

“Our ability to annihilate each other equals our ability to heal each other” - Bessel van der Kolk

Dealing with Trauma

A crash course offering modern tools
in **trauma therapy**

With Pia & Prabhat



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www.humaniversity.com/dealing-with-trauma-training

A crash course for those who work with people individually – from social work to therapy

The Training

The mixture of theoretical material and practical experience in this course will enable you to trace, carefully measure and discharge traumatic energy in the body and its nervous system. You will gain understanding and acquire tools to offer help on a significant level without going deeply into stories and emotional processes. You will be more relaxed in your work with traumatised people, and your clients will experience a higher level of stress tolerance and resilience.

The training consists of 2 workshops of 3 days each, with an interval of 2 months in between to integrate and try out the new material. The trainers will be available during this time by phone or e-mail.

History & background

During the last 40 years fundamentally new views and methods emerged to help people after traumatic experiences. Disorders following traumatic events (i.e. post-traumatic stress disorder) and their healing came into public awareness along with the classical issues of psychotherapy.

When intense events overwhelm our instinctive protective reflexes, we cannot regulate ourselves sufficiently. We experience a strong inner strain and physical restrictions; an existential crisis and social problems may occur. In order to work with traumatic shock energy we pay direct attention to what happens in the body and nervous system, next to using the traditional cognitive and emotional approaches. Via the felt sense we have a bridge to what happens in the nervous system. It can be a crucial relief to trace and melt the energy bound in the nervous system in small steps, with the client being in control, in a slow and gentle way. Completing the uncomplete physiological processes brings back our natural self-regulation.

The foundation of this work is mindfulness and responsiveness to the needs of the traumatised person. The goal is for the client to rebuild resources and return to a sense of safety and resilience.

Sources

- Focusing (*Eugene Gendlin*)
- Somatic Experiencing (*Dr. Peter Levine*)
- Neuro-affective psychotherapy (*M. Bentzen, S. Hart*)
- Psycho-imaginative Traumatherapy (*Prof. L. Reddemann*)
- Ego-State-Therapy
- Humanistic Psychotherapy, Cognitive Behavioural Therapy

Content

- Basic understanding of dealing with traumatised people
- Promotion of resources
- Techniques for stress regulation
- Stabilisation, grounding, containment, demarcation
- Perception of the body, felt sense
- Learning the language of the nervous system
- Ways of careful confrontation with trauma, dealing with activation and discharge of traumatic energy
- The 3 compasses of the nervous system: brain stem, feeling brain, cerebrum
- Therapeutic attitude, self protection in the therapeutic context
- Supervision of cases of the participants

Course Counsellors

Pia Baerwald

Naturopath (Heilpraktikerin) for psychotherapy, trauma therapy and humanistic psychotherapy; trainer for psychotherapy students and coaching trainings.

Involved in traumatherapy especially after being in the tsunami in Sri Lanka.

Dr. Prabhat Dietrich Sternberg

Medical doctor, osteopath, psychotherapist, trauma therapist, addiction therapist, Humaniversity therapist and consultant.

Worked with traumatised people in Bolivia, Sudan, India, Uganda, Lebanon, Malaysia and Europe.

Pia and Prabhat are the founders of the Trauma Therapy Institute Berlin where they developed their concept integrating psychical, physical, neurobiological and mental approaches to successfully process traumatic experiences.

Part 1: August 26 – 28, 2016

Friday 10:00 - Sunday 19:00

Part 2: November 5 – 7, 2016

Saturday 10:00 - Monday 19:00

Price for the complete training: € 720 (Food and accommodation optional for a fee)