

Therapy Chat Podcast – EP62 Show Notes

Welcome to episode 62 of the Therapy Chat Podcast with host Laura Reagan, LCSW-C. This is the third episode in the trauma and attachment series featuring Stuart Fensterheim, LCSW. Stuart is a clinical social worker in Scottsdale, Arizona, practicing with couples using Sue Johnson's Emotionally Focused Therapy (EFT) which is an attachment-based couples therapy method.

In the episode, Stuart talks about how he works on making connections with couples and how our childhood attachment affects the way we show up in relationships as adults. He also touches upon John Bowlby's Attachment Theory, which focuses on your relationship with your primary caretaker and how it influences everything through your life. To make sense of this theory, he talks further about the relationship young babies have with their caretaker, avoiding failure to thrive and how the needs of a young baby to experience touch and closeness, continue with us throughout our adult life.

Resources

<http://www.thecouplexpertscoottsdale.com>

<http://www.thecouplexpertscoottsdale.com/podcasts>

<http://www.iceeft.com>

<http://www.simplypsychology.org/bowlby.html>

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! Also, if you'd like to share a tip that helps you get through the holidays, record a message and your comment may be included in the December holiday episode!

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/professionals/>

Thank you for listening to Therapy Chat! Please be sure to go to iTunes and leave a rating and review, subscribe and download episodes.

