



LEARNING OBJECTIVES

Integral Somatic Psychology™ Trauma, Development, and Attachment Workshop

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1. Describe how to work with avoidant, ambivalent, and disorganized styles of insecure attachment and their variations through emotional embodiment and inter-personal resonance
2. Identify the different developmental tasks or functions in at least three early stages of childhood development (existence, need, and autonomy) the wounding of which by developmental and shock traumas cause the specific vulnerabilities behind the insecure attachment styles
3. Describe how to access and work with a wider range of emotions, especially sensorimotor emotions, in relation to attachment and relationship, from the very first session with a client
4. Describe how to help clients work through and develop a greater capacity for extremely difficult emotional experiences behind attachment and relationship symptoms faster by using the body as container and regulator
5. Describe how to regulate clients emotionally through embodied attunement, a very important component of effective attachment work, using specific skills of inter-personal resonance
6. Describe how the emerging paradigms of embodied cognition and emotion in cognitive neuroscience and psychology can help improve outcomes and shorten treatment times in all therapies, including body-oriented modalities such as Somatic Experiencing® (SE™) and Sensorimotor Psychotherapy®, through embodiment of a greater range of emotions from the very first session with clients.