



healing relational trauma in relations and sexuality

June 19 (start 18.00 hrs) till June 23

trainer: Vasumati

Vasumati will give a new training in 2024 on the theme "the influence of early relational trauma on adult relationships and sexuality".

We know from experience that early trauma and attachment traumas can be healed within secure adult relationships, but the reverse can also happen, namely that wounds and traumas can be reactivated and exacerbated within the same relationships and that when this happens it is not only painful but reawakens a lot of shame and internal fragmentation.

When we open deeply to another we are very vulnerable and in this vulnerability our defenses are down and our deepest wounds and fears can be retriggered and opened

This is certainly the case in the sensitive themes of intimacy and sexuality.

In the current relationship climate where monogamy no longer has to be the only option and other styles of relating receive more attention there is less stability and this can evoke powerful and confusing emotions. Feelings of fear, jealousy, insecurity and abandonment run parallel to feelings of excitement, passion and freedom which can be very confusing as we establish a container for our sexuality.

Our nervous systems need safety and self-regulation, especially when our wounds are triggered.

Both men and women have relational trauma but because of the way men have been raised it is often more difficult for them than for women to identify and feel and articulate their emotional and sexual traumas. In relationships these traumas will show up in different ways.

In this workshop, Vasumati follows the current attachment theory, but she also introduces a new and very interesting theory for us: Fairbairn's model of object relations. She uses this to understand how we unconsciously repeat painful attachment experiences, mainly with the mother, from our early childhood in love relationships. This may involve trauma in the form of abuse, violence or neglect or subtle (micro-)trauma such as a mismatch in attachment or frustration arising from needs that are not immediately satisfied. Vasumati will work with the inner dynamics that results from the emergence of the contradiction between the ego that longs for connection and the ego that feels angry and rejected. The training is about how as an adult man and woman you still repeat this inner conflict in relationships.

(In Fairbairn's terminology, this is the battle between the libidinal (desirous) ego and the anti-libidinal (angry and rejected) ego.) Fairbairn (1880-1964) was a Scottish psychiatrist and psychoanalyst and a central figure in object relations theory.

This refers to how the mystified child in us tends to repeat the early scenario where love and abuse were mixed together. What we manifest is not just love, but a mixture of love, rejection and emotional unavailability that is confusing to ourselves and others. It hinders our ability to be passionate, intimate and open.

The field of relational trauma is extremely complex. We need understanding, knowledge and awareness of the impact of such trauma on our relationships, of power issues arising from it and of its impact on

sexuality. In this way we can find profound healings and solutions that enable us to stay connected with compassion, a strong sense of self and a confidence in our ability to be present, set limits and allow vulnerability in our intimate relationships.

- **Place:** *Centre the Bron, Nijeholtpade, Nederland.*
- **Price:** € 575,- plus cost for the centre: € 355,- (boarding and lodging, 1xsauna, end-cleaning)
- **More info:** info@aumm.nl or phone 0031-595 423023

