



**Practice & Treatment Protocol:**  
Attachment Therapy  
Foster and Adoptive Family Specialty

*Believing in and working toward peace for all systems,  
family and organizational...*

Many attachment challenged children are taken in by the most well intended foster and adoptive parents. I am one of those foster parents. I know first hand how often we are intellectually and emotionally unprepared for the task before us. Many of our children are not capable, yet, of giving and receiving love in a way that makes sense for our families. Many of these children end up constantly defying and fighting us. Families suffer, marriages suffer, and traumatized parents relinquish their children, or have them placed into residential treatment when there are no other options. Early education and effective interventions may provide you with another option. We would be honored to support you and your family.

*Believing in and working toward peace for all systems,  
family and organizational...*

Our founding principle at coaching for LIFE! is that we can not provide for another that which we do not yet possess for ourselves. Whether a therapist and client, a parent and child, management and staff or partner and partner *what we fear most is what we need from another, and that we may not be given.* I simply can not provide a peaceful relationship to you, if I am not at peace. I can not help you learn to achieve sanctuary, peace and tranquility at home and in the office, if I do not practice and experience this myself. This holds true in our organizational consulting, attachment therapy, family therapy and residential treatment work, there is no difference.

Research in the field of child development and attachment clearly indicates that a child's ability to connect with and attach to a parent is strongly correlated to the parent's understanding of their own early life experiences.

In order to provide emotional, physical and spiritual safety for another, we must feel safe ourselves. Our work is geared toward the maximization of our own potential in relationship to self and to God first, and then with you, our sacred clients.

Juli Alvarado and all of her staff at coaching for LIFE! provide a gentle, non punitive, compassionate, lovebased approach for parents and providers struggling with attachment challenged children and severe behaviors in the home or office.

*If there is no relationship, nothing else matters; not what you do, not what you say, not how you parent or practice. If the relationship can not first be established as trusting, safe and flexible, no therapy or parenting paradigm will provide long term healing. Pain that has occurred in the context of relationship must be healed in the context of relationship.* We teach gentle, healing relationship skills for those who have suffered trauma, pain, abuse and maltreatment prior to presenting with us. We will explore together the developing mind and how relationships impact and shape who we are, and who we can become.

*~Together we will work toward  
the creation of sanctuary in  
relationship for all~*

**A flexible variety of healing practices:** coaching for LIFE! provides training, workshops, organizational development, executive and parent coaching as well as offers a wide variety of educational materials in trauma informed care, attachment and regulatory healing models via DVD, Audio CD and written educational resources. Along with our integrative child psychiatrist, Dr. Mary Braud, MD, Juli Alvarado has been well known on the international training circuit for more than a decade and is a frequent trainer at national conferences as well.

### *Description of Process...*

**Intake/Assessment:** The majority of our clients are self referred, however many county and private foster care/adoption agencies contract with CFL in support of their families. Many of our clients have participated in trainings or workshops with Juli Alvarado and seek her out for further and ongoing attachment/adoption/foster care/marriage support. The intake and assessment stage of our work is critical for the building of relationship upon first contact.

During this stage we typically meet only with parents, sometimes by phone as we work locally, nationally and internationally, and whenever local, in the home. We do not see children without parents, and we do not provide office based therapy-we find it much more effective to meet with families in the context in which they actually have to live and relate.

- ▶ Complete intake, symptom checklist, HIPPA, informed consent, and procedure for our practice
- ▶ Complete and thorough historical intake, back 2 generations, for each family member, including: social, education, psychological, treatment, medical, and developmental history, as well, attachment history, family functioning, marital relationship, intellectual/cognitive abilities and past diagnosis
- ▶ Psychoeducation: Trauma, Regulation and Attachment
- ▶ The myth of psychiatric diagnosis
- ▶ The role of nutrition in mental health
- ▶ Review all available programs:
  - ✓ Parent Phone Coaching
  - ✓ Home based attachment therapy
  - ✓ Intensive Home Based Weekend
  - ✓ Organizational Consulting/Program Development in Trauma Informed Care and attachment is our most sought out service

### *Treatment planning...*

The parent is the most vital component to treatment. I can not provide for your children what they need, only you can. Yet it is the relationship with you that they

need the most, that they will also, at times, fear the most. That is attachment challenge at its core. All of our treatment planning is geared toward:

- ▶ Creation of regulation in relationship between parents first, in order to provide that for their children
- ▶ Empowering child and parent to feel, express, process all emotions, no matter how big, but in a safe manner
- ▶ Calming of the core arousal system
- ▶ Brain based interactions offered to mold the brain in target areas around relationship
- ▶ Families will be taught about creating safe sensory, emotional and psychological homes

### *Treatment Techniques...*

*Regulated relationship* is the most powerful tool that I as a therapist, can provide for you, my client. I will work intentionally, purposefully and consciously toward a safe relationship to you, so that you in turn may provide that for your child, or in an organizational capacity, for your staff. If you can not be vulnerable, open, honest and real with me, I can not help you help your child do the same in relationship to you. I take much responsibility for that, as you will need to do with your child or staff.

