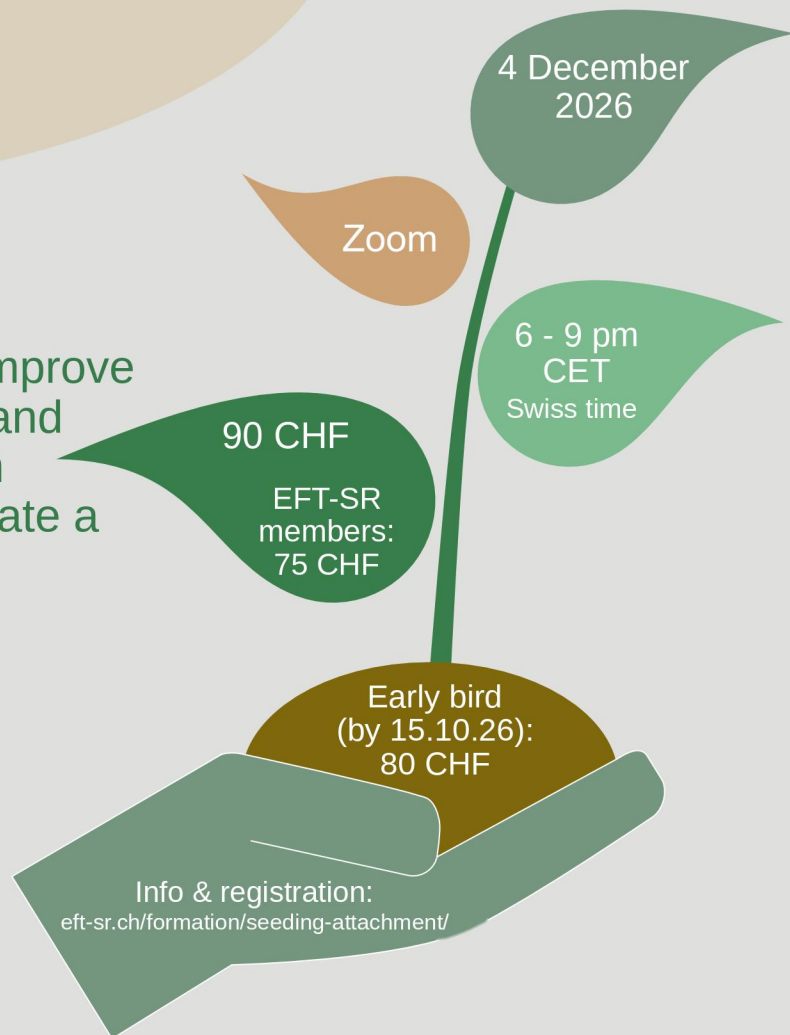


Seeding Attachment

Seeding Attachment is a powerful intervention used to build attachment security from the very first session, guiding couples step by step from reactivity toward risk-taking and openness in a way that feels safe.

This webinar will help you better understand this intervention and improve your practice by learning to “see” and “hear” attachment, so that you can plant seeds of attachment that create a more secure bond.



Helene Igwebuike

An ICEEFT-certified trainer, supervisor and therapist, Helene is passionately committed to helping couples and individuals heal and transform their relationships with themselves and with others.

Of Nigerian and Danish heritage, she practises in London and shares her love of EFT by training therapists in the model.