Approach, Presence Retreat, Feb
- ✓ Presented at Psychotherapy Networker Symposium Breaking the Cycle of Intergenerational Trauma, Washington DC, Mar
- ✓ Presented at Psychotherapy Networker Symposium with Scott Lyons PhD Breaking Free of the Trauma Cycle, Washington DC, Mar
- ✓ Presented Resolve Trauma, Heal Your Body, and Learn Breakthrough Skills That Work, 21 Secrets of Peaceful Moms Summit, Mar
- ✓ Podcast Guest Trauma and Attachment, A Date with Darkness, Natalie Jones PsyD, LPCC, Mar

2025

- ✓ Attended The Diamond Approach Winter Retreat, Mar
- ✓ Television Guest Why Can't I Bond?, Mission: Evolution with Gwilda Wiyaka, Apr
- ✓ Presented with Frank Anderson, MD The IFS Clinician's Guide: Restoring Self, Healing Trauma and Deepening Therapy, Four Week Course, Apr
- ✓ Presented Relationship Mastery Series, Amanda Hill, Apr
- ✓ Podcast Guest Trauma and Attachment, Not Your Ordinary Parts, Jalon Johnson, May
- ✓ Presented TMC22 with Todd Pressman PhD Deconstructing Anxiety: A Practical Model for Healing and Integration, Six Week Course, May
- ✓ Attended The Diamond Approach Retreat, May
- ✓ Sponsored Healing Emotion Shutdown: A Path to Authentic Connection, Daniel Vose, Three Week Course, Jun
- ✓ Presented Live Reconnect, Heal, and Transform: An Attachment Healing Retreat, One Week Course, Broughton Sanctuary, United Kingdom, Jul
- ✓ Presented Understanding Attachment Styles in Adult Partnerships, Take Up Space! 3 Summit, Jul
- ✓ Attended The Diamond Approach: Unity Summer Retreat, Jul
- ✓ Presented Healing Upstream: Repairing Generational Wounds with Integrity, The Embody Lab, Aug



POTENTIAL INTERVIEW QUESTIONS

- + Your work integrates trauma resolution with attachment theory. How did you decide, or come to combine the two in your practice? How do you see the two intertwining, overlapping, or supporting each other?
- + What are the different attachment styles, can you give a brief description and example of the characteristics, tendencies, and behaviors of each?
- + Do people tend to be one type or another, or do they overlap? And do they change over time?
- + How do attachment patterns imprint and when or at what age are these patterns established? And how malleable are they once they've imprinted?
- + What are some of your favorite techniques or strategies for moving toward and increasing secure attachment?
- + How can people use attachment theory to improve their relationships and intimacy in their daily lives?
- + Can you tell us more about your personal journey and why you were drawn to deep trauma and attachment work?
- + How did your work with Dr. Peter Levine and Somatic Experiencing grow into or inform your attachment re-patterning work?
- + How do you use physiology and neurobiology to better understand and support clients in developing secure attachment?
- + How do traumatic events in adulthood activate or trigger insecure attachment behaviors? Are there certain kinds of trauma that are more harmful?
- + How are trauma and insecure attachment intergenerational? Do you believe that we can impact multiple generations through healing these traumas and attachments? Do you have specific advice or techniques to identify and address this unique type of trauma?



POTENTIAL INTERVIEW QUESTIONS

- + Do you have any advice or tips for people weathering the collective upheaval and trauma of the coronavirus pandemic?
- + You talk in your book about co-regulation and co-mindfulness. Can you tell us more about this and why healing in (and through) relationship is so important, especially as it relates to trauma?
- + What is the role of “repair” in developing secure attachments and what might that look like in practice?
- + You’ve done a lot of work with communities coping with tragedy, including survivors of 9/11, Columbine, and (other) mass shootings. How do you use trauma resolution and attachment theory with communities, and do you see it working effectively on a collective level?
- + How can somatic experiencing, trauma resolution, and attachment theory be used for larger collective traumas like racism, homophobia, and historical trauma?
- + What creates resiliency and how can we cultivate that quality in ourselves and our communities? What are ways we can develop relationship resiliency?
- + How can these theories and strategies help people With anxiety, depression, and/or PTSD?
- + You’ve done a lot of teaching, training therapists how to integrate and apply theory and research into their clinical practice. Are there top practices or techniques you recommend for therapists looking to add an attachment-based approach into their work with clients?
- + What’s one thing you see other people in your field or other authors “get wrong’ about attachment and trauma?
- + What’s the one most important thing you’d like people to know or take away from this interview about attachment theory and trauma resolution?

