

## Seminar Presenters



**Cheryl Knight, MS**  
**C.A.R.E. Founder,**  
**President,**  
**Manna**  
**Congregational Leader**



**Jo Getzinger, MSW**  
**C.A.R.E. Founder,**  
**Vice President,**  
**Senior Prayer Minister**

Cheryl and Jo started a community of survivors of severe trauma and abuse in January of 1999. This is a redemptive community. This is a community of broken people who are recovering from severe childhood trauma. It is a community committed to the truth of God's Word, giving God the glory through prayer and praise, allowing Him to sift us as we are transparent and honest with one another. There must be a willingness to walk away from worldly pastimes, to be "set apart" for the heavenly kingdom, and to say "not my will but Thine." This is a maturing community dedicated to fighting the good fight in the spiritual realm through spiritual warfare.

From 2002 through 2006, C.A.R.E., Inc. sponsored the now popular THRIVE Conferences, and Dr. James Wilder who developed them. Basing his work mainly on the discoveries of leading neurologists, Allan Schore, Ph.D and Dr. Daniel Siegel, M.D., James E. Wilder, Ph.D compiled their material and made an important contribution to the helping professions by bringing the THRIVE elements (Belonging, Receiving and Giving, Trauma Recovery, Maturity and Coherent Identity) to us in easy-to-understand laymen's terms. The C.A.R.E. community strives to apply the THRIVE model to recover from trauma, heal, and mature in life.



**C.A.R.E., Inc.**

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# Belonging & Attachments

*Foundation for Relationships*

**October 29, 2011**

**A One-Day Seminar  
Exploring the Quality  
of Our Relationships  
in Marriage, in Family  
and with God.**

## FIVE-TO-THRIVE PRINCIPLES: Bonding and Attachments

### Grand Rapids, MI., 2011

In recent years, a growing number of mental health professionals are recognizing the impact our attachments have on our relationships and quality of life. How well we bond and the quality of attachments we form are generated by the type of parenting we experience during these early formative years. Healthy parenting encourages a strong bond between parent and child preparing the child for secure attachments with others and a thriving life in adulthood. Unhealthy parenting (emotional, physical and spiritual abuse, and neglect) disrupts bonding and produces insecure attachment styles that have a pervasive impact on all other relationships throughout life.

Individuals with insecure attachment styles often do not recognize the insecurity, the cause of the problem, or the cure since bonding forms at the unconscious level of our brains. The first step to healing is recognizing our own style of insecure attachment and its impact on our important relationships especially with our spouses, our children, and God. To change our insecurity to healthy, secure attachments, we will need to address the impact our early bonds are producing on our present relationships. Then, a plan needs to be developed for healing past wounds in the context of loving, enduring relationships in our present lives.

- Do you have a relationship style with others which is secure or insecure?
- Can you recognize your attachment style with others, with coworkers, family relationships, marriage and your attachment with God?

Learn about secure and insecure styles of relating, identify your own attachment style and develop a plan for healing insecure attachment styles with others and with God.

#### WHO SHOULD ATTEND?

Any adult can attend and personally benefit from the information in this seminar. If you have issues with belonging or you are in the helping profession and treat those who do have problems with belonging, you should attend this seminar.

#### SEMINAR OBJECTIVES

- Learn about attachment theory.
- Learn to distinguish between secure and insecure attachment styles.
- Identify your attachment style in marriage (yours and your spouse's).
- Identify your attachment style in parenting and its impact on your children.
- Identify your attachment style as you relate to God.
- Develop a plan and explore resources necessary for healing attachment wounds and forming a secure style of relating.

#### SCHEDULE OF TOPICS

- Brief review of Five to Thrive
- Introduction to Attachment Theory
- How do you distinguish a secure attachment from an insecure attachment?
- Three styles of insecure attachment are caused from dysfunctional parenting. Do you have one?
- Attachment styles in marriage: identifying yours and your spouse's style.
- Your attachment style in family: how is it impacting your children?
- Identifying your attachment style with God.
- "HELP – I am insecure in all of my important relationships. What do I do about it?"

### Seminar Specifics

- Date:** October 29, 2011
- Place:** The Healing Tree  
3310 Eagle Park Dr. NE  
Grand Rapids, MI 49525
- Cost:** Suggested Donation  
\$25.00
- Time:** 9 am to 5 pm
- Reservations:** To reserve your seat, call Renee at The Healing Tree at 1-616-949-1400.

#### Map to Healing Tree

