

## Therapy Chat Episode 293



[00:00:00] **Laura Reagan:** Therapy Chat Podcast, Episode 293.

[00:00:04] **Announcer:** This is the Therapy Chat podcast with Laura Reagan LCSW-C. The information shared in this podcast is not a substitute for seeking help from a licensed mental health professional. And now here's your host, Laura Reagan LCSW-C.

[00:00:34] **Laura Reagan:** Thank you to Sunset Lake CBD for sponsoring this week's episode. Use promo code: "CHAT" for 20% off your entire order at [sunsetlakecbd.com](http://sunsetlakecbd.com). Sunset Lake CBD is a farmer owned, small business that shifts crafts CBD products directly from their farm outside of Burlington, Vermont to your door. Sunset Lake CBD has something for everyone.

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[00:01:23] Therapy Reimagined is more than a conference. It's an experience. Join the community of modern therapists for the fourth annual, second virtual, first hybrid, Therapy Reimagined conference from September 23rd to 25th, 2021. We will be in Los Angeles and online with our super fancy virtual conference app, we bring fresh diverse voices to our virtual and physical stages, talking about cutting edge topics that most other conferences avoid. Learn more at [therapyreimaginedconference.com](http://therapyreimaginedconference.com) and grab your virtual or hybrid ticket for 15% off with a special promo code for [00:02:00] Therapy Chat listeners: "THERAPYCHAT15." I will be there and I will see you there, maybe even in person, I'm planning on going to LA depending on what happens, but that's my intention to at least stop into some of the events. So I'm excited about that.

[00:02:19] Hey everyone. It's me, Laura Reagan, just wanted to make sure that you know about what I've got going on this summer. I don't think I've really talked about it much here, which is silly, but in case you didn't hear, I did start a second podcast called Trauma Chat, which is really for anyone who wants to understand what trauma is and how it shows up in our lives.

[00:02:45] As you've heard me say, if you've listened to this show, I've mentioned a million times that people tend to think that trauma is something that happens to someone else, something horrific, and [00:03:00] unthinkable, unspeakable. And that is true, trauma is that, but it's also

experiences that are very commonly shared among many of us, most of us. On Trauma Chat, I break down what trauma is in hopefully understandable language. That's not stigmatizing. I know I couldn't have possibly captured every thought there is about trauma and every aspect of trauma and how it shows up, but I hope that Trauma Chat will be helpful to people who really don't understand what trauma is.

[00:03:33] And maybe wondering, do I have trauma, you know, or wanting to, better understand what someone they care about is going through. And most importantly, how to get help, if you have experienced trauma, what to look for, how to describe your experiences or how to find the words that name what you've been through so that you can then connect with whatever type of resource support, whether it's therapy or a [00:04:00] podcast that you'd like to listen to, to learn more about it or, an article, another website. This is my hope in creating Trauma Chat. And the second part of that is the new Trauma Therapist Network Community that I'm creating. It's unbelievable to say this because I've been laboring behind the scenes to bring this to you for a long time. Starting in around 2018 is when I first had the idea. and then the process of getting from there to here has been slow and with many twists and turns, but I'm creating a community for people who have experienced trauma to find help. For trauma therapists to find other trauma therapists to network with and refer to, and gather, and collaborate, and share ideas and hopefully come together in person in, in gatherings that I don't know if there'll be able to happen in 2021, [00:05:00] but maybe by 2022, we can have in-person gatherings of trauma therapists to provide support to one another and combat the isolation of trauma work. Even if you work in a large agency or group practice, trauma work is so isolating. It's just part of the nature of it. And connecting with other people who get it is so valuable. The participants in my trauma therapists consult groups share how useful they find them to be because we're in our offices doing our work and then we go home and it can be really hard to receive the same kind of support that you give to your clients.

