Our Purpose

Our purpose is to help individuals and families develop strong, secure attachments and heal past trauma. We understand traumatic events impact attachment functioning and we are committed to supporting our clients in finding resolution.

Our goal is to help families understand the underlying causes of behavior which empowers them to respond to each other with empathy and compassion.

To Contact Us:

Office: (703) 913-8563
Fax: (703) 913-8565
Email: info@familyattachment.org
Web: www.familyattachment.org

We accept cash, checks, Visa, MasterCard, and Discover.

Our office does not process insurance information as form of payment, but we will provide receipts which may be submitted for reimbursement. Please check with your insurance provider regarding your mental health and lactation benefits.

At the Center for Attachment & Trauma Services, Inc. (formerly American Foundation for Family Attachment, Inc.), we help our clients and their families develop strong, resilient relationships with healthy attachments that can withstand the ups and downs of today’s hectic and stressful lives.

Visit us at www.familyattachment.org
We provide individual therapy for all ages; attachment-focused family therapy; couples therapy; play therapy; Eye Movement Desensitization & Reprocessing (“EMDR”); parent-child interactive guidance; and parenting and community education. We also conduct assessments to evaluate attachment functioning among family members.

About Attachment

When family members have a healthy, secure attachment, they are more likely to respond to day-to-day difficulties with a sense of confidence and resilience. People with healthy and secure attachments do better in school and on the job, have more long-lasting, healthy relationships with friends, other family members, and partners. They feel a sense of security in their lives and in the world which gives them the confidence to meet challenges and realize their full potentials in life.

The attachment relationship can be weakened or damaged when family members experience relational difficulties, traumas, or losses including:

- Removal from the family home and/or placement in foster care
- Abandonment, neglect, or abuse
- Adoption and integration into a permanent home
- Loss of parent(s) or other caregiver(s)
- Loss of beloved pet or other source of security
- Divorce or separation from parent(s)
- Separations due to military deployment, incarceration, or hospitalization
- Experience of traumatic events (accidents, natural disasters, violence)
- Mental health problems for any family member
- Addiction problems for any family member
- Early hospitalization of a child (including NICU admission)
- Difficult or traumatic birth
- Colic, fussiness, or irritability in infancy

It is sometimes confusing to determine what an attachment weakness looks like. Here are some behaviors that may be exhibited when the attachment relationship may have been weakened or damaged by trauma or loss:

- Angry outbursts, arguing, and fighting
- Hitting, kicking, biting, pushing or other forms of violence
- Oppositional behaviors, acting out in school or home
- Intense need to control situations or other people
- Lying, sneaking, and/or stealing
- Inappropriate and/or sexualized behaviors
- Hoarding food or other items
- Unexplained fears/phobias
- Excessive crying, fussiness (in infancy)
- Self-harm/self-mutilization
- Anxiety or depression
- Dissociation or “losing periods of time”
- Sleeping or eating problems
- Unresolved childhood trauma within the family system

The CUBB Clinic

The Center also provides therapeutic guidance and parenting education for the youngest in our population. The Clinic for Understanding Baby Behaviors (“the CUBB Clinic”) offers specialized infant-parent therapy for infants and children ages 0 to 5.

The CUBB Clinic is uniquely designed to support families with young children experiencing behavioral, feeding, sleeping, or emotional problems.

The CUBB Clinic also provides lactation consultations for mothers experiencing breastfeeding difficulties.