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APP- Father

00:02

Ken

So, Julie, how once a week since our last session, we were talking about your sister in relation to the incident that we're processing. So, I want to just check in about. So now when you go back to that incident, and so in terms of attachment activation, so, zero, it is not active at all, it is extremely active. How active is it?

00:26

Julie

Well, I think I realized that there's no activation, I was really surprised, I was really surprised that, that the work that we did, you know, it seemed that helping Louise just made a whole difference. For me, my eight-year-old feels more settled, I feel more settled. And I can I, it's funny, because they, I can remember the situation, but I don't get activated by it anymore. I don't get activated by it anymore. My energy is better, and you don't have more energy to go outside, do some things, my hip is starting to feel better as well. So, I'm, I'm feeling like, I've turned a big corner in terms of how I'm feeling. And I guess the biggest thing was, I can now think about Louise without feeling all those other, the sadness and the shame and all of those things I realized she's being looked after. So that really made that's really made a big difference for me. So, I really feel like somehow, I've been able to help her.

01:25

Ken

Absolutely. She's in her attachment room. She's with her secure self. And, and I remember you kind of like just letting her go and not having this urge to the mother or to be protected for her anymore.

01:40

Julie

Yes, yes. Yes, then. And it was interesting, because I can my sense is my, my No, my, my, my eight-year-old too can think about her sister Louise and not, not get activated or feel upset about it anymore. She and there was, I mean, there's times even when, when she even thought about her and, and I just had this impression that they were now able to smile at each other, that they're able to connect in a different way. So, I guess my secure self is feeling I'm feeling much better within my with my secure self. So that when I if something else comes up not related to this incident, because that I know is much better. But if there's other things that are come up in my day-to-day stuff, that I start feeling I'm getting activated, then it's like okay, just take some big breaths, slow down. And then I can go and find my secure self and go to my attachment circle and my inside my, my attachment room

02:33

Ken

So, you are using the resources.

02:35

Julie

I am, I am I'm actually very I'm actually surprised. That is working. I am it's like, whoa, this isn't so this isn't so bad. No, I guess it was like, oh my god, I'm going go into the depths. And I'm never going to get out of there. Because I think that's what I was always afraid of before. So, it's, it's like I have a way now of, of being attached to my secure self, which, and she is so calm. You know, she's so calm. It just, you know, even, even this morning, I woke up and it was like, it was like, whoa, who am I, there was a calmness within me that I didn't even know, I could ever feel. I because I've been so used to being activated, and I can see it now. So, I'm really feeling much better.

03:29

Ken

That's great. And today, we are going to continue where we left off. Okay. And because when we went when we were kind of mapping in those attachment agreements, this eight-year-old, doesn't just have the agreement with Louise, so, there's an agreement she made with herself in relation to her dad. And, in relation to her mother, right?

00:00

Julie

Yes, yeah.

00:00

Ken

So, it's kind of like, there's also those elements, and she was really impacted by what her dad was saying and how it was kind of like playing, rolling into them into the history for her and making those agreements as solid as she could make those agreements and then hold on to that for her life, right? And as we call them attachment anchors, even though it was taking responsibility right now they served her. So, we're going to look more into how did that look like in relation that to dad and mom.

04:29

Julie,

Okay, okay, so. So, is it going to be similar to what we did with Louise.

04:35

Ken

It's going to be really similar with what we did with Louise. So, you can see, okay, just take a deep breath and let it go. And just see if you want to first process dad related issues or mom related issues in that incident and then we will go from there.

04:55

Julie

I think, I think, I'd rather I think, well I think I'd like to start with my dad. Thinking, because I get most activated. When I think about, you know, when we're him in that situation? Yeah, it was it was, he was the one who terrorized me in that situation.

05:11

Ken

Yes, he was the one kind of, then also activation was in relation to other people are involved with the major activation was in relation to him. So that's where we will start with him. So, if it's okay, just look where he is in the memory. Where do you see him?

05:29

Julie

And remember, I am going to, I'm going to close my eyes. You know, at home, I was practicing a little bit to see if I could go to that attachment place and not necessarily have my eyes closed. So, I will I get also what I'm going to try sometime. So, to open my eyes and see if that helps if I can, I'm practicing different ways of doing this so

05:51

Ken

Great. Okay, yes. Because, you know, you maybe won't be able to close your eyes, if you're, you know, in a public place. Yes. Yes. It might not kind of feel not natural. So, then you want to be able to do both, both ways. Okay. Great. So. Okay, so, so whichever feels comfortable. So now let's, let's go back when, when you when you bring up the image, okay, the situation or the incident? Okay, so where do you see dad?

