



TIMELINE

Integral Somatic Psychology™ (ISP™) Pre and Perinatal Trauma Workshop

4 Days

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Day One

- 09:30 – 11:00 Introduction. Group container building. Overview of workshop. Introduction of the concepts of emotional embodiment and inter-personal resonance.
- 11:00 – 11:20 Break
- 11:20 – 13:00 Lecture: Pre and perinatal trauma. Types of pre and perinatal trauma. Typical physiological and energetic defenses involved in pre and perinatal trauma. Six general categories of symptoms from pre and perinatal trauma including attachment and relationship difficulties from pre and perinatal trauma. Short exercise in dyads.
- 13:00 – 14:30 Lunch break
- 14:30 – 16:00 Clinical demonstration: Working with attachment and relationship difficulties from pre and perinatal trauma using pre and perinatal trauma theory, attachment theory, emotional embodiment, and inter-personal resonance. Questions and answers. Short exercise in dyads.
- 16:00 – 16:20 Break
- 16:20 – 18:00 Clinical demonstration: Working with attachment and relationship difficulties from pre and perinatal trauma using pre and perinatal trauma theory, attachment theory, emotional embodiment, and inter-personal resonance. Questions and answers. Short exercise in dyads.

Day Two

- 09:30 – 11:00 Lecture: Global high intensity activation of the central nervous system from pre and perinatal trauma. Typical presentations of global high intensity activation. Strategies for working with global high intensity activation. Short exercise in dyads.
- 11:00 – 11:20 Break

- 11:20 – 13:00 Clinical demonstration: Working with global high intensity activation of the central nervous system from pre and perinatal trauma using pre and perinatal trauma theory, emotional embodiment, and inter-personal resonance. Questions and answers. Short exercise in dyads.
- 13:00 – 14:30 Lunch break
- 14:30 – 16:00 Lecture: Working with the theme of existential fragmentation and terror from pre and perinatal trauma. Strategies for working with existential fragmentation and terror from pre and perinatal trauma. Short exercise in dyads.
- 16:00 – 16:20 Break
- 16:20 – 18:00 Clinical demonstration: Working with existential fragmentation and terror from pre and perinatal trauma using pre and perinatal trauma theory, emotional embodiment, and inter-personal resonance. Questions and answers. Short exercise in dyads.

Day Three

- 09:30 – 11:00 Lecture: The theme of existential shame from pre and perinatal trauma. Various manifestations of existential shame. Strategies for working with existential shame and rage from pre and perinatal trauma. Short exercise in dyads.
- 11:00 – 11:20 Break
- 11:20 – 13:00 Clinical demonstration: Working with the theme existential shame from pre and perinatal trauma using pre and perinatal trauma theory, emotional embodiment, and inter-personal resonance. Questions and answers. Short exercise in dyads.
- 13:00 – 14:30 Lunch break
- 14:30 – 16:00 Lecture: Working with the theme of existential rage from pre and perinatal trauma. Strategies for working with existential rage from pre and perinatal trauma. Short exercise in dyads.
- 16:00 – 16:20 Break
- 16:20 – 18:00 Clinical demonstration: Working with the theme of existential rage from pre and perinatal trauma using pre and perinatal trauma theory, emotional embodiment, and inter-personal resonance. Questions and answers. Short exercise in dyads.

Day Four

- 09:30 – 11:00 Lecture: Attachment patterns and relationship difficulties from pre and perinatal trauma. Short exercise in dyads.

- 11:00 – 11:20 Break
- 11:20 – 13:00 Clinical demonstration 1: Working attachment patterns and relationship difficulties from pre and perinatal trauma using pre and perinatal trauma theory, attachment theory, emotional embodiment, and inter-personal resonance. Questions and answers. Short exercise in dyads.
- 13:00 – 14:30 Lunch break
- 14:30 – 16:00 Clinical demonstration 2: Working attachment patterns and relationship difficulties from pre and perinatal trauma using pre and perinatal trauma theory, attachment theory, emotional embodiment, and inter-personal resonance. Questions and answers. Short exercise in dyads.
- 16:00 – 16:20 Break
- 16:20 – 17:00 Review and closure.