

The Connecting Place

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Letter to Therapists re: The Heart of Healing Relationship Training

Here's a harsh truth: You could be the most compassionate, insightful therapist in the world but if you aren't addressing your clients' core internal conflicts, your impact will be limited at best.

The Heart of Healing model was formulated over 40 years working with deep emotional processing for developmental and situational trauma and working with couples to build resilient, wholehearted loving relationships. During those years, the field was enriched by research into brain function and early attachment issues, psycho-education and the value of emotional processing. Integrating this new understanding and skills supported what I was discovering couples needed beyond good communication and conflict management skills.

The Heart of Healing offers a roadmap to healthy, vibrant relationships that guides your work and informs and strengthens trust with clients.

Working with couples allows you as therapist immediate awareness of the dysfunctional pattern each person brings to relationships. Helping each person understand and shift those patterns with their partner as witness deepens compassion and empathy. The Negative Velcro Loop shows clients the relationship between early wounding, shame and the development of protective patterns to try to gain safety and value. This understanding helps clients relieve shame and allow behavior and attitudinal changes that will support ongoing growth and skill development.

While the training focuses on working with couples, everything taught can be applied to healing individual clients. The model builds on the skills and understanding you already find useful in your clinical work. It is a strength-based approach to helping clients transform their relationship with themselves first.

In short, The Heart of Healing focuses on a developmental model of how individuals grow and develop, how past trauma adversely affects that development setting up patterns of protection, and how it can be corrected so that we can **choose** the kind of life and relationships we want for ourselves in the present.

The next one-day training is March 29th. Please call if you'd like to join us.

Ann