

Working with the traumatic activation of the nervous system using somatic resources

Introductory experiential workshop for psychotherapists for working with challenging clients

Buster Rådvik, MA

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Loodusmaja, Lille 10

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As psychotherapists we offer our patients a safe place to talk, witness their disclosures with empathy and help them to address their emotional and behavioral challenges within a cognitive behavioral therapy model. What do we do when despite our best efforts we cannot seem to help our patients reach desirable results?

With patients who suffered trauma, neglect and unsafe parenting, talk therapy is often not enough. Once their trauma is triggered, the instinctual defense mechanisms and reactive emotions take over. What they learned cognitively “goes out the window” and they find themselves back at “square zero.” In order to help our patients get out of destructive patterns we want to address the trauma at its root - the body.

Body centered psychotherapy offers a complement to the top-down approach to psychotherapy with its bottom-up approach. It helps the patients stay within the “window of tolerance”, reframe the aversive trauma symptoms as “memories” that can be slowly and safely invited for investigation and rewire procedurally learned behaviors helping them learn how to increase their somatic sense of safety. It’s pretty simple, when we are feeling safe we can play and learn new things. Life is full of possibilities vs. full of threats.

And, it’s easier said than done. To work with the body in focus effectively requires a paradigm shift that not all of us are willing and able to commit to. Therefore, **Buster Rådvik, MA**, offers an experiential workshop for psychotherapists who are curious to learn more. It’s a workshop intended to give the participant a personal taste of his Sensorimotorpsychotherapy informed approach. Hopefully the workshop will help you decide if you want to pursue further education in the field.

What to expect:

- Personal growth, a taste that take you a step further towards deciding if you want to pursue more training in this area.
- Mindful movement practices.
- A brief introduction of the theoretical underpinnings (trauma, neuroscience, attachment, affect regulation and structural dissociation theory).
- Simple visual maps and tools that work with the body in focus.
- Somatic exercises that embody the theory.

This is not a training by Sensorimotor Psychotherapy Institute. This is a workshop where Buster Råd vik shares his inspiration as a student of and a practioner of body centered psychotherapy