



Integrated Attachment Theory

LIVE PROGRAM SYLLABUS

Curriculum

WEEK 1: HANDBOOK FOR A BETTER LIFE COURSE

You'll begin your journey by learning:

- The 12 key principles of the subconscious mind as a foundation for reprogramming
- How your subconscious mind impacts your emotional state
- Core concepts of reprogramming the subconscious mind to create what you want in your relationships and life
- Q&A session with IAT Coaches (Live Program Only)

WEEK 2: EMOTIONAL MASTERY & BELIEF REPROGRAMMING PART ONE

You'll begin your journey by learning:

- Your subconscious mind's reality filter and how it governs your entire life
- Key components to reprogram your reality filter and create your ideal life
- Core beliefs and their role in attachment
- How to transform limiting beliefs permanently
- Q&A session with IAT Coaches (Live Program Only)

WEEK 3: EMOTIONAL MASTERY & BELIEF REPROGRAMMING PART TWO

You'll begin your journey by learning:

- How to master your emotions and alchemize pain into power
- Thought reprogramming to attune the voice in your head into your greatest supporter
- Action reprogramming to instantly break limiting beliefs
- Powerful reprogramming tools to use in your daily life for breakthroughs
- Q&A Session with IAT Coaches (Live Program Only)

WEEK 4: DISCOVER, EMBRACE & FULFILL YOUR PERSONAL NEEDS COURSE

You'll begin your journey by learning:

- The 6 basic human needs and how they affect every decision you make
- Your subconscious personality needs and how to leverage them for reprogramming
- The impact of personality needs on your life
- How to express your needs and create profound connections
- Healthy habits and strategies to get your needs met and avoid codependency
- Q&A session with IAT Coaches (Live Program Only)

WEEK 5: MASTERING THE BASICS

In this week's module, you'll learn:

- How to set up a personalized client program so that your client can achieve maximum results in the shortest period of time (leading to more referrals and incredible business success!)
- The 6 key areas in every person's life that are necessary to target in order to become securely attached
- The exact steps needed to become securely attached in the shortest period of time
- How to set up and run every client session (includes boundaries and practitioner ethics)
- The overview of what creates insecure attachment styles and exactly how to transform these key areas (core wounds, needs, boundaries and more!)
- The live version includes 1.5 hours each week of practice time and Q&A with Thais' feedback and supervision

Plus you'll learn the basics of Integrated Attachment Theory, including an overview of core wounds, needs, emotional patterns, behaviors, communication patterns & boundaries of each attachment style.

WEEK 6: GIBSON INTEGRATED ATTACHMENT THEORY™

In this week's module, you'll learn:

- How to master the tools from Gibson Integrated Attachment Theory™ to create rapid transformation at the subconscious level (in order to get your clients to have lasting results)
- Key themes to help identify a clients' attachment style fast
- Thais' proven tools that she spent over a decade learning and creating in order to help others (and yourself) heal attachment trauma
- How to get started when working with new clients, including identifying core wounds
- How to recondition these core wounds and relationship insecurities rapidly using proven tools that target the subconscious mind to create rapid breakthroughs
- The live version includes 1.5 hours each week of practice time and Q&A with Thais' feedback and supervision

WEEK 7: IDENTIFYING CORE WOUNDS & SECRETS OF THE SUBCONSCIOUS

In this week's module, you'll learn:

- The key questions and tools to identify the wounds, fears and insecurities of your clients so you can help them recondition these wounds (and transform their relationships)
- The key principles of the subconscious mind so you can help others make lasting changes through these principles and powerful techniques
- How to break through painful stories and release old baggage from the past
- How to recognize the core wounds of others through their language patterns and emotions
- How to recognize the core wounds of others through their language patterns and emotions

WEEK 8: REPROGRAMMING YOUR CLIENT'S ATTACHMENT STYLE

In this week's module, you'll learn:

- In-depth reprogramming tools that produce rapid results
- Emotional regulation tools to help your client become securely attached and feel more confident, secure and trusting
- How to use attachment style reprogramming tools to break through limiting beliefs, painful behaviors and fears
- The best reprogramming tools to use for each attachment style
- The live version includes 1.5 hours each week of practice time and Q&A with Thais' feedback and supervision

WEEK 9: UNDERSTANDING SUBCONSCIOUS NEEDS & FORMING HEALTHY RELATIONSHIP HABITS

In this week's module, you'll learn:

