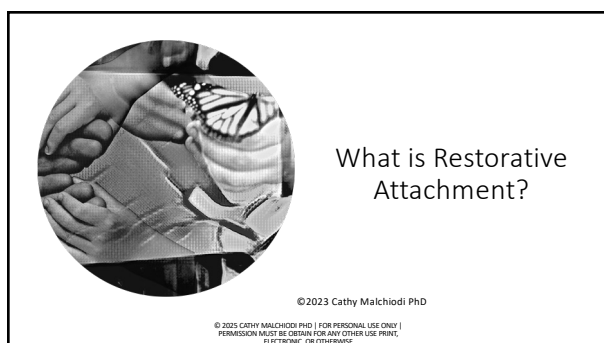




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"True regulation is not accomplished in isolation. It happens within the context and container of relationships. It not possible without connection, synchrony, attunement, and secure attachment."

Cathy Malchiodi PhD
What is Restorative Attachment?

It's not Regulate, Relate, and Reason.
It's actually Co-Regulate (Regulation + Relationship), then Reason.

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Co-Regulation = Self-Regulation

All recovery and healing ultimately take place within the context of a relationship.

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Let's Highlight and Celebrate One Current Attachment Model!

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PACE: Playfulness, Acceptance, Curiosity, Empathy
 A trauma-informed approach to supporting children and young people

PACE was developed by Dan Hughes decades ago as a central part of attachment-focused family therapy.

The aim is to support adults in building safe, trusting and meaningful relationships with children and young people who have experienced trauma.

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Being S.A.G.E.

The Four Areas of Restorative Attachment Supported by Expressive Arts:

Synchrony	Attunement	Grounding	Engagement
-----------	------------	-----------	------------

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Being S.A.G.E.


Being S.A.G.E. Implies
 Redirecting Attachment Work Through the Lens of Expressive Arts Therapy and Sensory-Based Approaches

PACE is a way of "being." SAGE is intended as a complement and a way of "being and doing."

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Let's Explore Synchrony and Rhythm Today!
It's the Core of Restorative Attachment and Attunement




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"S.A.G.E." Foundation: Synchrony

We begin to practice synchrony before we are born through touch, rhythm, and movement— the Primary Regulatory Network. It is a Foundation for Co-Regulation




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An Essential Skill for Helping Professionals!

Synchronizing to a Beat Predicts How Well You Get 'in Sync' With Others

How well you synchronize to a simple beat predicts how well you synchronize with another mind, (*Scientific Reports, 2023*).



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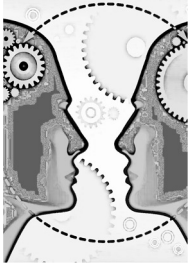
Rhythmic Synchronization --
or Entrainment
The Core of Safety!



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Building Capacity
by Being in Sync



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Storytelling...

What is your "Capacity" with this practice? Are you comfortable with sound-making and your capacity with it?

What specific practice in this category do you include in your field? If you do not, what's there no right or wrong answer here!

Optional: What sound-making practices do you want to expand in your life?

Movement...

What is your "Capacity" with this practice? Are you comfortable with movement and your capacity with it?

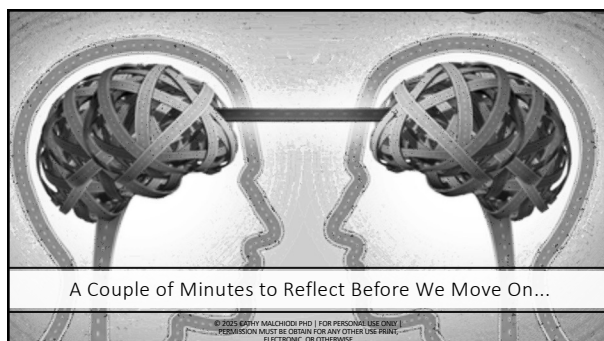
What specific practice in this category do you include in your life? If you do not, that's fine--no right or wrong answer here!

Optional: What movement practices do you want to expand in your life?