[00:05:39] So I hope that Trauma Therapist Network will be a useful resource for you, whether you are someone who's trying to find more information about trauma, or if you are a trauma therapist, yourself. To learn more, please go to [traumatherapistnetwork.com](http://traumatherapistnetwork.com). The website is not live yet as of June 28th when I'm [00:06:00] recording this, but it will be live by August 1st, if all goes well.

[00:06:05] And hopefully there may be even a soft launch before that. A beta version. So please go to [traumatherapistnetwork.com](http://traumatherapistnetwork.com), where you can find a free download and sign up to be notified as soon as it officially goes live, whether you are a therapist or just someone who wants to learn more about trauma, there's a download there for you, different ones for each group.

[00:06:29] And I hope that this resource that I've really created from the heart will bring healing to more people. I really want people who have experienced trauma to be able to find the right kind of support. And that's why I created the Trauma Therapist Network. I hope you will join me there. Like I said, you can get more information by going to [www.traumatherapistsnetwork.com](http://www.traumatherapistsnetwork.com), where you can sign up to be notified as soon as the official website [00:07:00] goes live, which will be in August of 2021. If you're hearing this after August 2021, go there and hopefully you will find the site and you'll see everything that it has to offer. I cannot wait. This is such a labor of love, something that I've really poured my heart into. And I'm just so excited for you to see it.

[00:07:19] Thank you so much for your support.

[00:07:25] Hi, Welcome back to Therapy Chat. I'm your host, Laura Reagan. Today I'm so thrilled to be interviewing someone who I deeply admire, Dierdre Fay, MSW. You might remember if you've

listened to Therapy Chat for awhile, Dierdre was my guest back in 2018 in episode 145, which was Attachment, Meditation, Yoga and Compassion in Trauma Therapy.

[00:07:52] She is extremely knowledgeable about trauma and attachment. And I'm so grateful that she came back to talk with [00:08:00] us today. In our conversation, you're going to hear Dierdre describing how we can access our inner wisdom through skills and practices that she teaches to help us become safely embodied, which is that also the name of her new book: *Becoming Safely Embodied: A Guide to Organize your Mind, Body and Heart to Feel Secure in the World*.

[00:08:18] Quickly, before we jump into our interview, I also wanted to thank the newest members of the Trauma Therapist Network, family, Elizabeth Cush LCPC, who's a good friend of mine. She is a psychotherapist and women's life coach in Annapolis, Maryland. And she's also the host of Woman Warriors, a podcast for stressed out women. And Sean Taylor Kirkland, LMFTA, specializes in C-PTSD, addiction, and religious trauma syndrome, in Kennesaw, Georgia. You can find both of their profiles along with the rest of the therapists on [traumatherapistnetwork.com](http://traumatherapistnetwork.com). If you're a trauma therapist, I'd love for you to join us. The more therapists that can be in the [00:09:00] directory, the better the whole website will be as a resource for anyone seeking information and resources and help with trauma. All right. Let's dive right into my conversation with Dierdra.

[00:09:15] My guest today is Dierdre Fay, MSW. Deirdre, thank you so much for coming back to Therapy Chat today.

[00:09:21] **Deidre Fay:** It is great to be here with you and to hear what you have to say and interact with you Laura you give so much to the world and throughout the group here.

[00:09:30] **Laura Reagan:** Aw thank you. I feel very honored to be speaking with you. I've just loved your work for so long and watching everything you've been doing over the years, even since we last were together, but today you have a new book out. I mean, it's been out for a little bit. It's called *Becoming Safely Embodied: A Guide to Organize Your Mind, Body, and Heart*. But I want to talk about your book and your work, but before we get into it, will you just start off by telling our audience a little [00:10:00] more about who you are and what you do?

[00:10:01] **Deidre Fay:** Sure. The basis of the work that I do really springs from my own experience. I lived for years, I've always been a seeker, but somehow, I ended up at an Asharam back in the eighties and nineties, and at that time we were doing a lot of yoga, a lot of meditation every day, I was getting up at 4:15 in the morning to go practice and to do practice again later in the day, seven days a week.