06:25

Julie

He's, he's in the living room. He's in the living room upstairs.

06:32

Ken

Yeah, he's in the living room upstairs. And the kids are

06:37

Julie

In the bedroom.

06:38

Ken

They're still in their bedrooms.

06:39

Julie

Yeah, yes.

06:41

Ken

Yeah. So, we know that in the end they have the support that they need. Because Louise has her secure self and their attachment room and the eight-year-old has hers, you know that they're safe. So now, we're just going to let them know that we are going to go forward to just help them. Are they okay with that?

07:06

Julie

Oh, Okay. Yes, yes, I see them. They're curious. They're curious. They're curious. They want to, they want to see what happened. They want to see what's happening. Because they are, because I can see both of them, both of them. I mean, they're, they're scared. They're terrorize. But at the same time, he's their dad. And they're worried about him too.

07:28

Ken

Of course, they're worried about him. Yeah, yeah. So now let's, let's look at dad's attachment circle. And just take your time? How does this attachment circle look like? Who are the members of that circle, that love him support him? Are resources for him unconditionally? So, we are the secure self there. Okay, then, who else is there?

07:56

Julie

Well, he's, he's the very religious man, his rabbi is there.

08:03

Ken

So his secure self is there, his rabbi is there and who else is there?

08:08

Julie

And he's got a couple of his friends from the synagogue. And he, he's the lawyer by training and, and so he's got some of his lawyer friends from, from when he was working. And some other neighbors, he was a, he we had, he was a very jovial person in the neighborhoods with lots of neighbors who really connected with him. And he had, he has a sister, so his sister is there as well

08:39

Ken

Yup, so his sister is there as well. Just notice that it's basically his attachment circle. And where it says attachment room?

08:52

Julie

Oh, you know. It's at the synagogue, whenever, whenever he that was, whenever he would get upset or he needed to talk to somebody, he would go to the synagogue.

09:10

Ken

So, there's that attachment room is at the synagogue, and he has all those support people with him and just allow everybody in his circle attachment circle, start to support him. And as you visualize and hear the support, sometimes there will be other loving, caring, nurturing people that shows up. Just to support him, just see if there's anybody else shows up.

09:47

Julie

I get what he, he also loved his dogs, his dogs. He's got his dogs, are there. His dogs are there. He had to collie dog that he loved.

09:58

Ken

So, his dog shows up. And who else shows up? What else was important?

00:00

Julie

Oh, I know what else, he had some, he had some, some of his buddies from the lake as well. He had quite a large circle of friends and acquaintances and connections. I don't think I quite realized that till, I see it now.

10:27

Ken

So, they show up and is there anybody else that shows up.

10:34

Julie

Not right now that I see.

10:40

Julie

I see his secure self is there I see that.

10:45

Ken

Yeah, and what is it that he wants to share with the circle? And, um, what is that he help with?

10:53

Julie

Oh,.

10:55

Ken

What's happening for him? How do they want to support it? What does that happen?

11:05

Julie

Wow, he's, he's, he's crying. He's crying and he's telling them I see him. His, his telling him that he is ashamed of what he did. He's ashamed of what he did he, he didn't mean to scare the kids so bad. He he, he lost control. He he lost control. And, and. And? Well, when he's the rabbi's did the rabbi said, he's saying that he lost control because the kids spent money that they didn't have any doesn't know how he's going to manage because, because he had to quit. He had to quit his job as a lawyer. He had to quit workers because of his health yet. Health issues and, and so he he doesn't have an income. So he he all I could think about was, like, all I could think about was he had no money. And and then he's he's also Oh, yeah, that is that's true is oh I shouldn't, I shouldn't have sent them. I should have gotten myself and said I shouldn't have been so lazy. They were just children. They were just children. But he's really ashamed. He's really ashamed how he lost control, and he wishes he could do it all over. He wishes it never happened.

12:51

Ken

Yeah, yeah, and how was that? For the eight-year-old to watch that? What is happening in the circle? How was that for you to watch it what's happening in the circle?

13:09

Ken

They're just watching, how was that for them to, to hear all of that?

