

## **94: Attachment, Meditation, Yoga & Compassion In Trauma Therapy: An Interview with Deirdre Fay**

Welcome to episode 94 of the Therapy Chat Podcast with host Laura Reagan, LCSW-C. My guest this week is Deirdre Fay, MSW, LICSW, who integrates trauma and attachment theory with yoga and meditation in embodiment. She is also the founder of the Becoming Safely Embodied Skills and maintains a private practice in Arlington, MA.

The work she does arises out of her life. What she knows is grounded in her own healing as well as rigorous training as a psychotherapist looking for answers and ways to help others navigate the often-difficult terrain of healing trauma and attachment wounds.

Deirdre knows what it's like to make that journey. She did it dealing with her own history of trauma and as she searched for answers to relational and attachment issues. During the course of her life, she was lucky to have lived for six years in a spiritual community [Kripalu Center for Yoga and Health] which surrounded her with a nurturing environment. That experience grounded Deirdre in her commitment to finding ways to help other people.

The Becoming Safely Embodied Skills were born during those years and came to fruition as she worked with trauma survivors in Boston both in her private practice and in hospital settings. She wanted to develop easy to apply take home skills that people could use when they weren't in therapy. Laura & Deirdre discussed her newest book, Attachment-Based Yoga & Meditation for Trauma Recovery and Deirdre shared information about her upcoming course. Visit her website below for more information!

### **Resources**

<https://dfay.com>

Registration is now open for the Authentic Self Retreat (8/29/17) and Authentic Therapist Retreat (8/30/17) hosted by Laura Reagan, LCSW-C and Charlotte Hiler Easley, LCSW. We will practice showing up as the women we are, weaving together The Daring Way™, the highly experiential method based on the research of Brené Brown, with Equine Assisted Learning And Growth for an unforgettable daylong experience building trust and authentic connection in relationship – first with ourselves – then with other sentient beings. Step into the arena with us! Discounts available for 2 people signing up together. Early bird pricing ends 7/31/17. <https://laurareaganlcswc.com/retreats-1>

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