Let's Explore "Wired to Connect" through Movement, Sound, Rhythm, and Mark Making...and Getting Synchronized

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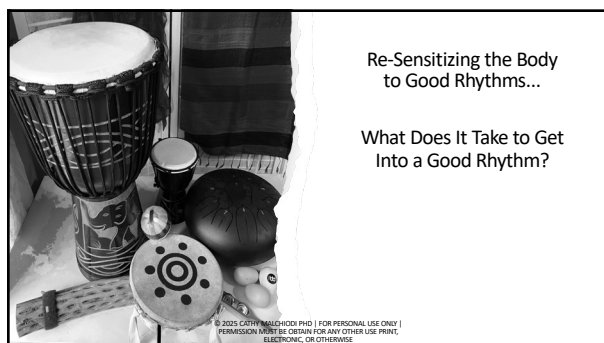
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A FIFTH OF BEETHOVEN—DISCO

Rhythm: Brain and Body

The Brain Sources for the Non-Neuroscientist!

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Humans have used rhythm for thousands of years to build community and support connection. It's a foundation for "restorative attachment."

Communal Impact of, Rhythm and Sound

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The Research on Rhythm and Overall Quality of Life

We "do better" and "feel better" and "feel safer" when we are able to rhythmically synchronize with others.

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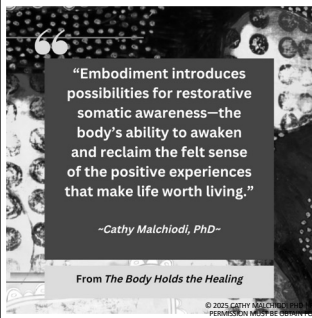
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Sharing and Discussion
Q and A

...and three final thoughts

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“Embodiment introduces possibilities for restorative somatic awareness—the body’s ability to awaken and reclaim the felt sense of the positive experiences that make life worth living.”

-Cathy Malchiodi, PhD-

From *The Body Holds the Healing*

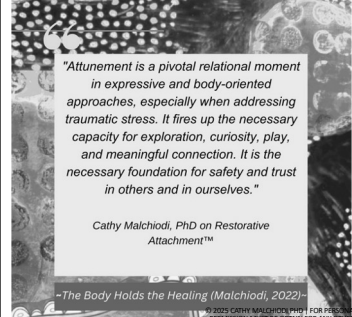
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”

“We are embodied creatures. To feel safe and thrive, we need sensory experiences of connection through rhythm and synchrony.”

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Restorative Attachment

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“

“Attunement is a pivotal relational moment in expressive and body-oriented approaches, especially when addressing traumatic stress. It fires up the necessary capacity for exploration, curiosity, play, and meaningful connection. It is the necessary foundation for safety and trust in others and in ourselves.”

Cathy Malchiodi, PhD on Restorative Attachment™

-The Body Holds the Healing (Malchiodi, 2022)-

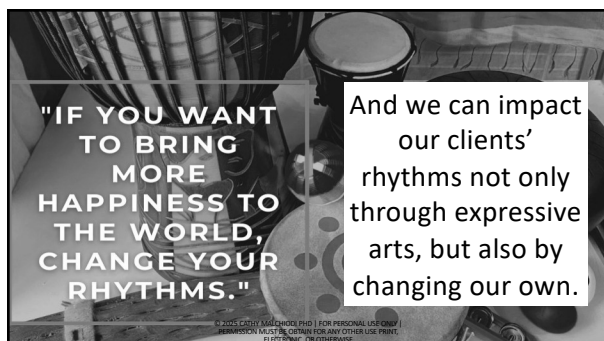
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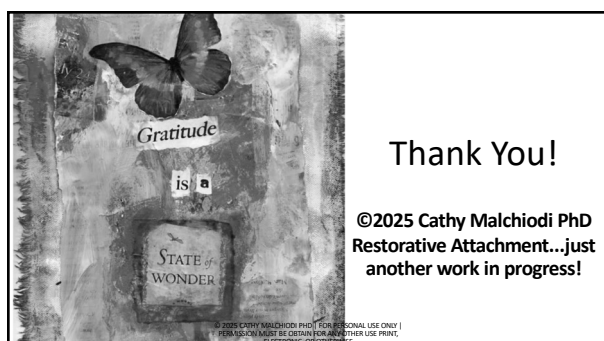
We cannot attune to each other through words alone. Our sensory experience of others is the necessary foundation for attachment, safety, and trust.

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