13:15

Julie

They, well they, the eight-year-olds and Louise, and me. We didn't, we didn't know, we didn't know all of that. We, we didn't know dad didn't have a job. We, we didn't know we had no money. We didn't know that he was worried about the money. We just thought it was all about us. We, oh my goodness. So, so we thought we were the bad ones but, but now it's like now we see that he is feeling really bad about himself.

14:00

Ken

Absolutely, I would like to invite Louise and the eight-year-old, and you're just watching and let other people in the circle to come forward. Even people who maybe have hurt him if they showed up in their secure self. Who would, who would show up?

14:21

Julie

Oh, oh, I see. I see my Zayda coming. I see my Zayda his dad, oh

14:43

Julie

And he looks really sad.

14:46

Zayda looks really sad?

14:47

Julie

He looks really sad.

14:50

Ken

And what would Zeda say to dad? You say that he's coming from his secure self. So just allow them to have that conversation if he's talking in the circle, because we have lots of other people there who can support.

15:09

Julie

He says, he says, I'm so sorry. I'm so sorry. I'm so sorry. Because, because I, I talked to, I can see that I, you're, you're repeating what I taught you. I, I got angry with you. I yelled and screamed at you. And, and I and I, and I used it. I used to threaten you. I'm so sorry. I'm so sorry that

15:59

Julie

That I didn't, didn't teach you how to do it any different, because you're doing exactly what I did. I'm so sorry. I am so sad.

16:15

Ken

How was that, for your dad to hear that from your Zayda? How was that his finally acknowledged?

16:29

Ken

How was that for dad's younger self to hear that? Maybe dad's eight-year-old to hear that acknowledgement. What's happening for them?

16:48

Julie

Well, it's like, oh, my goodness he. I can, I can see him. It's like he, it's like he's starting to remember. He starting, he is starting to remember what happened to him as a child because he had. He had very buried it so deep he had forgotten, he'd forgotten. And he was so angry. He was so angry. He knows he was so angry. With his dad, he was so angry with my Zayda. He was he, he hated him for what he did to him, he was so angry. So, it's like to hear, to hear my Zayda acknowledge that what he did was wrong. You're sorry. It's like, see, my dad is he's starting to cry. He's starting to cry.

18:01

Ken

So how was that for your dad and his eight-year-old to hear all of that, to hear that acknowledgement. And how was that for Zayda to see that it just passed down to you guys. Just allow everybody in the circle to support them. What would they leave a boy for that was feeling really bad. What would they say to him? And how was that for them to witness that Zeda is genuinely taking responsibility for what he did.

18:37

Julie

Just he, he too believed he was so bad. He, he really believed he was bad. He believed that he deserved all of that punishment. He believed that he was bad. He deserved all that punishment. And in there that my Zayda was just trying to make him a better boy, but now he can see that. It's like, it's like it was a real problem. It's like, Zeda. Sorry, because Zeda lost his temper with him too.

19:25

Ken

And how was that for your eight-year-old and Louis to see that dad gets it. What happened to you guys, exactly happened to him. That he really gets it.

19:41

Julie

Oh, oh, my goodness. He feels really, he feels really sad, he feels really sad. That it would happen to him he did to us. He feels really sad, but, he feels sad, but there's no, there's something else. There's it's like, like he's, he's understanding that

20:22

Julie

It's, it's like it happened to him. So, so it was never about these two, it wasn't about us. It was about what his dad did to him. So, he sees it goes back. It's hard to explain. It's like, he sees that it. You can't. It's interesting because, you know, they talk about things like that. It's like generational stuff, it's like the father did to the son, and the son did to the children. And so, it's like, it's passed from generation to generation. And so

21:09

Ken

Absolutely, it became really intergenerational. And how was that again, for the eight-year-old, and Louise to see that, and for you, as you're watching, that dad gets it. That's repetition, attachment, repetition is so ingrained in the family system is just doing the same thing that you're learning in his family.

21:33

Julie

Well, it makes it, it makes it it's like, whoa, it's like even another, it's like another, another level of it. It wasn't about us. It wasn't, it wasn't even, it was about the dad, as much as it's about Zeda as it was about Dad. So it's like, it's, it's bigger than us. It's, it's and I think it, it, there's this sense, there's this sense that that the anger went from Zaida to dad to us, and somehow it seemed to get worse, like it didn't seem to get better with the generations. And Zaida feels really, really, I see am I, I see it in his eyes, I see his sadness. He, he feels really, really sad that he wasn't a better dad, that he wants to be a better Zeda that he wants to help my dad. He wants to help us like he, he, he doesn't, he feels so sad. What happened to us, he didn't want his, us his grandchildren. He didn't want that to happen to us.

