

HEALING ATTACHMENT TRAUMA

From Disconnection to Deep Belonging

UNDERSTANDING ATTACHMENT TRAUMA

Attachment trauma is rooted in early relational wounds, such as emotional neglect or inconsistent caregiving, that impede the ability to form secure attachments later in life, often resulting in difficulty establishing safe, loving relationships or feeling undeserving of love.



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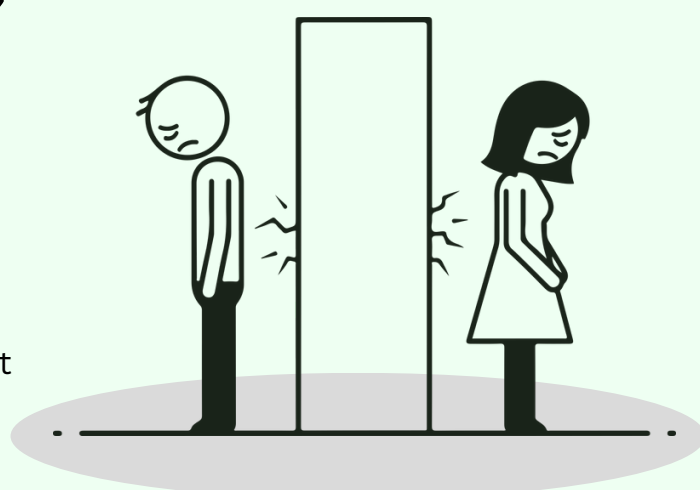
SIGNS YOU MIGHT BE LIVING WITH ATTACHMENT TRAUMA

Unresolved past trauma often presents as a cycle of relationship struggles and low self-esteem. This is often linked to fragmented memories and sudden, inexplicable emotional flooding or shutdown. These core issues typically result in significant difficulty maintaining healthy boundaries.

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HOW IT AFFECTS YOUR LIFE

A cycle of relationship difficulties and isolation is common, driven by feelings of unsafety. This emotional pain often leads to numbing behaviour's (like substance use), resulting in a sense of being lost or directionless, and creating a conflict between desiring connection and fearing past patterns.



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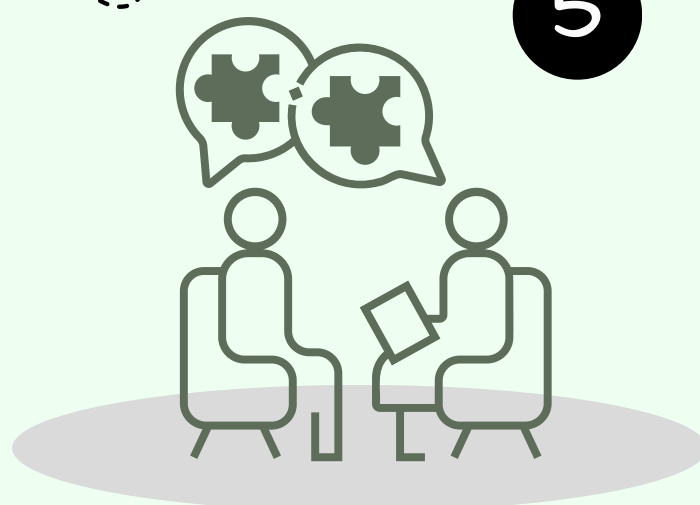
WHAT HEALING CAN BRING

The path to healing involves building secure relationships and fostering self-compassion to quiet the inner critic. This shift replaces fear with emotional peace and develops self-confidence, enabling one to make peace with the past and fully embrace the present.

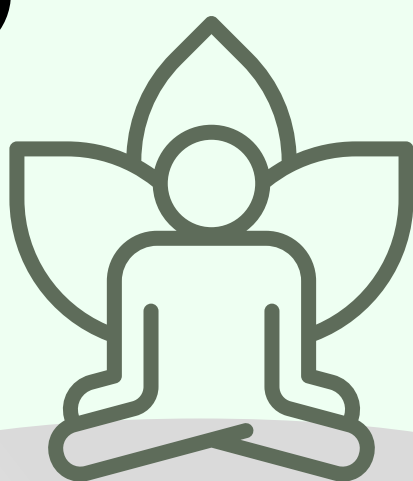
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HOW THERAPY VILLA HELPS

We offer trauma and relational healing with trained therapists, starting with a complimentary consultation to ensure a good fit. We provide guidance for accessible and personalized care, using evidence-based approaches focused on fostering emotional safety, trust, and growth.



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GETTING STARTED

You don't have to face this alone; **schedule your free consultation today** to ask any questions and meet our team, who will support you with care and clarity.