[00:10:27] So it was pretty constant. And during that time, while I was there, unbeknownst to me, my own trauma history came up and I didn't even know that I had that trauma history. I remember exactly how it came up and how shocking it was and how I went from being able to be in my body-meditating, yoga, doing, you know, running, and preparing for triathalons, and then suddenly not wanting or being able really. Not really being able to listen, like I couldn't do it.

[00:10:54] All I wanted to do was cry and shut down. It was like, what happened? What happened to [00:11:00] me? How come I was this before and now I'm this?

[00:11:03] That really started the next level of my quest, which graduate school when I was at graduate school, I was at a big teaching hospital, and somebody had been to one of my courses at the Ashram and asked me to teach yoga and meditation to people in the dissociative unit at night.

[00:11:19] Which I was glad to do because I wanted to see if what works for me, can work for them. Because in yoga we talk about this idea that the body is a temple for the soul. Heart is a temple for the soul. And why now for many, many years, I did not feel like I was living in a temple. I felt, I was, gosh, I don't even know, just crushed by life and just there. And I thought there's gotta be a way through it. It's just, I can't, this is not right.

[00:11:45] This isn't what, you know, the ancient wisdom traditions are saying is possible. In every tradition, you know, from every world point of view. So that became my next quest. And as I was practicing with these people in that dissociative unit. [00:12:00] Then I saw/heard about, um, something similar from one of my friends, Sarah Stewart, who'd been at the trauma center for a long time. And as I'm [inaudible] to come join them and it was during the times when I was leading groups that I think it was a start of the idea of embodiment. The idea just came to me one day when I was walking back from coffee, for some reason, I don't know. I remember exactly where I was when it happened, in fact.

[00:12:22] And the idea was like, what does it mean to be embodied, but how important it is to be safe and for so many people that, you know, and I know that we work with, they don't feel safe in their bodies. So what does that mean? And in many ways it wasn't like I was, I wasn't meaning to tell people, what it is, it was more open inquiry. What does it mean for you? How can I use my knowledge base, my skillset, my clinical knowledge, to understand you and find the next possible step for you so that you become safe in the experience in your body, which is where you should feel safe. And that aligned [00:13:00] with the whole idea of analytic traditions that talk about a self-containment, building a self. And [inaudible] what, what is, what are the qualities of that and how do you construct it literally from scratching the side. So I'll keep talking about it all.

[00:13:20] **Laura Reagan:** Yeah. So I think it's great that you brought that up, but what are the qualities of self and of having a self because you, like you said about that idea of not even understanding what it meant to have a self container and that's, I've never actually heard that before you said it today. Um, I think there, those concepts are still kind of abstract. It's like, what does this mean? How does it even develop to begin with? How do I get it?

[00:13:48] **Deidre Fay:** Well, I think the analytics tradition was just so much rich information. I think one of the dilemmas is, it's very cognitive. And so as we look from an integrative point of view, [00:14:00] it's a whole different set of skills and we need to learn how to slow down so that we can actually access insight. And how do we link it up? So as you have that thought, what happens in your body?

[00:14:12] It's very simple, but it's very complicated. And all that led me to, um, I took about 13 years, pretty much weekly training with Dan Brown, who's an amazingly insightful teacher and mentor align on Attachment Theory. And we ended up as a collective writing a book with David Elliott on Attachment Disturbances in Adults.

[00:14:35] That's where I learned so much about this, but again, it was so cognitive. And I would sit there and be like, well, how would I know inside me? Like that I had a secure self, like, I know what it's like to feel flowy and overwhelmed. But, how would I know what secure is about? And that really

is what took me in a whole new direction, because we do know that trauma doesn't clear, or the reason why trauma doesn't clear is because there's the underlying attachment issues. So [00:15:00] how do I solve that? How do I heal that? And, you know, we know in internal family systems, we talk about the qualities of self, but I was even interested in underneath that. How do you literally construct something out of nothing?