22:50

Ken

Take a deep breath, let it go.

22:58

Ken

Just for a second, acknowledge that the eight-year-old has your secure, secure circle attachment circle. And just acknowledged with attachment circle role, securely attached people acknowledge with attachments role and use as it as well. They're just watching that, from that place, they're just watching what's happening in dad's attachment circle. Just have that. And then let's move on to dad attachment circle. How was dad, he's secure self? And for eight-year-old dad to hear all of that from Zaida?

23:43

Julie

Oh, I see. It's, I see. I see my dad and I see his eight-year-old. I see them. It's like there, there's some, there's, they're, they're relaxing. It's like they're realizing, they're realizing they weren't bad. They're realizing they weren't bad. It was Zaida who was angry at himself, I guess. And he and he made dad feel bad because he was frustrated just like dad was frustrated. So, it's like, the frustration got taken out on the children. And so, and I and, I see the, see his friends, I see the rabbi, I see his friends from work, his buddies from the lake and, and I see them. They're looking at him, they're looking at him with loving eyes. They, they, they never, you know they didn't understand. They didn't understand either, why he was like that. then it's like, now they can. Now they understand that it came from where, where he where, how he was raised, it came from his dad. So, there's this, this, there's this what's the word, it's like, there's this compassion is the only word I can see. He's like they, they understand. And so, he's not it's like it's feeling he's feeling safe. His secure self is there I see, holding him. And I can get a sense of I can just as body as little body even, even big dad and the little boy both of them it's like, they're both their bodies are, are just relaxing. Like, dad's not crying now. The anger, the anger is gone. The anger was gone. It's like

26:00

Julie

It's like, oh, it's like it's like I get, I can see now, the secure self is there to hold both by dad and a little in his little eight year old so they're both being seen and held. They've never they've never been seen or held ever. And

26:35

Ken

How is that for your eight-year-old self to see that? That's really similar experience, to her.

26:47

Julie

Well, she's, she feels, she feels sad for dad. But she's glad, she's so glad that he has somebody there now to help him to hold him to love him to let him know that he's not a bad little boy either.

27:09

Ken

Absolutely, and what is happening and what's happening to her agreements that she made with herself about her father? What's happening with those attachment agreements and the attachment meanings.

27:27

Julie

Oh, oh, he sees that, oh, she realizes now, that she doesn't need to be afraid she doesn't need to be afraid of her dad. She doesn't need to be afraid of men.

28:01

Julie

she can, she, she can now let herself become friends with her dad. She can allow herself to connect with her dad.

28:20

Ken

Take a deep breath, let it go. And just notice what happens in your body right now. What's happening with the pain in your hip and what's happening with your body?

28:39

Julie

Well, there's something, there's something shifting. I can't, it's my, my hip doesn't feel so bad but it's like it's just this, it's like seeing that, it's like being able to see that the agreement I made about Matt and doesn't have to be true anymore. It's like it's not true. It was based on it was based on wish it was based on dead terrorizing us, now we see him as this wounded little boy who was just really scared so we don't have to be afraid, we can, he was scared just like us.

29:25

Ken

Just notice that and take a deep breath, let it go. And just allow dad and the scared little boy. Your secure self and everybody else in his attachment circle to just be with him in these attachments room.

29:49

Ken

Zaida just apologized, and what is dad discovering? What is that sad, angry dad discovering about it? His relationship with his kids, what does his eight-year-old want him to do? What is that his secure self wants him to do, and how do they want to support him? Just check in see what's coming up in the circle because they're sharing with the rabbi, with friends from the lake, and with his other buddies

30:21

Julie

Okay, he wants to, he wants to tell the kids how sorry he is, he wants to tell the kids how sorry he is. And as he was to ask them to forgive him because he sees now, he understands now where his anger came from, it wasn't about them at all. And he wants to tell, that his sorry, and he doesn't want them to be scared of him anymore. He just wants them to be able to hold them, he wants to be their dad. He wants to just be their dad.

31:09

Ken

Yes, because he has been through it, and he knows what's it like to have an insecure relationship with a dad. He knows that.