Also, please ask me:

- + What are you currently working on and sharing; what would you like to highlight?
- + How can we follow you and learn more?

EXCERPT FROM THE POWER OF ATTACHMENT

How traumatic events can break our vital connections—and how to restore love, wholeness and resiliency in your life.

From our earliest years, we develop an attachment style that follows us through life, replaying in our daily emotional landscape, our relationships, and how we feel about ourselves. And in the wake of a traumatic event—such as a car accident, severe illness, loss of a loved one, or experience of abuse—that attachment style can deeply influence what happens next.

In *The Power of Attachment*, Dr. Diane Poole Heller, a pioneer in attachment theory and trauma resolution, shows how overwhelming experiences can disrupt our most important connections — with the parts of ourselves within, with the physical world around us, and with others.

The good news is that we can restore and reconnect at all levels, regardless of our past.

Here, you'll learn key insights and practices to help you:

- + Restore the broken connections caused by trauma
- + Get embodied and grounded in your body
- + Integrate the parts of yourself that feel wounded and fragmented
- + Emerge from grief, fear, and powerlessness to regain strength, joy, and resiliency
- + Reclaim access to your inner resources and spiritual nature

With expertise drawn from Dr. Heller's research, clinical work, and training programs, this book invites you to begin that journey back to wholeness.



[BUY THE BOOK](#)

“We are fundamentally designed to heal,” teaches Dr. Heller. “Even if our childhood is less than ideal, our secure attachment system is biologically programmed in us, and our job is to simply find out what’s interfering with it — and learn what we can do to make those secure tendencies more dominant.”

THE POWER OF ATTACHMENT: How to Create Deep and Lasting Intimate Relationships.

Praise for The Book

“Filled with wise guidance based on decades of clinical experience and scientific training, Dr. Heller provides a wealth of clear, practical tools that anyone can use to improve their relationships and enrich their lives. With warmth, honesty, and a gift for teaching, she weaves together insights from attachment research, neurobiology, and life experience to provide easy-to-use tools to connect more deeply to others and heal our hearts and minds in the process—creating a valuable resource for us all.” —**Ronald D. Siegel, PsyD**, Assistant Professor of Psychology at Harvard Medical School and author of *The Mindfulness Solution: Everyday Practices for Everyday Problems*

“In *The Power of Attachment*, Diane Poole Heller fearlessly and compassionately explores our innate capacities for truly enriching relationships and the tragedies and terrors that can derail them. Diane’s clinical expertise in attachment and trauma guides the reader through many exercises that radically and effectively transform the early perceptions of broken connections into new experiences of genuinely fulfilling, resonant connections. The science is solid; the stories are compelling; the style is engaging; the wisdom is a tremendous gift.” —**Linda Graham, MFT**, author of *Resilience: Powerful Practices for Bouncing Back from Disappointment, Difficulty, and Even Disaster*



“Dr. Heller has written a gem of a book that clearly conveys what decades of attachment research have taught us about how we become who we are and how we can change. Drawing on her experiences as a person, therapist, and student of psychological science, Dr. Heller offers the reader a wealth of insight. The book is a gift—practical and, yes, inspirational—from a very special writer whose depth of understanding, compassion, and humanity shine through on every page.” —**David Wallin, PhD**, author of *Attachment in Psychotherapy*

