

## Our Purpose

Our purpose is to help individuals and families develop strong, secure attachments and heal past trauma. We understand traumatic events impact attachment functioning and we are committed to supporting our clients in finding resolution.

Our goal is to help families understand the underlying causes of behavior which empowers them to respond to each other with empathy and compassion.



We now have two locations in Northern Virginia:

8136 Old Keene Mill Rd. #A302  
Springfield, VA 22152

14950 Washington St., #201  
Haymarket, VA 20169

## To Contact Us:



Main Office: (703) 913-8563

Main Fax: (703) 913-8565

Email: [info@familyattachment.org](mailto:info@familyattachment.org)

Web: [www.familyattachment.org](http://www.familyattachment.org)

Our office does not process insurance information as form of payment, but we will provide receipts which may be submitted for reimbursement. Please check with your insurance provider regarding your mental health benefits.

We accept cash, checks,  
Visa, MasterCard, Discover, and AMEX.



“CATS”

The clinical staff at the Center for Attachment & Trauma Services, Inc. (“CATS”) serves individuals and families suffering from attachment and relational problems resulting from trauma, abuse, and/or neglect. We offer a variety of attachment- and trauma-focused interventions for individuals of all ages and their families.

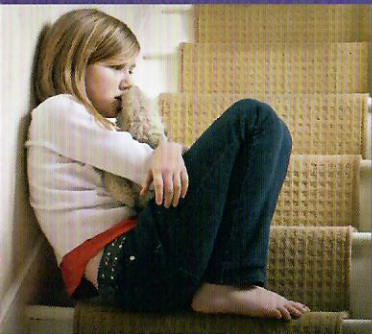


Visit us at [www.familyattachment.org](http://www.familyattachment.org)



## About Attachment

When family members have a healthy, secure attachment, they are more likely to respond to day-to-day difficulties with a sense of confidence and resilience. People with healthy and secure attachments do better in school and on the job, have more long-lasting, healthy relationships with friends, other family members, and partners. They feel a sense of security in their lives and in the world which gives them the confidence to meet challenges and realize their full potentials in life.



The attachment relationship can be weakened or damaged when family members experience relational difficulties, traumas, or losses including:

- Removal from the family home and/or placement in foster care
- Abandonment, neglect, or abuse
- Adoption and integration into a permanent home
- Loss of parent(s) or other caregiver(s)
- Loss of beloved pet or other source of security
- Divorce or separation from parent(s)
- Separations due to military deployment, incarceration, or hospitalization
- Experience of traumatic events (accidents, natural disasters, violence)
- Mental health problems for any family member
- Addiction problems for any family member
- Early hospitalization of a child (including NICU admission)
- Difficult or traumatic birth
- Colic, fussiness, or irritability in infancy

It is sometimes confusing to determine what an attachment weakness looks like. Here are some behaviors that may be exhibited when the attachment relationship may have been weakened or damaged by trauma or loss:

- Angry outbursts, arguing, and fighting
- Hitting, kicking, biting, pushing or other forms of violence
- Oppositional behaviors, acting out in school or home
- Intense need to control situations or other people
- Lying, sneaking, and/or stealing
- Inappropriate and/or sexualized behaviors
- Hoarding food or other items
- Unexplained fears/phobias
- Excessive crying, fussiness (in infancy)
- Self-harm/self-mutilization
- Anxiety or depression
- Dissociation or "losing periods of time"
- Sleeping or eating problems
- Unresolved childhood trauma within the family system

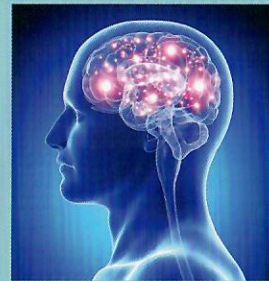


## Trained Clinicians

We provide individual therapy for all ages, trauma-focused therapy, attachment-focused family therapy, couples therapy, play therapy, sand tray therapy, Eye Movement Desensitization & Reprocessing ("EMDR"), parent-child interactive guidance, and parenting and community education. We also conduct assessments to evaluate attachment functioning, parental capacity, and trauma.

### NEW PROGRAMS COMING SOON TO CATS

• **Neurofeedback** - This cutting-edge technology helps to improve the brain's functionality and flexibility enabling clients to become more receptive to therapeutic intervention. Neurofeedback requires client commitment to at least 20 sessions, plus and pre- and post-treatment assessment.



• **The Early Parenting & Infancy Consultation ("EPIC") Initiative** - Our staff is trained to support parents with young children (including newborns!) who may be at risk for bonding and attachment weaknesses. We also provide counseling for pregnant women and new mothers experiencing anxiety, depression, or the effects of unresolved trauma.

Please call to learn more about the availability of these exciting new programs.

