

# Integrated Attachment Theory



Integrated Attachment Theory combines three powerful foundations:

**Attachment theory** gives us understanding—how your early relationships shape the patterns you carry today.

**Neuroscience and neuroplasticity** gives us hope—your brain can genuinely rewire through repetition and felt safety, not just intellectually understanding yourself.

**Practical tools** give us action—simple strategies you can use immediately in your everyday life.

The result is an approach that works with both your conscious mind and subconscious beliefs, addressing your nervous system alongside your relational patterns.

## how it works

1. **Discovery** – A guided 90-minute session exploring your attachment patterns, core wounds, and what matters most to you, resulting in a personalized roadmap.
2. **Choose Your Path** – Either use your insights as a self-guided journey with recommended resources, or engage in one-to-one coaching (up to 12 sessions) to apply these tools to real situations in your life and relationships.
3. **Integration** – Over time, these practices rewire how you respond, creating sustainable change from the inside out.



### PEOPLE WHO ENGAGE IN THIS WORK TYPICALLY EXPERIENCE:

- Greater emotional stability and resilience
- Healthier, more authentic relationships
- Clearer boundaries and more compassionate communication
- Deeper self-trust and inner safety
- More freedom and genuine choice, even in difficult moments
- Renewed clarity about what matters to you



# Who This Is For

This approach works for anyone ready to move beyond understanding themselves and actually change how they feel, relate, and make decisions. It's particularly valuable if you're navigating relationship challenges, career transitions, burnout, or simply sense there's a gap between who you want to be and how you're currently showing up in your life.

## the evidence

IAT is grounded in attachment theory—decades of research on how early relationships shape us—combined with modern neuroscience showing that our brains remain plastic and changeable throughout life. The method works because it honors both: it meets you with compassion while actively engaging the subconscious and nervous-system patterns that drive real, lasting change.

### READY TO EXPLORE WHETHER THIS IS RIGHT FOR YOU?

Start with a no-obligation curiosity call to learn more  
and see if IAT feels like a good fit.

*ready for the next step?*

#### begin here

##### Discovery Session

1 discovery session that results in a discovery report, which includes identifying attachment style and personalised programme for achieving goals (through a self guided or coaching track)

#### pathway 1

##### Select a coaching package:

##### 4-Session Starter Package

includes 4 Sessions, follow-up, coaching support

##### 12-Session Package (Ideal for Transformation)

includes 12 Sessions, follow-up, coaching support

#### pathway 2

##### Purchase a Personal Development Membership

Invest in Personal Development Membership for ongoing growth

Invest in coaching for structured support