**Playbook to Inject the Healthy Undercurrents of Attachment and Help Stop Depression**

*Unmet Primal Need Seed*

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| **Restoring Emotional Family Bonds – A Wild At Heart Weekend**  ***To Inject the Healthy Undercurrent of Attachment and Help Stop Mark’s Depression***  Mark has suffered in silence long enough. Lifting deep sadness is helped by community in order to send the message that Mark is not alone. Mark and his dad, Nick, have not connected emotionally for a very long time. To jumpstart the process, it is recommended that Mark, Nick (his dad) and Mark’s uncles (Mitch and Hank) do a “Wild at Heart” camping weekend in the wilderness using guidelines in the book “Wild at Heart” by John Eldridge (2001). Mark and Nick are “rusty” with one another, so an all men’s weekend with Mark’s uncles will help to break the ice. *We cannot change the past, but let’s change the future!*  **Who:**   * Mark, Nick, Mitch, and Hank (Scott, the FST therapist, will facilitate a meeting with the adults (Elders “prep” meeting) before the “Wild at Heart” camping weekend)   **What:**   * Camping Weekend Trip in the Wilderness * Elders “prep” meeting with the FST therapist to determine the goals for the camping trip * Nick, Mitch and Hank will read the *Wild at Heart* book prior to the “prep” meeting to generate talking points and goals for the camping trip   **When:**   * Elders “prep” meeting TBD * Camping Trip TBD   **Where:**   * Elders “prep” meeting to occur in the FST therapist’s office * Camping Trip specific location TBD   **How:**   * Mark and his dad (Nick) will jumpstart their “reconnection” through the camping trip with the support and assistance of Mark’s uncles * The elders “prep” meeting will occur to discuss and outline the goals for the camping trip. The adults will refer to the guidelines in the *Wild at Heart* book, but will also be open to the bonding that will happen naturally. (Reminder: the adults/elders will have read the book *Wild at Heart* before the “prep” meeting and will come to the meeting armed with comments, suggestions for goals and questions * The FST therapist will facilitate the discussion at the elders “prep” meeting * Mark will be asked to come in at the end of the elders “prep” meeting to give his input on goals for the camping trip |