

What are Oakdale's Creative Attunement & Attachment Sessions?



Oakdale's Creative Attunement and Attachment Sessions are a bespoke, evidence-informed assessment and therapeutic approach developed by our specialist clinical team. These assessment sessions are designed to explore how a child connects, communicates, and regulates through creative, play-based interaction, helping us understand their attachment patterns, emotional needs, and sensory preferences in a natural, child-centred way. Unlike formal testing, Creative Attunement sessions use structured, relational activities and observations to help children express themselves safely and authentically.

Our clinicians integrate insights from attachment theory, trauma research, and developmental psychology to assess areas such as:

- Emotional regulation and soothing
- Trust safety and relational repair
- Sensory integration and body awareness
- Play, curiosity and engagement
- Self esteem and confidence in relationships



Each assessment is delivered by trauma-informed practitioners using creative therapeutic approaches, such as Theraplay®, DDP, and art or play-based methods. Sessions are spread over several appointments to build trust and familiarity.

The result is a comprehensive, personalised understanding of the child's strengths and challenges, guiding decisions about the most effective therapy or intervention to support their growth and wellbeing.