[00:15:14] Now, in IFS (Internal Family Systems) we talk about, if you remove all the parts then you're left with self. But if somebody has no access to that, well, really no access to the body, it was another layer to uncover. And in yoga, we have these, what I talk about as the five doorways to the soul, it's really applied always to the heart or the person.

[00:15:34] And the first is Sensations. It's the physical body. The second body is the well in yoga, we call it different things, but I lump it together, the mental, emotional, psychological body. And we have the energy body and we can access that through tapping, through a shamanism, through breathing practices. That accesses the prana, which is different from the psychological body, which we get through [00:16:00] through IFS, or Cognitive Behavioral Therapy, or all the mindfulness practices that are there.

[00:16:06] Then there's the body that would call the, Vijnanamaya, which is the wisdom body. And that's really like when you're sitting in self, how do you know? And that literally has a place in our body that we can access, and we can train ourselves to be there, especially for those of us who have been more anxiously attached then, we're prone to being on the periphery on our body.

[00:16:28] But, when we started accessing the wisdom body, you start moving away from the periphery into what the yogis would talk about, the central channel- which is the space between the spine and the heart or the rest of the body. There's clear space. Like this part of the subtle body. And so if we move in practice, moving into that place, we access wisdom.

[00:16:51] We could call that the intuition, but it's not quite intuition, in that way. It's where, It's really how are, [00:17:00] how do I want to describe it? It's a different kind of intelligence comes through and not intelligence, like a cognitive intelligence. So all of these, if we look at these as four quadrants or four doorways, what they do is they open us up to an even more central place, which is anandamaya, the bliss body.

[00:17:19] Now, if you think about that, in my experience, that's when I can be so grounded inside myself. It's not bliss in the sense of like passionate lovemaking or, uh, like a really high energy can be really deep contentment, where you feel so at one with everything that you relax the boundary of yourself, versus the rest of the planet.

[00:17:42] Now I, one of the practices I do with people is help them access that on what I call the vertical access, which is the central channel. It's what has us access, all that is above us, the heavens the spirit. It's also what flows down in and through us to the [00:18:00] ground where we access the ground, and the earth, the great mother. And what in between that it connects us all is the heart. And when we can land in the, not just the physical heart, but the emotional heart, the spiritual heart, and then even beyond that, it's like, I talk about opening up the back door of the heart, and resting, in this vast luminous space, it's behind that, in the vertical access.

[00:18:22] When we do that, there's something else that begins to happen. And what I'm interested in doing with people is having them stay connected to that path inside them, trust their own inner

wisdom, and let their inner wisdom guide them in the direction of their healing. When we do that, it's going to take us all different kinds of ways. So we're gonna explore all kinds of things. But, we can trust that we're being led from within. And then mistakes arise as wisdom, not as something to crush us. Trauma then becomes a modern day Bodhi software training. It's a modern day training of how to take our suffering and transforming it into compassion.

[00:18:58] **Laura Reagan:** I love how you just [00:19:00] like layered together all of those pieces that, that's one of the things I love about your work. It's like, it's not just the neuroscience, but it is the neuroscience. It's not just the attachment theory and trauma theory, but it is that. And it's, it's also the yoga theory and, you know, Buddhism with the bodhisattva training. I don't, I don't even know what all, those are the pieces that I could pick out. Like, but that's the way, like when, um, for me, when I'm working with clients, the way it feels, you know, it's like, there's what sensations you notice in your body. And then like, if it's in your throat, like the energy centers, their's throat chakra, and, you know, I mean, there's, it's all information, and putting all of those pieces together as so much more complete in my mind, then, you know, the one, this is the one that's the right way, you know.

