

Reconnecting with Yourself and Others: An Online ReAttach Therapy Pathway

Do you find it difficult to feel calm, connected, or safe in the world? Perhaps you experience sensory overload, emotional overwhelm, or a persistent sense of disconnection from yourself and those around you. Maybe traditional talking therapies have felt difficult to engage with, or haven't quite reached the root of your difficulties. ReAttach Therapy offers a gentle, innovative, and highly effective approach to recalibrating the nervous system and rebuilding secure attachment — helping you to feel safer, more regulated, and more fully present in your own life. This online ReAttach Therapy pathway has been designed for adults who need support at a deeper neurological and relational level — guided throughout by a skilled ReAttach professional.

Rather than working through content alone, you'll be supported by a qualified therapist who brings expertise, sensitivity, and clinical insight to your journey. ReAttach is an integrative, evidence-informed therapy developed by Dutch psychologist Paula Quint, which works by stimulating multisensory processing and promoting new, healthier patterns of perception, emotion regulation, and social engagement. Drawing on insights from attachment theory, neuroscience, and sensory processing, ReAttach works rapidly and gently — often producing meaningful change in a small number of sessions. Your therapist will work collaboratively with you, tailoring every session to your individual needs. Together, you'll work towards:

- **Nervous system recalibration** — gently stimulating the brain's natural processing capacity to promote greater calm, safety, and regulation
- **Multisensory integration** — supporting the brain to process and integrate sensory, emotional, and cognitive information more effectively
- **Attachment repair** — rebuilding a felt sense of safety and security in relationships and in your experience of the world
- **Emotional regulation** — developing greater capacity to manage and tolerate difficult emotions without becoming overwhelmed
- **Cognitive flexibility** — expanding your ability to perceive situations from multiple perspectives and respond rather than react
- **Social engagement** — strengthening your capacity to connect with others, feel understood, and engage confidently in relationships
- **Resilience and self-regulation** — building lasting internal resources that support your wellbeing long after therapy ends

Delivered online for flexibility and convenience, this pathway combines the innovative effectiveness of ReAttach with the personal guidance of a trained professional — providing a safe, bounded space in which deep and lasting change

can take place. Sessions are typically brief and focused, with your therapist carefully attuning to your needs and responses throughout.

Flexible Appointments to Fit Around Your Life

We understand that seeking support shouldn't come at the cost of your work or daily commitments. That's why appointments are available during evenings and weekends, as well as standard daytime hours — making it easier for those in employment, with caring responsibilities, or busy schedules to access the help they deserve. All sessions are conducted securely online, removing the need to travel and allowing you to engage with therapy from the comfort and privacy of your own home.

Is This Pathway Right for Me?

ReAttach Therapy is a versatile, gentle, and highly accessible approach suitable for a wide range of presentations, including those where other therapies have had limited success. It has been applied effectively with adults experiencing:

- Autism spectrum conditions (ASC) and associated emotional and sensory difficulties
- Attention deficit hyperactivity disorder (ADHD) and difficulties with focus, impulsivity, and emotional regulation
- Post-traumatic stress disorder (PTSD) and complex trauma (C-PTSD)
- Anxiety and chronic stress
- Depression and persistent low mood
- Attachment difficulties and relational trauma
- Sensory processing difficulties
- Burnout and emotional exhaustion
- Chronic pain and medically unexplained symptoms
- Difficulties engaging with or responding to traditional talking therapies
- Developmental difficulties and neurodivergent presentations
- Low self-worth and pervasive feelings of being different or disconnected

If you're unsure whether this pathway is the right fit for you, our team will carry out an initial assessment to ensure you're matched with the most appropriate level of support.

ReAttach Therapy is a gentle, low-demand approach that does not require you to discuss traumatic experiences in detail, making it particularly well suited to those who find traditional trauma therapies difficult to access. Your therapist will ensure every session feels safe, manageable, and tailored to you.