- The subconscious reasons behind anxious and avoidant relationship patterns and how to prevent the anxious avoidant trap from igniting
- How to identify the needs of your client so that they can learn to express and communicate them
- How to develop strategies for your client to meet their needs and request them from others
- How to help your client feel secure and fulfilled in their lives through learning to meet their own needs
- Developing healthy habits in relationships for meeting each others' needs
- The live version includes 1.5 hours each week of practice time and Q&A with Thais' feedback and supervision

WEEK 10: ACTIVATING, DEACTIVATING & MASTERING CONFLICT RESOLUTION

In this week's module, you'll learn:

- How to master communication, boundaries, and conflict resolution
- How to communicate through conflict and be solution-oriented in your approach
- How to help your client overcome activating and deactivation strategies to promote healthy levels of closeness (even in conflict)
- How to help clients de-escalate and teaching them how to rapidly de-escalate conflicts with others
- The live version includes 1.5 hours each week of practice time and Q&A with Thais' feedback and supervision

WEEK 11: UNLOCKING DEEPER CONNECTION

In this week's module, you'll learn:

- The pillars of successful relationships, including: how to identify your shadow self, how to teach shadow work to clients, and how to build long-lasting relationships
- Powerful tools for nervous system regulation to emotionally regulate and feel safe
- How to set healthy boundaries without fear
- How to feel confident asking for support and expressing healthy vulnerability
- The live version includes 1.5 hours each week of practice time and Q&A with Thais' feedback and supervision

WEEK 12: BUILD A THRIVING BUSINESS

In this week's module, you'll learn:

- How to set up your business from the ground up - developing a mission statement, vision statement and business plan
- How to operate your business with the key formula to produce results and expand fast
- How to build large funnels and create powerful systems in your business to constantly drive traffic your way
- Cutting-edge tips and strategies on how to create and grow a thriving coaching practice from scratch
- How to market and brand yourself while choosing an empowering niche
- How to make a healthy career transition with steps for success
- The live version includes 1.5 hours each week of practice time and Q&A with Thais' feedback and supervision

Final Exam

To become a certified Gibson Integrated Attachment Theory™ Coach, you must complete an online test.

- The test is a multiple-choice questionnaire and will be made available at the end of the IAT course modules
- You need 60% or more to pass the exam

Certificate

Upon passing the test and completing all the IAT course modules, you will officially be certified in Gibson Integrated Attachment Theory™.

- Your certificate will be available on the course platform in the settings page along with your other PDS certificates
- Those that fail to complete their payments for the course will have their certificate revoked and the use of the certification professionally will not be permitted

Webinars



IAT Live includes 1.5 hours every Wednesday of practice time and Q&A

There are 12 webinars in total and will be attended via zoom

The first 4 webinars will be hosted by certified attachment coaches to take you through the 3 prerequisite courses:

- Handbook for A Better Life
- Discover, Embrace & Fulfill Your Personal Needs
- Emotional Mastery & Belief Reprogramming

The next 8 webinars will be hosted by Thais Gibson to answer questions and provide feedback on the IAT course.

You can access the zoom webinars via an email we will send out 24 hours before the webinar or through a link inside the Program within the **"Start Here (Live Fall 2025 Cohort)"** course in *"Module 1: Welcome To Your Program"* under the *"Join Live Session Zoom Meeting (Use this for each week)"* section

TOPIC	DATE & TIME
Week 1: The Handbook for a Better Life	September 17, 2025 at 6:00 PM ET
Week 2: Emotional Mastery & Belief Reprogramming Part One	September 24, 2025 at 6:00 PM ET
Week 3: Emotional Mastery & Belief Reprogramming Part Two	October 1, 2025 at 6:00 PM ET
Week 4: Discover, Embrace & Fulfill Your Personal Needs	October 8, 2025 at 6:00 PM ET
Week 5: Mastering The Basics	October 15, 2025 at 6:00 PM ET
Week 6: Gibson Integrated Attachment Theory™	October 22, 2025 at 6:00 PM ET
Week 7: Identifying Core Wounds & Secrets of the Subconscious	October 29, 2025 at 6:00 PM ET
Week 8: Reprogramming Your Client's Attachment Style	November 5, 2025 at 6:00 PM ET
Week 9: Understanding Subconscious Needs & Forming Healthy Relationship Habits	November 12, 2025 at 6:00 PM ET
Week 10: Activating, Deactivating & Mastering Conflict Resolution	November 19, 2025 at 6:00 PM ET
Week 11: Unlocking Deeper Connection	November 26, 2025 at 6:00 PM ET
Week 12: Build a Thriving Business	December 3, 2025 at 6:00 PM ET



Contact Us

If you have any questions or concerns please
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