[00:19:53] **Deidre Fay:** The only right way is our way. The individuals way. Each person's their own way. That's the right way, is [00:20:00] when we listen to our own heart, our soul, directing us from within.

[00:20:04] Yes. So true

[00:20:06] **Deidre Fay:** You know, Laura, as I think about it too is all of these different, when I started looking like yoga, psychology, attachment theory, trauma treatment, the contemporary versions of eco-psychology. There's, there's a thread between it all, that's all the same, all the same. And I thought, why do we sometimes create all these, it's good to have these different lines of development and understanding, but at some level it's all the same. We're all connected in it. And that was when it was like, oh my God, this is so amazing.

[00:20:39] **Laura Reagan:** Hey everybody. I wanted to take it quick minute to tell you about my experience with Sunset Lake CBD. I first tried CBD when my integrative doctor recommended it for chronic neck pain, and tension that tends to wake me up at night. I really like Sunset Lake CBD's products. The full spectrum CBD tincture is mild tasting compared to others I've tried, [00:21:00] and I find it works quickly. It doesn't feel sedating, but it does have a pleasant calming effect. And I also like the CBD gummies. They taste good, and they work well. So if you're looking for a craft CBD product that comes directly from a farm outside, Burlington, Vermont, that's a producer for Ben and Jerry's ice cream, you're going to want to check out Sunset Lake CBD. And remember, Therapy Chat listeners get 20% off using the promo code: "CHAT." So go to sunsetlakecbd.com and use the promo code: "CHAT."

[00:21:32] I agree. It's you're right. And that feels so true about the thread. It's like, you can sense in each different thing, not that I've learned all of the different models and methods, but you know, certain it's like you feel, oh, this is like what I've learned about that. And, you know, if, if you put it all together, that's what feels complete, to me. So I love, I love this approach and you have this book: Becoming [00:22:00] Safely Embodied, which is, I believe your second book. Am I right?

[00:22:03] **Deidre Fay:** Yes.

[00:22:04] **Laura Reagan:** Didn't know if there were some others that I wasn't remembering.

[00:22:07] **Deidre Fay:** But I was a coauthor on the Attachment to Services and so as an adult and my first legit book was the Attachment Based Yoga and Meditation for Trauma Healing. Yeah. I co-wrote some chapters with Matt Cork, and the neurobiological, something, I can't remember, on dissociation.

[00:22:26] **Laura Reagan:** Putting you on the spot there, sorry. Well I'll get the name of it from you and link to all of those things with the show notes, but, you know, just so people can have a more, again, complete picture of what you're doing, but you've also had this Becoming Safely Embodied Course for a while, a good like 10 more, 10 plus years, right?

[00:22:48] **Deidre Fay:** I started that in 1996. Yeah. A long time. And then it was running them in my private practice and Janina Fisher, my friend and colleague down the hall was sending her [00:23:00] clients to the groups and they were getting better. She said, oh my God, they're getting better, faster. What are you doing? So she wanted to uh, hang out with me. And we started co-leading groups for a number of years. I can't remember. And then at some point, I mean, they had started like 10 weeks and then 12 weeks, then 16 and then 24. People wanted more after, they didn't want to end. So anyway, we started doing like three years of groups of the same group staying together over time.

[00:23:28] And it was fascinating because I think that what's missing for so many people, is this the learning piece, like the really practical skills. Like how do you live in your body? How do you separate a thought, from a feeling, and a body sensation? Like that's new for so many people. How do you know what a fact really is? What do you do when you're overreacting?

[00:23:50] What do you do when you're so angry? How do you deal with conflict? So these were the things we started looking at and how to make it very, very practical. I just got off a call [00:24:00] earlier today with this embodied learning community, where one of the things we do, is every twice a month, I talk to them about one particular subject.

[00:24:08] So I do a teaching fit. And then we talk about implementing and reason. The conflict is in my mind is we started looking at it, what is conflict? And how do you repair conflict? And what about mistakes? And what happens when you make a mistake? And it was like, wow. We were all so engaged and fascinated, like how do we do this step by step?