31:28

Ken

How was that for your eight-year-old self and Louise to watch that from his attachment room, and to see that this is how dad feels.

31:45

Julie

They feel, they feel sorry, they feel sorry for him. They, they realize that they realize that he too, thought he was a bad person. And he was just like them in that he took it out on them because he didn't know any better. He didn't know any better. They feel sad for him. But they're so glad because, they're so glad that he's got, he's got someone to help him now.

32:23

He's so glad that he can do, they're glad that they can understand and see what happened to him. That he's not bad either. So, they're, they

32:49

Julie

In some ways, they, they don't, they know they don't. They're not responsible anymore for him. They were so afraid. They were so afraid. They had to be perfect children. So, he wouldn't get mad at them. So now they can see that it wasn't about them at all, they could just be, they could just be, they can just be children now. Because he's, he's softened. He's, he's getting, he's getting help. He's getting help to understand. So, he doesn't have to stay in that place of anger either.

33:38

Ken

As a 60-year-old woman from today, when you look at this father, what do you feel in your body? When you look at him what happens inside, for you?

33:52

Julie

I feel sad. I feel sad for him. I feel sad that it happened to him. I'm, I'm

34:13

I'm glad, I'm glad that he's getting some help. I'm glad that he's getting some help, because I got a pain in my shoulder. I got pain in my shoulder. I carrying, I realized I was carrying his burden, I was carrying his burden in my body.

34:40

Ken

Just noticed that, now he has his secure self, He has his father, Zaida, supporting him and he's protecting his little boy his protecting that eight-year-old. Just notice what happens in the pain, with the pain, in your shoulder. And how was that to know you don't have to carry that responsibility anymore.

35:27

Julie

I've had pain in my shoulder for so long, now, I didn't know where it was coming from, to know where it was from. Now, I, I can feel it sort of, I can feel the muscle sort of relaxing. It's like they don't have to carry. It was like they were. It was like we were really carrying him on our shoulders. So, we can, we can, it's like being able to, he's off our shoulders now. He's being looked after. We don't have to feel responsible. Whoa, so just a minute. So, we don't have to feel responsible for him. And then, and then. woah. And somehow, somehow, we felt responsible for all the men in our life, you felt responsible for all of them. So, it's almost like, we can let go all of them? Woah, because if dad has dad as a secure self, maybe, maybe they can have their help too.

36:52

Ken

Absolutely just notice, and how was that for you to know that. And what's happened in your shoulder since you discovered that. It's time to let go of all men. And that the agreement in relation to men? What's happening with the agreement that the eight-year-old made for herself in relation to her father? Because she have agreements like men are not trustworthy.

37:22

Julie

She can see them now we can see them as just we can just see them as people. We don't have to be scared of them. We don't have to be afraid of them. We don't have to feel responsible for them. Well, when I guess, woah, I guess. Whoa, it's like. So, if they, if there's something else happening, it's like, so if they get if they get really, really mad at us, maybe it isn't us that they're really mad at maybe they're like my dad. And they really just mad at themselves.

38:10

Ken

You're coming up with new realizations. Just notice that and notice what happens with the pain in your shoulders.

38:19

Julie

I can feel that it's getting better. But it's like there's I don't think I quite realize how much I don't think I quite realized how much I was carrying in those shoulders, guarding all the men.

38:46

Julie

Gosh, it even, even. whoa. Do you think it could also do you think, it could also, it's also with my work with my, with my colleagues with my demand doctors that I work with? I was, I was I was probably carrying them to feeling responsible when, when, they would get upset with me it would be like it would be my fault. And I would try to work extra hard and so was its same thing. Yes.

39:21

Ken

Yes. Remember that's the old agreement. You have to be better than men. Yeah, I cannot be a nurse. I have to be a doctor.

39:30

Julie

Oh, and I had to become the best. I had to become the best and so, so it's like, so maybe, maybe, I don't have to prove myself anymore. Maybe I could, I don't have to be the perfect doctor. I don't have to save the world. I, I can, I can just be, I can just be.

40:00

Ken

And you don't have to clean up after others because that's what she's feeling as a professional, right? And that's what you're sharing, that you and you feel as your work if you're looked after.