All treatment is geared toward emotional regulation and the completion of development stages that, due to maltreatment, abuse and neglect, have not reached optimal state. Relevant (development age appropriate), repetitive, relational and rewarding interventions by both therapist and parent are taught.

The biophysiology of stress as well as the neurophysiology of regulation and attachment are primary focuses of our interventions toward healthy attachments. The most relevant and up to date research are always a component of our work as we educate, empower and entrust parents with the healing of their child.

In addition, coaching for LIFE! and Juli Alvarado utilize the following treatment techniques:

- ▶ Emotional Regulatory Healing
- ▶ Parent Education, Always primary
- ▶ Parent present in sessions
- ▶ All therapy is directed toward the regulation of emotions of all family members
- ▶ Email support between sessions
- ▶ Sensory integration
- ▶ Drawings
- ▶ Home visits'
- ▶ Homeopathy-through Dr. Braud, MD, child psychiatrist with coaching for LIFE!
- ▶ Marital Therapy
- ▶ Body/Mind: Calming Core Arousal System adjunctive treatments: yoga, massage, etc.
- ▶ Nurturing by parents
- ▶ Rhythmic music and arts therapy

Anger, assaultiveness, hostility, defiance, opposition, depression, anxiety, isolation, gorging, truancy, addictions and self harm stem from a state of fear that has literally hijacked the brain. We will help you learn to change the functioning of the brain first, through our paradigm, Emotional Regulatory Healing that results in behavioral changes. Built on the most solid research in neurobiology, psychology, psychiatry, development and learning Emotional Regulatory Healing as a paradigm for treatment and parenting that focuses on a deep understanding of trauma, regulation and attachment systems. We teach you how to parent from the inside out, focusing first on

internal processes of your child and yourself, and then on the external manifestation or behavior.

coaching for Life! has an extensive educational library of audio, dvd and written materials that we use for the necessary repetitive component of education, and healing change. For more information and to purchase, please visit us at [www.coaching-forlife.com/store](http://www.coaching-forlife.com/store)

### *Safety/Risk Management...*

Every interaction, with parent or child, or staff in an organizational capacity, is directed at regulation. We seek to create an environment first that prevents dysregulation and that is skilled and prepared to handle it when it does occur. We NEVER use restraint, physical holds of any type, or any form of coercion. We remain with the child who is scared and dysregulated until such time that the child can return to functioning with out harm to self or others. Although we would not intentionally work to escalate a child, we also know that this is the window of opportunity for healing, if the parent can remain engaged, safe, regulated and available as the child shifts back down to a state of allowing the parent/child relationship to unfold. If needed, I would contact emergency support, but to date have never had to do that (11-09, 15 years of practice) and as a matter of fact, believe that it is harmful to the child unless there are literally no other alternatives. In many situations I will use a co-facilitator if I am working with a large family, or with a family of a child who tends to be more dysregulated, more frequently, at the inception of treatment.

### *Evaluations, Outcomes & Follow up...*

coaching for Life! has been involved in a longitudinal research project, with regard to our model Emotional Regulatory Healing, in collaboration with SAFY, Treatment Foster Care and Adoption. We are in the second year of intensive training in trauma, attachment, and emotional regulation of all staff, and all treatment parents across the 8 states in which they are licensed to provide services. Each new placement for one year post training will be included in this project and we anticipate at least 200 children/families to be involved. Data collection and follow up in all 8 states began in July 2009. We anticipate outcomes to report by Dec, 2010.

We also conduct internal follow up with each client family, through phone and email contact 30, 90, 120 days and one year post final session. This provides the opportunity to support and assess the need for further treatment.

*~ Every family, and every organization is unique in its needs, strengths and understanding. We will work with you to create a unique, individualized plan that feels safe, effective and convenient for you. ~*

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Please contact our Denver office for further information regarding our consulting and training programs at [www.coaching-forlife.com](http://www.coaching-forlife.com) or call Lesly at 866-570-0604.