[00:24:28] How do we break it apart so that we can learn from inside, that it's safe to make a mistake. In fact, that's the whole point to make a mistake. The whole point of life is to fall down and get up and move forward. But along the way, if we fall down, isn't it so much better if there's soothing, and reassurance, and comfort. And people saying, oh yeah, okay so next time maybe you don't blah, blah. That's how we get better. I was just reading about one of the Olympic athletes who I'm not going to remember her name. She's the young [00:25:00] hurdler. And she

[00:25:02] **Laura Reagan:** Sha'carri Richardson? The one who was disqualified because of testing positive for marijuana?

[00:25:08] **Deidre Fay:** No, no, no, because this is somebody who actually is in the olympics now.

[00:25:12] **Laura Reagan:** Okay. She's in the Olympics now.

[00:25:14] **Deidre Fay:** And she said, last year, I think it was, she got a new coach who was looking at what she needed to do to actually beat her own world record. And it was something like, instead of you say, launching off your right foot, you need to take one less step and then launch off your left foot.

[00:25:33] And so she had to learn, she did like a year. I don't know, can't remember the length of time where she didn't do well. And she wasn't beating herself in her records and everything. And, but what she did is by learning and retraining herself to make mistakes and not, you know, step off the old familiar step, she just did just beat her own record and beat the person who had been holding the record before.

[00:25:56] It's like, that's on the Olympic level, but it's that [00:26:00] simple. How do you go from four steps to three steps? That was her task for herself. Okay. How do we do that? How do we break something down to that simple that I want to only take three steps and I'm in a launch myself off of this. It's amazing to fine-tune at that level.

[00:26:16] **Laura Reagan:** Yeah. It's a, that's a such a good analogy. Cause you know, it's like, literally I'm sure, I didn't hear about this, but literally what she's doing is literally retraining her neural pathways that when I run, I do three steps and then jump or whatever instead of yeah. And lower left foot does this or whatever. And where the pathway in her brain is to go to do it the other way, the way that she's always done it.

[00:26:42] **Deidre Fay:** Exactly.

[00:26:44] **Laura Reagan:** And it reminds me of like, you know, and this is such an attachment thing, like the idea of the toddler, you know, toddling away from like, first of all, how you're learning to walk and you're continually like falling down and getting back up, and that is the process of learning to walk. It [00:27:00] doesn't mean you're doing it wrong.

[00:27:02] That's the actual how you learn. So, you know, but you know, somewhere along the way, and I think it's pretty early on in life, at least for me, I'll just speak for myself. But there was more of a interpretation that, you know, don't, don't like ever make a mistake and then your life will be, then you'll have a happy life, like always do the right things and then you'll have ease and happiness.

[00:27:26] And so if you do make any mistakes, which of course we all do, then it's your own fault you screwed up, all that.

[00:27:33] **Deidre Fay:** Yeah. Yeah. We can all relate to it. We're all right there in that nodding our heads. Exactly.

[00:27:38] **Laura Reagan:** And then with trauma, it's deeper because it's, you know, it actually interferes with being able to, you know, you get stuck, right.

[00:27:47] **Deidre Fay:** And we're often told by people around us, if you hadn't that, you're the reason why, and we retake that, and we take it in deeply, because we don't have any [00:28:00] balancing messages to that.

[00:28:01] **Laura Reagan:** Yeah. So how can people use your book and your course to, to break those stuck patterns, breakthrough those stuck patterns and be able to move into post-traumatic growth? Small question. Whats the answer, do you solve it all?

