



## ***Attachment, trauma and sexuality***

***Healing the body/mind: returning to the self***

***Vasumati, 2020, may 28, starting 18.00 hrs, till juni 1***

*Our new understanding is that we all suffer from traumatic or overwhelming experiences in many ways that until recently we did not understand. We are now looking deeper than the obvious traumas of abuse, sexual abuse and violence.*

*As we see that there is trauma in the way in which we formed our earliest bonds with our caretakers, we realise that each of us needs to find healing and resolution in our hearts and our minds.*

*Attachment trauma affects the way we relate to others, to the world and to ourselves. Trauma causes shame and shame causes withdrawal and isolation and fear to trust ourselves and others. This often affects our capacity for sexuality eroticism and intimacy and no healing is complete if we cannot even in small ways learn to let go, have pleasure and enjoy sex.*

*So much of trauma still lies in the unconscious or in deeply held patterns of shame and shock in the body so that it becomes really important to heal this in the body, to feel and connect with our bodies, and to rediscover our authentic and healthy emotions.*

*Because of traumatic experiences we either have no boundaries or rigid walls of control.*

*In this training we learn in healing trauma and returning to sexuality, how to make ourselves safe again, how to move only with consent and clear boundaries.*

*Healing means let go, openness. We learn to have connection and protection. How we can hold and soothe ourselves. Do we have confidence and self love and can we open and trust others?*

*This way we take back healthy control of ourselves and our bodies and through this we can rediscover the inner space of our essence and our spiritual dimension, which is often blocked by unresolved trauma.*

*Many of us have done a lot of work on traumahealing, our childhood issues and our attachment wounds. It is a matter of self love, embodiment and empowerment where we learn to shine in the world and express ourselves with confidence and joy.*

***Attachment, trauma and sexuality** is a short training for individuals and couples, who did the Primal Rebirth training or a similar training on bodyoriented psychotherapy. Also for therapists who want to learn more about traumahelaining on the subject of Attachment, trauma and sexuality*

**Organiser: Aumm Instituut**

*Place: Centre the Bron, Nijeholtpade, Holland*

*Price: € 520,- plus costs for the centre € 295,- (lodging, full boarding, vegetarian – 1x sauna, end-cleaning)*

*Date : thursday may 28 till monday (pinksteren) june 1 , arriving may 29 around 18.00 hrs*

*mailto: [info@aumm.nl](mailto:info@aumm.nl) or phone 0031 595 423023 for more information and/or signing up.*