

ATTACHMENT SCIENCE

- ATTACHMENT THEORY
- ATTACHMENT IS OUR PRIMARY STRATEGY FOR GAINING ACCESS TO SOCIAL CO-REGULATION



RELATIONAL

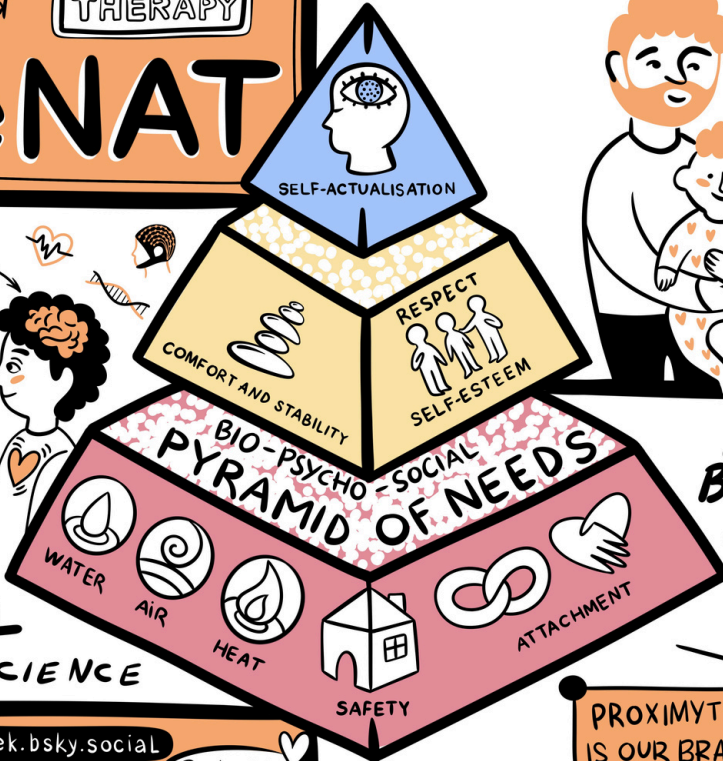
NEUROSCIENCE

of ATTACHMENT

informed

THERAPY

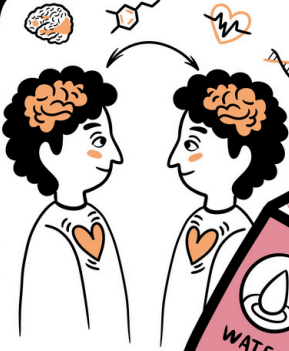
ReNAT



Social Baseline theory

PROXIMITY TO OTHERS IS OUR BRAIN'S BASELINE

OTHERS ARE A METABOLIC RESOURCE THROUGH SOCIAL ALLOSTASIS



SOCIAL NEUROSCIENCE

@ananeurogeek.bsky.social

@pvrlicka.bsky.social

@art.vikko

SoNeAt Lab Neuroscience & Psychotherapy

pvrlicka.com

neuroscienceandpsychotherapy.com