[00:28:20] **Deidre Fay:** Well, what I've seen, I've seen all kinds of things, but I've seen people who just open the book to one page, or take the course and just do one module. And that's all they do. And they change their lives. Like that blows my mind. People that changed their lives from my safe guide that I put out or this small course that I have. I think to myself, what is it? What is it in the person? You know? And some of it is that people are ready to make the changes. Some of it is that people are dropping their expectation of how they should do it. So they have a more open mind. They're like, okay, I'm going to just do this one thing. I'm going to practice this one [00:29:00] skill.

[00:29:00] And they really put it into practice. And we've had people who've taken the course over and over and now they're mentors teaching other people. And they've still finding that they're gaining and developing because that's the whole point is that our whole system is designed to grow development force.

[00:29:16] That's what we're supposed to do in our lives. We're supposed to become more, not stay in the idea of where we are. So there's multiple ways to do it. And again, it's about trusting your own heart, and your own wisdom to guide you.

[00:29:29] **Laura Reagan:** Well, I know, I know that many people who are listening are probably pretty excited and they're so many people seeking to heal from trauma who kind of want to do it on their own.

[00:29:42] You know? So, a book is helpful for working beginning the work on your own. And then of course, you know, where your it's more interactive is, is it, is it group format, your course?

[00:29:54] **Deidre Fay:** Well, you could do it all kinds of, we have all kinds of different options, but we are going to be doing a group live. And [00:30:00] the reason why people get so much out of doing it live, is that that you learn from me, you learn from the material, but you learn from each other. And when we're in an environment where we're like, oh, that works for you. Okay. Let me try it this way. Well, it didn't quite work for me that way. What do you guys think about this? Suddenly now, it's exponential. And that's where the leap forward happens.

[00:30:22] **Laura Reagan:** I believe it because when we're talking about attachment, you know, I don't know whose quote this is, but it's a great quote. What was broken in relationship heals in relationship, right?

[00:30:34] **Deidre Fay:** And we learn that it's safe. And we learn that we can trust. And we learn that how to discriminate and have wisdom and say like, okay, you're a really nice person, but something's not right.

[00:30:44] I'm not going to trust you. And that's okay. We don't have to override that, you know, so that it can, all, it all comes down to how am I able to sit inside my own skin, listen to my heart, and then be in relationship with the world. I have this idea. I talk about it's a developmental [00:31:00] imperative to be connected inside. And we know this because as a child, we should have had ourselves mirrored back.

[00:31:07] We should have people out there saying that's right, or that's wrong and do this or not. And to help us formulate a self inside, but we didn't have that growing up for many of us. And now our task is different. We have a different developmental task. Our task now is to know how to be inside our own human adult ecosystem.

[00:31:27] And from that place then, you're able to reach out outside of our state of, being in relationship with the world, and with others. So, it's diametrically different. And this is what I saw happen all the time in the office is people would come in wanting the outside world to change. So they would have a different inside world. And that is not what the adult attachment developmental task is.

[00:31:50] Our adult task is to be able to be inside ourselves. Know ourselves. And then, from that place- be in relationship with the world.

[00:31:57] **Laura Reagan:** That is so, that is such a [00:32:00] powerful piece of information. And I'm so grateful that you said that. I think that's a great place to wrap up our discussion for now. Cause there's, you know, I feel like that's the, that's the whole learning of adult life and sometimes trauma can have you be stuck for 30 years.

[00:32:16] And before you suddenly your head lifts up and you're like oh, you know, I can, I can do this. It's not every it's. Yes, it is the things that have happened to me, but it's not about changing what's happening outside of me. It's about connecting with what's inside of me and healing there.

[00:32:36] Beautifully said Laura.

[00:32:37] **Laura Reagan:** Thank you. So Dierdre, where can people find all of the amazing things that you have going on and please tell our audience like what's coming up.

[00:32:47] **Deidre Fay:** Well, we are going to run a live [inaudible] body skills course, and that's coming up. If people want to be part I'm tending to a free, long, long, long roadmap series, a pre series on conduct, free roadmap [00:33:00] to healing and that you can get at dfay.com/more. And then I have a 40-page PDF, I call the Safe Guide that's free as well, it's dfay.com/safeguide so that's simple. And then we also have a quiz on relationship profiles. It's really about the attachment styles. And I got frustrated working in the traditional literaturship cause it's always about there's something wrong, but you know, it's not, there's always a plus side and the minor side, there's a drawback.

