**THERAPY CHAT PODCAST**
**EPISODE 58 SHOW NOTES**

Welcome back to Therapy Chat! Episode 58 is the first in the series on Trauma and Attachment. In today's episode host Laura Reagan, LCSW-C interviews Amy Sugeno, LCSW. Amy is a clinical social worker in private practice who specializes in working with survivors of trauma related to attachment, particularly related to adoption.

Amy explains how attachment trauma can affect children who were adopted, even if the adoption went as smoothly as it possibly could. She describes how children who have been adopted may act out behaviorally to tell their parents how they feel. Amy also talks about a surprising way adoptive parents (and others parenting traumatized children) may experience trauma themselves and how to recognize the symptoms. She and Laura discuss how prior difficulty with conceiving a child can contribute to the experience for parents, how the parent's own attachment style and trauma history is "churned up" through the process of adoption. She describes how adoption can change relationships within a family and between the family and their community. She explains some of the non-verbal ways of processing trauma that she uses with her clients. Amy describes Nature as her "co-therapist." She tells listeners how to get on her mailing list and offers opportunities to hear her speak around the country.

This is the first of the series on trauma and attachment, which will continue on alternating weeks through the next few months. And 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:

Amy Sugeno's website: http://www.amysugenocounseling.com/


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**Thank you for listening!**