



⬇ THE SCIENCE BEHIND

# Patterns to Presence



*Quantum leaping beyond traditional therapy*

# The research behind the 4-week process

We create a safe container for you to heal the relationship with yourself, which shifts how you see your life, your relationships, and the world. We support you in connecting your brain, body, and breath so you can create the life you want to live.

Okay, but why?

It all comes down to Attachment Styles.

# Are you... attached?

Popularized by the book *Attached* by Amir Levine and Rachel Heller, Attachment Styles have become part of everyday conversations about dating and marriage.

What is completely overlooked is that your Attachment Style impacts everything including sleep, digestion, career, and relationships with your parents, friends, colleagues, and your children.




## *What determines your attachment style?*

Simply put, your Attachment Style is the lens through which you see the world and make decisions. Your Attachment Style developed in childhood in response to how much you felt heard and accepted by your parents. It determines how you show up in conflict with a partner, friends, colleagues, or family members.

Your mind is wired to sound the alarm in your body in the face of threat. However, when you have an Anxious or Avoidant Attachment Style, your mind perceives threats more frequently and more intensely than it needs to. Without sufficient recovery time between frightening situations, your mind and body are perpetually in overdrive.

It doesn't matter if you're Anxious or Avoidant because they are both insecure! Simply identifying your Attachment Style and associated behaviors is not enough to shift your Attachment Style to Secure.

You must get to the root  
of the insecurities: *your  
unmet childhood needs.*



## *What is a trauma-informed approach?*

When you fight back, check out, freeze up, defend or explain yourself, or give in, you are experiencing a trauma response. You are not responding to the present moment; you are automatically reacting against the anxiety or frustration you feel inside your body as a result of your childhood trauma.

All this started in childhood when your mind learned to deny, hide, suppress, and avoid unpleasant emotions such as anger, disappointment, powerlessness, and loneliness.

⬇ CONT'D



You learned to distract yourself from these painful emotions by focusing on achievements, status, addictions, seeking admiration, pleasing parents, and/or helping others. These coping mechanisms helped you survive childhood, but they eventually lead to a deeply unfulfilling life. They get in the way of creating an authentic relationship with yourself and with others.

These patterns might create an outwardly successful life but on the inside, you're still wondering if you're good enough to be loved for simply who you are. If this is true for you, you need a trauma-informed approach to creating the life you want to live.

Our program takes a trauma-informed approach with trained therapists that know how to help you heal.

Trauma isn't what happened to you, it is what happened INSIDE of you as a result of what happened to you.

DR. GABOR MATÉ





*What is 'holistic' about the program?*

# The Intentional Structure

A combination of behavioral science, somatic psychotherapy, yogic teachings, and emotional intelligence into a personalized program for you, this program is designed to address your unique patterns and needs.

Patterns to Presence is a quantum leap from traditional therapy. We create a safe container for you to heal the relationship with yourself, which shifts how you see your life, your relationships, and the world.

We support you in connecting your brain, body, and breath so you can create the life you want to live.

A close-up photograph of a hand with dark nail polish holding a silver and gold pen, writing on a lined notepad. The notepad has some handwritten text, including the words "I will" and "to".

*Step One*

# Attachment Patterns

The way in which we respond to stress becomes patterned early on in childhood. In childhood, when we felt we don't matter or we can only rely on ourselves, we learned to hide our authentic selves. As a result, we developed insecurities and tried to cover them up to protect ourselves against feeling more pain.

As adults, we find ourselves frequently triggered, irritated, and offended by relatively small things. However, we are not responding to the present moment; we are unconsciously reacting to the emotional wounds from childhood. These are our attachment patterns that require our attention to heal.



## *Step Two*

# Embodied Presence

The balm for our childhood wounds. The comfort and protection we didn't receive as children and now, presence is what we must give to ourselves as adults. Presence allows us to heal, dissolve the insecurities, and loosen the attachment patterns. Presence opens new pathways in our minds allowing us to consciously respond in the present moment instead of unconsciously reacting to stories and situations from the past.

We have to learn to embody presence when we see ourselves trying to emotionally protect ourselves. We can only learn to do this in the presence of another securely attached human being because we are wired for connection.

01.

# Interactive Journaling

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Developed by Sabrina, Interactive Insights Journaling is a process for deep introspection. Every day, you will answer a set of questions and often times provided with a reflection activity or resource to watch. Through journaling, you will:

- Retrace your personal history and discover the roots of trauma
- Feel seen, heard, and understood without judgment
- Have a compassionate mirror who sees your highest self
- Be gently encouraged to see the truth, even if it's uncomfortable
- Recognize the voice of your Inner Critic
- Learn to comfort, soothe, and protect your Inner Child

02.

# Compassionate Inquiry

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Zamir reads your journal and a summary that Sabrina develops in advance of your sessions. This allows him to efficiently navigate your Compassionate Inquiry sessions and get beneath the surface to arrive at the root of your trauma and triggers. Developed by Dr. Gabor Matè, Compassionate Inquiry is somatic psychotherapy that brings your awareness to childhood events that were painful and difficult to bear, and that your mind has protected you from fully experiencing.

No matter where you start the session, the process always leads to where the healing needs to occur. Trust that the original painful feelings will be held, experienced, and released with compassion.

# 03. Breathwork Session

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Breath connects your mind and body. It is the bridge between the conscious and subconscious parts of you. When you experienced anger and frustration as a child, they were meant to move through your body and be released. If you were not allowed to do that, that energy is trapped in your body. This is why we say: the issues are in your tissues.

Through your one-on-one Transformational Breathwork session with Zamir, you will release the old, trapped emotions from your body and mind. On a physical level, this will bring oxygen to your cells and activates the parasympathetic nervous system, which is responsible for the rest and digest function, as opposed to the fight-flight-freeze response. This supports your healing in letting go of old insecure patterns and eases the path forward in creating new, secure patterns.

04.

# Communication Workshop

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Your personalized, communication coaching session with Farah is tailored to address a specific recurring conflict that you have journaled about.

Based on your needs, she coaches you using Nonviolent Communication techniques. You will learn to clarify your observations, emotions, personal values, and what you expect of yourself vs. others. You will no longer need to use blame, judgment, or domination. Putting your new skills into practice will help create safety and understanding within yourself and in your relationships.

05.

# Insights & Implementation

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Sabrina watches all of your sessions with Zamir and Farah and reads everything in your journal and then brings it all together in an Insights Presentation. Sabrina and Zamir show and tell the inner story of your life so you can understand how you developed your insecure patterns, how they have limited your life, and how to confidently and consistently replace them with patterns of authenticity.





LEARN MORE & APPLY TODAY TO

# Patterns to Presence

GET THE DETAILS