[00:33:34] But there's a lot of positives to each of the different attachment styles, but just need a more balanced and integration of all of them. So I created this relationship profile and that is dfay.com/profile. Those are three different ways people can just get support, find some help, connect with me. As on the free roadmap series that I'm going to be doing. People can ask questions and I'm going to be responding and really addressing their own [00:34:00] questions.

[00:34:00] **Laura Reagan:** Fabulous. Is that the video interview that you mentioned to me before we started recording that you did, like earlier today was part of it.

[00:34:07] **Deidre Fay:** Oh no that's something totally different.

[00:34:08] **Laura Reagan:** Oh my gosh, you have a lot of good things going on.

[00:34:13] Well, I will link to all the specific things that you mentioned in the show notes for our episode today, so that everybody can find them. I think that, uh, attachment styles profile thing is going to be a huge hit because I mean, it probably already is. But people are always wanting to understand their attachment styles.

[00:34:32] And I love the non pathologizing. It's not about that, you should be a certain way. It's just where, where you are, you know, and what, what that means.

[00:34:40] **Deidre Fay:** And how to build on it and develop a solid, steady, secure self, in the process.

[00:34:45] **Laura Reagan:** Beautiful. I think that's what most of us need. Dierdre, thank you again for coming back to Therapy Chat today.

[00:34:53] It's been so lovely talking to you as always, and I just really appreciate all the great work you're doing [00:35:00] and all the ways that you are helping spread these important teachings out there to everyone who needs it.

[00:35:07] **Deidre Fay:** We're all part of the community Laura, total pleasure on my part.

[00:35:11] **Laura Reagan:** Thank you.

[00:35:15] Thank you to Sunset Lake CBD for sponsoring this week's episode, use promo code "CHAT," for 20% off your entire order at [sunsetlakecbd.com](http://sunsetlakecbd.com). Sunset Lake CBD is a farmer owned, small business that shifts craft CBD products directly from their farm outside of Burlington, Vermont to your door. Sunset lake CBD has something for everyone.

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[00:36:04] The Therapy Reimagined conference is going hybrid this year, meaning you can join us virtually or in person in Los Angeles for three days of learning and connection. With headliners like Dr. Bandy X Lee, and Dr. Jamie Marich, you know that we're exploring topics that don't find their way onto typical conference stages.

[00:36:24] Grab a virtual conference ticket or join our small but mighty group of modern therapists in Los Angeles, September 23rd through 25th at the Sheraton Universal. We're keeping the live audience small, so don't wait if you want to be in the room. Learn more about what we planned for this year at [therapyreimaginedconference.com](http://therapyreimaginedconference.com) and make sure to use:"THERAPYCHAT15" at checkout for 15% off your virtual or hybrid conference ticket.

[00:36:47] No matter how you participate in Therapy Reimagined, it's going to be an event to remember. And I hope to see you there. Like I said, either, I'll definitely be there virtually, because I

have a presentation to give and [00:37:00] I intend to be there in LA at least for some of the events. So, make sure to use that discount code.

[00:37:11] And for more information and resources on trauma and healing from trauma, go to [www.traumatherapistnetwork.com](http://www.traumatherapistnetwork.com). Trauma Therapist Network is a community for therapists and a place for anyone to go to learn more about trauma and find resources and connect.  
[www.traumatherapistnetwork.com](http://www.traumatherapistnetwork.com)

[00:37:32] **Announcer:** Thank you for listening to Therapy Chat with your host, Laura Reagan, LCSW-C. For more information, please visit [therapychatpodcast.com](http://therapychatpodcast.com)