40:14

Julie

Well, because, because I mean, I mean, I this is about mum, but it was mum cleaned up after dad. And so, I cleaned up after Dad, I and I did. So I can, I can just let them, I can, so I can, I can let them deal

with dealing with the consequences of their own behaviors choices, their decisions, I don't have to feel responsible for them anymore either.

40:53

Ken

Absolutely, absolutely. Deep breath, let it go. Let's just revisit that attachment room, how was that eight-year-old doing in the attachment room?

41:18

Julie

I mean I know she was

41:20

Julie

I know she was already

41:23

Julie

feeling better. But now she's, I have this sense that, oh my goodness, she's, she realizes now she can.

41:43

Julie

She realizes it's okay to just be eight-year-old. It's okay, to just be an eight-year-old, she doesn't have to feel responsible for everybody.

41:57

Ken

Just notice that, and she has her attachment circle, and for a second go back to your attachment circle because dad is in his. So, and he's in attachment room which is his case his synagogue. So, you go back to your attachment room and attachment circle. How was that for everybody in the circle to see that things are changing for you?

42:25

Julie

Oh, it's like

42:36

Julie

They can see that I'm able to let go and release all of that sense of responsibility of needing to be perfect. Meeding to be better than, it's like they, they see me. It's like, it's funny, like, I mean, I was I was always stood tall and rigid, because I needed to be strong and, and they can watch now, they can see my body slowly relax, my shoulders can come down. I can even, I can move a little bit better my hip isn't as sore, my shoulders can, can start to move better. They're not stuck like they were. So, they see that they see that? They see that? This is, it's, it's, it started with the eight-year-old, but it carried on for

my whole life. So, it's like it's almost like the it's almost like going back and reverse. So, they see the adult me slowly releasing, releasing, relaxing, releasing, because the eight-year-old can see that. That agreement doesn't matter. That isn't the agreement we need anymore. And so, does that make sense?

44:15

Ken

It makes sense really does. And the eight-year-old also notices that those agreements are not valid anymore. They don't have to be anchors anymore. Cause she understand that dad went through similar stuff that she has been. And also, it was never really about her, it was dad really angry with himself as she was saying earlier.

44:45

Julie

She can see that. She doesn't have to be scared and she can, woah.

44:56

Julie

She could let herself love him now, woah. She could let herself love him and she can, and she can let him love her as well.

45:15

Ken

Just notice what's happening in your body, your mind, and your heart, and your body. Just notice how was that for the first time ever she can give herself permission to love her dad, and allow him to love her.

45:31

Julie

She's wanted, she's wanted that her whole life.

45:47

Ken

Take a deep breath, and let it go.

46:17

Julie

I am feeling calmer, I notice my muscles are relaxing that I can breathe better. And there is this, there's something else, I'm feeling this

46:42

Julie

I'm feeling this warmth, this love and I'm able to love him so it's there's this there's this I can feel I can, I can feel the love between us, like I can see the eight-year-old looking at each other with love it I can

feel I can, I can feel that it's okay to love and be loved now. It's okay to love and be loved but my dad, it's okay to be held by my dad.

47:28

Ken

Just noticed that it's okay to be held by my dad. Notice that in your body and allow yourself to feel it.

47:43

Julie

So that means, I don't need to be afraid, I don't need be afraid to be held anymore I could allow, I could allow myself to be held, and to receive love.

48:08

Ken

The connection is okay. Intensive doesn't have to be scary because they have an agreement that I will not be close to anyone, and later on, it became I will not need anyone (will not need a man). All those agreements are changing now.

48:24

Julie

I remember.

48:28

Ken

All those agreements are changing. Just noticed that.

48:44

Ken

and how was that for your eight-year-old self, you're finally receiving love. That you can give to her.

48:58

Julie

Well, it's not only, it's, it's, I realized that not only I can give her love but I can receive her love. It's both giving and receiving. It's not just one way it's like I can love her or receive her love back. We can love each other, we could hold each other, and we can love each other, to connect with each other.

49:35

Ken

Yes, you can connect with each other. The connections are getting stronger, and stronger.

49:52

Ken

Just allow dad to be in his attachment circle with people who love seeing him, his secure self is taking care of him and that little boy who was wounded, dad has apologized and took full responsibility. Say it

is, is, is able to provide for his own secure attachment circle, and attachment room. And now take your eight-year-old to their attachment circle and attachment room. Just take your time and then, when you're ready, let me know then we will make some planning for our next session.

51:06

Julie

Whoa

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