



# LAIR™

Limbic & Attachment Interoceptive Recalibration

## INTEROCEPTIVE PATTERN RECALIBRATION

### THE PROBLEM CLIENTS FEEL

- Motivated youth and families recognize their patterns of being triggered under pressure
- Dynamics in the home feel overwhelming and emotionally charged
- They have clinical support, but don't enjoy moments that matter most (conversations, family dinners, vacations)
- Emotional reactivity, critical self-talk, and insecure attachment patterns disrupt progress and they feel stuck

### INTEROCEPTIVE PATTERN RECALIBRATION

Updates emotional responses, critical self-beliefs, and insecure attachment at the level they are formed, leveraging interoceptive pathways.

**Activate an alternate path:** the bottom-up path addresses the sensations, feelings, and emotions attached to memories using the nervous system itself.

### WHY THIS LAYER IS ESSENTIAL

Motivated youth and their families individually engage in interoceptive resilience training so underlying patterns do not revert under stress.

Emotions no longer need managing. Benefits extend beyond the home, well into the future.

**The home becomes cohesive, dinners become enjoyable, vacations become restorative.**

### THE METHOD: LAIR™

- A structured online recalibration of fight-flight-freeze responses, interoceptive signaling, trauma impacted self-beliefs, and attachment patterns
- Triggers become less intense and resolve faster without escalation and resentment
- Works at the level where patterns are encoded so the nervous system responds differently. Automatically.
- Online, individualized

### WHO IT'S FOR

- **Youth & Families**
  - therapy engaged, repeating destructive patterns under pressure
- **Clinicians & Programs**
  - Strengthens existing outcomes
- **Consultants**
  - Adds a resilient home system and more durable results

### CLIENTS WANT MORE DURABLE RESULTS

They need insight, interpretation, and support.

In these competitive times, they are also looking for more. Resilience under pressure, a more cohesive and aligned family system, and the ability to enjoy the life they worked hard to create are the new standard for results.

**Fewer blow-ups. Safer relationships. Peace and calm.**

### Selected References

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