

Overview: Attachment Core Pattern Therapy ACPT™

STAGES OF GROWTH

STAGE I



Focus on each person's childhood history that created their injured love style. Each spouse takes ownership of their own style and begins to work through the growth goals in the workbook for their style.

Couple learns basic skills and format of the comfort circle learning to stay regulated in the roles of Speaker or Listener. Uses list of "soul words" to help feelings become a part of conversations.

Reviewing family history helps each person recognize the historical triggers that pull them into the Core Pattern. Couple develops compassion for one another as each understands the historical wounds that drive their spouse's irritating behavior.

STAGE II



Both spouses can verbally describe the Core Pattern and how their style contributes to the dance. Each becomes aware when the Core Pattern is activated in interactions.

Either person can verbalize: "We are in the Core Pattern right now," and compassionately stop the harmful interaction and reengage using the comfort circle to manage reactivity and communicate clearly.

Each spouse can ask or a "do-over" when mistakes happen. Each spouse can ask for and offer holding times to give or receive comfort for childhood injuries that originally shaped attachment

STAGE III



Couple recognizes and stops the Core Pattern sooner and sooner, using "do overs" until the Core Pattern loses its magnetic pull and is far less powerful in derailing communication and connection.

Triggers and stress are taken into relationship and the couple is able to help regulate, comfort and relieve one another during hard times. Couple is managing and pulling out of the Core Pattern when it is activated at home without help from the therapist.

Over time the couple can stay regulated and utilize the comfort circle to discuss difficult subjects and most often achieve resolution without help from the therapist. Couple is clearly moving toward a deeper bond and "earned security."