



## ***Trauma therapy***

### ***An overview of English spoken trainings/workshops***

***Above every training on the website that is in English, you can click on the flag above the text, for more information***

## ***Training Primal Somatic Trauma therapy (Several teachers)***

*The last couple of years a lot of insights emerged about working with trauma and stress. We think it is important that a body-oriented therapist also working with early childhood and a lot of emotion, can integrate these insights in his daily practice. Through this training the therapist can get clues with regard to working with trauma. Symptoms will become recognizable, as will the difference between trauma and psycho-social problems. Theory and exchanging sessions will be important topics in the training. We also will organize demo - sessions. Directions and angles of incidence will vary from workshop to workshop. Our tutors have their own teachers and inspirational sources. Some workshops are English spoken and are open for people from outside the training.*

## ***Michael Mokrus***

*His seminars:*

### ***Early Relational Experiences And Touch***

*Research shows that touch is at the foundation of our relational experiences, the fundamental mode of the caregiver-infant relationship before the capacity for language develops. Through touch we form an image of our body and its boundaries, a sense of embodiment that contains all our experiences on a neuro-physiological, emotional, behavioural and cognitive level.*

*This seminar provides an understanding of the importance of intentional touch in learning self-regulation and working with the implicit memory of the relational matrix of early life. We'll explore the interplay between*

*bodily experiences, emotional and mental states in order to support developmental progression and integration of our capacity to relate to ourselves and others. Participants will learn specific tools to implement touch supporting „bottom-up” integration while exploring „top-down” in their respective therapeutic practices.*

#### *Topics covered*

- *introducing intentional touch to address different systems in the body: muscles and connective tissue, organs, brain and central nervous system*
- *specific handholds to support the development of healthy boundaries, resilience, coherence and organization*
- *working with the experiences of relational dynamics of preverbal states (implicit relational knowledge)*
- *somatic mindfulness and resonance*
- *working in present time while exploring the personal history*
- *introducing aspects of osteopathic understanding about the neuro-affective regulation of the early „fluid body”*
- *relating to and regulating different structures of the brain through touch and intention*

#### ***Relational Dynamics in Therapy: Transference, Projective Identification and Defense Mechanisms***

*“The reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt the world to himself.”*

*George Bernard Shaw, Maxims for Revolutionists*

*During the seminar we will look at some possible inner psychic and/or relational dynamics when clients get anxious and start to recreate certain aspects of their early life experiences in the therapeutic alliance with us as therapists. We will explore the resulting phenomenon which in psychotherapy is called transference/counter-transference dynamics and how we can make use it for the benefit of our clients. We will look at ways how to regulate our physiological and emotional states when projected upon while staying connected to our adult-consciousness. We will identify feelings and behaviours in our clients as well as in ourselves that are possibly indicating the presence of projective processes and defensive strategies against unpleasant experiences during sessions.*

## ***Life Force and Identity***

*„When there is early trauma, the ensuing biological dys-regulation forms the shaky foundation upon which the psychological self is built.“ Dr Laurence Heller - Healing Developmental Trauma*

*The degree to which we feel loved, received and welcomed into the world makes up the cornerstone of our identity. If we had to cope with early trauma the resulting high arousal of unresolved anger and incomplete fight/flight responses disrupts our capacity for connection with ourselves and others. Adaptive survival mechanisms develop on every level of experience which lead to distortions of our identity and loss of a vital relationship to our life force.*

*In this seminar we will focus on how we can support our clients in regaining their capacity for connection, aliveness, resiliency and a healthy sense of self. As a map for psychological development, we will use the so-called „character structures“, which have been named by different psychological traditions (Freud, Erikson, Lowen, Marcher, Heller). We will use this map in regard to our core needs, - resources and -capacities for well-being as well as the adaptive survival strategies we developed, when the environment wasn't attuned to the age appropriate needs of a child.*

*Contents and tools to be explored:*

- *auto-, co- and self-regulation*
- *how to support connection and organization*
- *identifications/identity*
- *healthy aggression and real strength vs. anger acting in/out*
- *teaching dis-identification*
- *agency and empowerment in present time*
- *introducing touch/self-touch and movement to work with implicit memory of early challenges*

## ***The social nervous system***

*Neuroception, vagus nerve and the enteric nervous system*

*The seminar combines a somatic understanding of natural attachment behavior and social communication with approaches from visceral osteopathic work. A healthy tone, mobility and motility of the organs of chest and abdomen are prerequisites for physical and emotional well-*

