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Summary: The presentation advocates “plain old therapy” as an approach to trauma treatment that is founded in contemporary developmental theory and research. A feeling of connection in secure attachment relationships is the most effective way of diminishing distress, and this feeling of connection is based on mentalizing—awareness of mental states (e.g., thoughts, feelings, and desires) in self and others. Traumatic attachments—at worst, characterized by abuse and neglect—reflect a failure in mentalizing and compromise the traumatized individual’s capacity to form secure attachments and thereby to regulate emotional distress. Trauma therapy restores mentalizing in attachment relationships, thereby enhancing the capacity for security and emotion regulation.