

Roots of Attachment, Elizabeth Root, M.A.

Guidelines and Program Outline

What is Roots of Attachment?

Roots of Attachment is a child centered, family coaching practice that is dedicated to helping babies, children and families heal early restrictive patterns originating from prenatal and perinatal trauma, as well as bonding and attachment issues. These early experiences can have long term effects on one's emotional, psychological and physical health and wellbeing.

Goal:

Elizabeth's goal is to expand parent's understanding of the nature of early stress and trauma from conception through the first five years of life and its effects on overall human development. Elizabeth is dedicated to assisting parents find a parenting approach that works for the whole family and resolve any issues of dysregulation for child and/or parent.

Dysregulating experiences can occur anytime during conception, gestation, birth, and/or following birth and the bonding and attachment phases. It can leave restrictive imprints in the nervous system and affect future behaviors, emotions, belief systems, psychological orientations and physical health and wellbeing.

Elizabeth supports the development of successful strategies and interventions to help babies, children and parents recognize and release negative and/or restrictive imprints from those early periods and learn more effective approaches for connection and early bonding.

Scope of Practice:

Elizabeth uses a variety of facilitation skills and coaching modalities including but not limited to:

Holding therapeutic presence; tracking the autonomic nervous system; pacing; therapeutic touch; movement patterns; tracking states of consciousness; developmental sequencing and repatterning; inner body, heart, mind somatic dialogue; trauma tracking and facilitation skills; listening and accurate reflection; empathic verbal skills; differentiation and boundary setting; resourcing and self-exploration; family dynamics awareness; coaching families for healthy parenting skills.

Confidentiality:

Elizabeth holds privacy and confidentiality of all family sessions.

Benefits and Risks:

Clients are supported to explore their own pre- and perinatal and post birth imprints. Roots of Attachment philosophy asserts that if these issues can be expressed, integrated, re-patterned and released, the individual will be freer to live a more expressive and fulfilling life. Elizabeth uses her skills to support this process.

Benefits – As Babies and children release stress and trauma imprints, they become more expressive, empowered and capable of relating. Parents often report improved relationship with their children that are more joyous, attuned and connected. They also describe their children as being more cooperative, more coordinated, having greater concentration, sleep better, have improved health, enhanced learning abilities and the ability to relate more fully and give and receive love more directly.

As parents also explore their early imprinting, they often report being able to access new levels of congruency within themselves, their family members and others. They may feel more empowered, creative, free to make choices and able to maintain supportive and fulfilling relationships.

Risks – As babies, children and parents explore their issues and imprinting, strong feelings and/or memories may arise. If this happens, participants can experience some emotions and sensations that may be uncomfortable or challenging to experience. Allowing these emotions to move are part of the process.

Elizabeth seeks to work with families where there is no physical abuse, substance or drug use. It is also important that parents are committed to using non-violent methods of discipline. If additional help is needed to address concerns, Elizabeth may refer you to a mental health or addiction specialist who can best support you.

Contact Information:

www.rootsofattachment.com

rootsofattachment@gmail.com

(415) 306-6716

Consultation and Sessions

Initial phone or Zoom call: The first call is to explore services and determine if Roots of Attachment is a fit for you and your family. This is a time to clarify your intentions, answer any questions regarding process and determine next steps. If you decide to move forward, intake forms will be forwarded for completion and a future appointment is made. This initial phone/Zoom intake typically takes about 30 minutes, billed at \$50 for the initial session.

Parent Sessions and Fee Schedule: Sessions usually last for 60 minutes. Preferably both parents are able to attend, however at least one parent must be in attendance in every session (not suitable for relatives or caregivers). Some families come weekly, some bi-weekly and some once a month. Sessions are billed at \$150.00 an hour and payable by Venmo. Additional time is billed by the quarter hour if needed.

Parents: It is common for parents to get in touch with their own material as they participate in the sessions. When this happens, we suggest that they come and do some of their own work. Sometimes both parents come together and sometimes they come individually. These sessions are not required but we find that when a parent does his/her work, this helps very much the progress of their child/children.

How Long Do Families Come for Support?

Every family is individual. Some come for 6 months, some for a year. We find that the BEBA process naturally comes to closure as key issues get resolved. Some families will come back periodically for support after they complete the process.

I/we have fully read and understand the above Roots of Attachment with Elizabeth Root Guidelines and Program Outline.

Print child(ren)'s name (first, middle & last)

(If a parent has sole legal custody, only that parent needs to sign)

Mother's Name (Please Print) / Legal guardian if different

Mother's signature / Legal guardian if different and Date

Father's Full Name (Please Print) / Legal guardian if different

Father's signature / Legal guardian if different and Date

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Authorization To Facilitate Sessions and Release of Liability

I/we understand that:

- a. Elizabeth Root supports babies, young children and parents explore their prenatal and perinatal and early childhood history and release and/or repattern restrictive gestational, birth, post birth and bonding and attachment experiences.
- b. Elizabeth has been trained in a variety of collective skills; is not a licensed mental health practitioner, M.F.T., M.S.W., nurse or physician.
- c. Parent sessions are conducted with one or both parents present and may be conducted in the family's home or by Zoom.

I/we, understand the 'Risks and Benefits' of this work (as described on page 2) and hereby release the Elizabeth Root from any and all liability, present or future, concerning, but not limited to the failure to achieve benefits or the experience of the risks; and to hold Elizabeth Root at Roots of Attachment harmless.

I/we give authorization to Elizabeth Root to facilitate our child and family through an exploration into our prenatal, birth, post-birth, bonding and attachment experiences and other related issues.

Print child's name, mother's name, father's name

(If a parent has sole legal custody, only that parent needs to sign)

Parent's signature Legal guardian if different and Date

Parent's signature and Date

Parent's signature and Date