*being and our natural tendency to facilitate a safe contact and connection.*

*Contained by the diaphragms in a network of tissues, the organs allow deep insight into our early childhood development and open up many possibilities for regulation of bound energies. We will get to know the complex nerve networks and feedback loops, that keep us constantly up to date about our well-being or discomfort and govern our social engagement behavior. This seminar will provide participants with an understanding and tools, to facilitate a safe connection with the client in the here and now while simultaneously effectively apply regulating touch.*

*Training content includes:*

- *the vagus nerve and its central significance for our „gut feeling“, stress regulation and natural attachment behavior*
- *neuroception and polyvagal theory: the vagus nerve and its role in social communication*
- *specific handholds to regulate the vagus nerve*
- *the embryonic and biodynamic basis of mobility and motility of the organs*
- *the abdominal brain (enteric nervous system)*
- *specific approaches of touch that support discharge and regulation of bound energy in the abdominal and thoracic areas*

## ***Shame, Guilt and Identity***

*During this workshop, we will explore the development of feelings of shame and guilt from the perspective of neurosciences, early childhood, in later relationships as well as transgenerationally.*

*The roots of shame and guilt are often found in stressful experiences caused by early developmental or shock trauma. Feelings of shame and guilt develop as a reaction to stress and disorganization in the body and in turn produce further stress and disorganization.*

*Negative beliefs about ourselves, such as "I am bad" and the numerous variants of this belief are based on the early experience of "I feel bad". At the level of identity, shame and guilt become the basis of strongly distorted identifications and self-condemnations that can last for life. Once we understand that shame and guilt has more to do with the inadequacy of the environment than with one's own failure, it supports the possibility to view ourselves in a new and more compassionate way.*

*We are more connected to our strength, have better behavioral possibilities and distorted self-images can dissolve. We will explore the theme both theoretically and through practical exercises, so participants can enquire into their own authentic experiences.*

*Training content includes:*

- *Affectregulation: adequate handling of feelings of shame and guilt and the resulting behavior*
- *Distinction between natural feelings of shame and guilt and those resulting from overwhelming early life experiences (toxic shame/guilt)*
- *Shame/guilt as relational affect*
- *Shame/guilt as identity-creating forces*
- *Shame/guilt as an intergenerational theme*
- *Shame/guilt from the perspective of neurophysiology*
- *Practical tools and understanding while working in therapy*
- *The content and structure of the seminar are suitable for both psycho- and body-therapists.*

### ***Trauma Therapy for Babies and Small Children***

*Advanced Training for Working with Children*

*with Sarito Fuhrmann-Bailes*

*May 18. – 21. 2018*

*This course teaches an understanding of prenatal, perinatal and postnatal stress and trauma in new-born babies and infants as well as basic releasing skills.*

*Before, during and after the birth every infant experiences its own unique and individual story. This is presented through the moods and well-being of the baby, as well as in its cells, tissues and body fluids and in its nervous system. This is also noticeable in its sleeping patterns, breastfeeding and eating patterns, and in the overall further development, the relationship with the parents and the ability to experience emotional and physical contact.*

*We offer a safe space where empathy and presence is shown and where the baby and its parents can have new experiences after stressful ones.*

*Approach*

*My approach is to listen carefully to the baby so that it can tell its own story of what it has experienced. This work with children, based on the principles of Somatic Experiencing and knowledge of prenatal psychology, has developed out of systemic trauma work with babies and their parents. During the course there will be 1 or two demo sessions by Sarito Fuhrmann-Bailes with infants. Afterwards the session will be discussed in detail with the group.*

*Who is the Training for?*

*This training is for everyone who already works with infants – midwives, children's nurses, doctors, physiotherapists, occupational therapists, breastfeeding consultants, craniosacral therapists, or people who would like to work with babies.*

**Anando Wurzberger**

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

*Dissociation is an instinctive reponse of the nervous system to protect us from experiencing emotions or physical sensations and energetic states, that are too much to bear. It disconnects our consciousness from an overwhelming experience especially, when it happens repeatedly like neglect 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 disconnection 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 dissocated 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.*

### ***Life after Trauma*** ***A 5 day training with Vasumati***

*Short training of Vasumati about life after you have worked through and learned to deal with traumatic or overwhelming episodes in your life that affected you deeply.*

*Trauma can make us feel less alive and fearful about living in case we get hurt again, afraid about being in a healthy relationship or letting sexuality and intimacy in our life.*

*This module is about understanding and healing trauma bonds, about dissociation in relationships, sexuality after trauma, taking control of your recovery and restore the quality of life again*

*Also healing trauma opens the door to meditation and spirituality, we will look at that important aspect of healing traumatoos.*

*This is a training of 5 days, every day we will go into a different subject:*

- 1. trauma bond*
- 2. dissociation*
- 3. sexuality and intimacy*
- 4. restore and revive, take your life back*
- 5. trauma and spirituality*