“Written with great warmth and clarity, this beautiful book turns the scientific insights of attachment theory into practical healing and help for our most important relationships. It is full of examples, experiential exercises, and deep insights into the lingering effects of childhood. Dr. Heller has a depth of heart, intellect, and experience that is rare and remarkable, and it shows on every page.” —**Rick Hanson, PhD**, author of *Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness*

[BUY THE BOOK](#)

“Diane Poole Heller brings us good news—a healthy romantic relationship is attainable, despite whatever attachment wounds we’ve survived. Reading this book can be the first step to your own recovery and ability to connect intimately with another. Diane Poole Heller’s knowledge of trauma and recovery begins with her own hard-won experience, shared here as the inspiration for her life’s work. Whether clinician or client, yoga therapist or student, *The Power of Attachment* is an essential read and reference. Keep this book within easy reach for the moments you fall away from your own sense of compassionate connection. The exercises here helped me grow in love and understanding of my own and my partner’s attachment styles and brought us to a new level of intimacy.” —**Amy Weintraub**, Founder of LifeForce Yoga, author of *Yoga Skills for Therapists and Yoga for Depression*

“Diane Poole Heller has given us a new primer on attachment theory that breaks down some basic concepts for readers. She describes the characteristics of the various attachment styles and gives readers some elementary ways to begin to track their own behaviors and skills. The chapter specifically devoted to understanding attachment in relationships can serve as a good introduction for couples or anyone interested in coupling. Diane’s warm and personal writing style makes this an easy read.” —**Stan Tatkin, PsyD, MFT**, developer of A Psychobiological Approach to Couple Therapy® (PACT) and author of *Wired for Love: How Understanding Your Partner’s Brain and Attachment Style Can Help You Defuse Conflict and Build a Secure Relationship*

“What maintains the grip of painful patterns that play out again and again in our relationships? *The Power of Attachment* answers that big question and shows why liberating change is possible. Diane Poole Heller is a superb guide for finding your way in the deep, compelling domain of attachment, and her warmth creates a healing connection with the reader.” —**Bruce Ecker, MA, LMFT**, co-creator of Coherence Therapy and co-author of *Unlocking the Emotional Brain*

“*The Power of Attachment* is a beautifully written book, exploring the definitions and manifestations of attachment styles from a strengths-based perspective. Diane’s warm and optimistic voice continually empowers the reader to re-access and strengthen their capacity for secure attachments and to heal relational wounds. Powerful creative exercises, guided imagery, and concrete strategies help the reader to be more internally resourced while deepening their ability to forge secure relationships through repair, empathy, corrective experiences, and compassion. For anyone who works with traumatized clients or has experienced attachment wounds firsthand, this book is a gift—nurturing, enlightening, and healing.” —**Lisa Ferentz, LCSW-C, DAPA**, author of *Finding Your Ruby Slippers: Transformative Life Lessons from the Therapist’s Couch*





“Diane Poole Heller proves herself a superb guide to the new exciting science of attachment theory. In clear, readable, touching prose, *The Power of Attachment* gives you the practical tools you need to understand yourself and your partner at the deepest level. It has the power to change your life.” —**Terrence Real**, founder of the Relational Empowerment Institute and author of *The New Rules of Marriage: What You Need to Know to Make Love Work*

“*The Power of Attachment* is a masterful compendium of how to understand and bring healing to the major attachment styles. Equally valuable for both therapists and the general public, this book possesses comprehensive modes of assessment and countless, evolved, effective exercises. Kudos to Dr. Poole Heller for her book that both explores the brain and engages the heart.” —**David Grand, PhD**, author of *Brainspotting: The Revolutionary New Therapy for Rapid and Effective Change*

“We blame ourselves or our partners when intimacy goes south without awareness of the unconscious relationship template that organizes those failures. With clear illustrations and practical exercises, Diane Poole Heller helps you understand and change this powerful inner operating system that came from your childhood attachment history, thereby defusing the mines in the minefields that love has been for most of us.” —**Richard Schwartz, PhD**, founder of the Internal Family Systems method and author of *You Are the One You’ve Been Waiting For*



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