



Disidentification and Freedom - Embodied Presence

Michael Mokrus

The deconstruction and dissolution of old identifications (beliefs and adaptation strategies etc.) describes a transformational process that is an essential part of any personal development. Furthermore, it represents an important strategy with regard to self- and affect regulation.

To disidentify involves the exploration of the observer and the observed. This is done in close contact with embodied feelings and other qualities of experience, without losing them as in dissociation for example. It enables people to remember the emergence of their (survival) strategies and at the same time to gain some distance from them, while reestablishing closeness to themselves in the here-and-now. Physically it means dissolving the pattern of contraction, tension and collapse.

Identifications and adaptation strategies, although they were intelligent, useful and often life-saving in the past, become the obstacles for further growth and more often than not contribute to the many symptoms today that go hand in hand with unresolved traumatic energies.

In this seminar, which takes the form of a retreat, the lectures will alternate with mindfulness based exercises, neuroaffective regulation, (dialogic) self-exploration and in-depth debriefing with space for individual guidance.

Topics covered:

- Developmental view regarding the process of healthy identification/disidentification*
- Exploring and deconstructing identification/disidentification-processes on all levels (physical, emotional, cognitive, behavioral, relational, spiritual)*

- *Reconnecting to our profound aliveness and feel our willingness to face our potential and inner wisdom in a fresh and open way with all its possibilities and consequences*
- *Practicing compassion for ourselves and others*
- *Embodying and living our capacity and courage for increased agency and dignity*
- *Strengthening an embodied presence in a therapeutic setting*

The seminar is aimed both at psycho- and body therapists who would like to expand on this approach to developmental therapeutic processes, and at people who would like to approach this topic for personal reasons.

The course will be taught in English.