



Nikki Rhodes & Hamish Daley: Attachment Theory



Nikki Rhodes holds degrees in psychology and childbirth education and is the co-founder of NZ Spirit Festival. Hamish Daley embodies life and the journey home to self. He is passionate about helping clients discover their beauty within. Get ready to go on a journey with both Nikki and Hamish as they explore attachment theory and all its tentacles.

TOP EMBODIMENT TIP: *Nikki Rhodes:* Do not be afraid to be honest with yourself and what you need; your needs matter.
Hamish Daley: Discover your unique essence and believe in it. Work to develop and support that.

What is Attachment Theory: **Discover the History and Development of Attachment Theory.**

- Learn the thought behind the model.
- Open your mind's eyes to explore iconic names such as John Bowlby and Harry Harlow? What did his work with the rhesus monkeys do?
- Explore Mary Anisworth's discovery and its importance today. What is the adult attachment interview, and can it motivate you to create harmony?

Relationships Today: **Wearing Armour.**

- The relationship you had with your parents is important.
- If childhood needs were not met, there is an impact on your relationships today.
- The primary caregiver relationship from 0-7 steers your security in your world to yourself and to others.
- Discover the attachment patterns and factors that all of us develop as infants in order to exist and survive.

Attachment Styles: **Secure, Avoidant, Anxious and Disorganized Attachment.**

- Embodiment and reasoning reside deep within us.
- What causes a person to have feelings for the unworthiness of love?
- Why do some people feel rejection and abandonment?
- Fearful and dismissive avoidant styles can show up as sub-categories.
- Explore the cycle of anxious attachment.

Paths: **Healing - Pathways to Work With Your Inner Child.**

- Working with the adult to protect the inner child and learning to step up and say no.
- What is your blueprint? Explore your affect regulation.

Resources:

- ❖ **Website:** [Nikki Rhodes](#)
- ❖ **References:** [Facebook: Nikki Rhodes](#), [Facebook: Hamish Daley](#).



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Dylan Newcomb, [UZAZU Embodied Intelligence](#)



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