



ATTCH Niagara

ABOUT ATTCH Niagara



The Attachment and Trauma Treatment Centre for Healing (ATTCH) Niagara is a Non-Profit Organization modelled after the Attachment and Trauma Treatment Centre for Healing (ATTCH) and current best practice treatment for healing mental health, trauma and attachment dysregulation.

GOALS OF TREATMENT



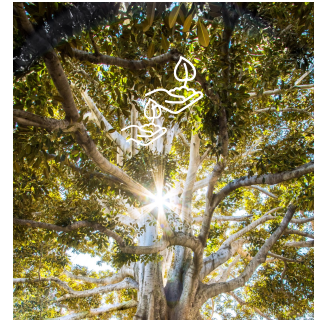
Awareness



Healing



Emotional Regulation



Empowerment

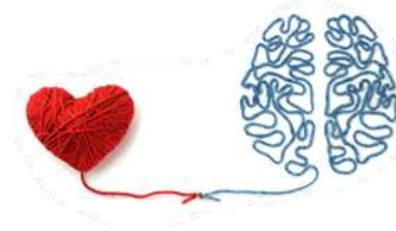


Authenticity



Self-Compassion

At ATTCH Niagara our primary focus is on that of creating a sense of safety and harmonizing the psychological, cognitive, and physiological responses of the body to stressful life experiences. We understand that regulating the nervous system is very important to ongoing resiliency and optimal development. As a result we incorporate somatic, mindfulness meditation, yoga, and various other holistic wellness practices to increase attention span, regulate the body and mind, and optimize the ability to regulate their emotions and behaviours. All of our treatments focus on integrating the right-brain emotional felt experience with left-brain logic / meaning making.



SERVICES FOR ALL AGES



Emotional Regulation



Faith-Based Counselling



Cognitive-Behavioural Therapy (CBT)



Art, Play, Music and Expressive Arts Based Therapies



Eye Movement Desensitization and Reprocessing (EMDR)



Neurofeedback & Biofeedback



Dialectical Behavioural Therapy (DBT) Skills Training



Somatic Awareness and Discharging



Comprehensive Resource Model (CRM)



Mindfulness & Meditation Skills

HOW TO GET STARTED

1. Contact us to request an intake: by phone (905) 684-9333 or email: reception@attch.org;
2. Send your completed intake back to us by fax: (905) 684-6217 or by email: reception@attch.org;
3. We will contact you to schedule an appointment.