



## **Working with Dissociation in Body, Energy and Psyche**

**Anando Würzberger, 7 t/m 11 april 2021**

***Dissociation is an instinctive reponse of the nervousystem to protect us from experiencing emotions or physical sensations and energetic states, that are too much to bear. It disconnects our conciousness from an overwhelming experience especially, when it happens repeatedly like neglection in early childhood, abuse or physical violence.***

***Dissociation can become an automatic habit later on in life and thus hinder "grown up responses" like setting boundaries or being in our natural strength. It can also occur in situations, that only slightly resemble and are much weaker than the overwhelming occurrence in the past.***

***We will work with recognising various states of dissociation in the body. Often it shows itself through bad connection to the body like being able to sense what it needs. Or a diconnection from sensing feelings. We will support clients to reconnect to the body and parts of the psyche thus releasing energy that is still bound by the past events and opening to their full potential of responses.***

### **Topics and Techniques**

**+ *Releasing old trauma: Dissociation is often connected with the freezing response to trauma and binds still energy from past traumatic events.***

**+ *Embodiment: We will use techniques of embodiment like integration through conscious gestures.***

**+ *Grounding and centering: exercises can connect to inner strength and invite the selfregulation of the body.***

**+ *Dealing with shame and guilt, that is often connected to the dissociation.***

**+ *Psycho education will support the client to find little tricks and ways in their daily life how to deal with this automatised responses.***

**+ *Integration of dissociation in the personality.***

**+ *Teaching of dissociation in "healthy ways": Last not least we will give them a positive approach to dissociation with techniques that support them help to intergrate the dissociated parts of the psyche and to live dissociation in a healthy way through finding the watcher, the place of awareness inside with out cutting themselves off.***