

## **THERAPY CHAT PODCAST EPISODE 59 SHOW NOTES**

Welcome back! In Episode 59, # 2 in the series on Trauma and Attachment, Therapy Chat host Laura Reagan, LCSW-C interviews Rebecca Wong, LCSW-R, a relationship therapist in New Paltz, NY, the creator of Connectfulness, and co-host of the upcoming Practice Of Being Seen podcast.

Rebecca talks about using play in her couples work, as well as how our attachment relates to our ability to trust our partners. Rebecca explains that needing attention is not a bad thing – it's normal. She talks about the concept of being seen, in relationships and in our work with clients. She and Laura discuss getting out of our heads and into our bodies to connect with our partners, other people in our lives and as therapists, how we can connect with our clients. Rebecca explains how using animal-assisted therapy with dogs and horses helps us understand our emotions as shown in our bodies.

Rebecca describes her five-step process of Connectfulness, a research based practice she developed and uses with her couples therapy clients. She talks about all the things we do to avoid uncomfortable feelings and how those things interfere with connection. She offers a free download from her website, the link is below.

This is the Episode 2 of the series on trauma and attachment, which will now continue on alternating weeks through the next few months. On the opposite weeks you will hear the series on integrative mental health! Thanks for listening to Therapy Chat. Please get in touch and let host Laura Reagan know what you thought of this episode!

Resources mentioned in this episode:

Rebecca's website for everything she's doing: <http://connectfulness.com>

Please visit this to get Rebecca's free list of 5 magical relational steps for your relationship: <http://connectfulness.com/therapychat>

Here's the link to find out about clinical supervision and consultation with Laura Reagan, LCSW-C and the Trauma Therapist Community:  
<http://www.laurareaganlcswc.com/for-professionals/>

**Visit Therapy Chat website at [Http://therapychatpodcast.com](http://therapychatpodcast.com) and send host Laura Reagan a voice message letting her know what you think of Therapy Chat! Did you like this episode? Did you dislike it? Let her know!**

**Thank you for listening!**