



TIMELINE

Integral Somatic Psychology™ (ISP™) Trauma, Development, and Attachment Workshop

3 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: Styles of insecure attachment and their causes.
- 13:00 – 14:30 Lunch break
- 14:30 – 16:00 Clinical demonstration 1 with class participant: Working with a relationship difficulty using attachment theory, emotional embodiment, and inter-personal resonance. Avoidant, ambivalent, or disorganized attachment. Student questions and answers.
- 16:00 – 16:20 Break
- 16:20 – 18:00 Clinical demonstration 2 with class participant: Working with a relationship difficulty using attachment theory, emotional embodiment, and inter-personal resonance. Avoidant, ambivalent, or disorganized attachment. Student questions and answers.

Day Two

- 09:30 – 11:00 Lecture: Developmental tasks in the existence stage of development. Impact of traumas from the existential stage of development on attachment. Character structures from the existential stage of development.
- 11:00 – 11:20 Break
- 11:20 – 13:00 Clinical demonstration 1 with class participant: Working with a relationship difficulty with origin in the existence stage of development using emotional embodiment and inter-personal resonance. Student questions and answers.
- 13:00 – 14:30 Lunch break

- 14:30 – 16:00 Lecture: Developmental tasks in the need stage of development. Impact of traumas from the need stage of development on attachment. Character structures from the need stage of development.
- 16:00 – 16:20 Break
- 16:30 – 18:00 Clinical demonstration 2 with class participant: Working with a relationship difficulty with origin in the need stage of development using emotional embodiment and inter-personal resonance. Student questions and answers.

Day Three

- 09:30 – 11:00 Lecture: Developmental tasks in the autonomy stage of development. Impact of traumas from the autonomy stage of development on attachment. Character structures from the autonomy stage of development. Inter-personal resonance, embodied attunement, and interactive emotional regulation in the autonomy stage of development.
- 11:00 – 11:20 Break
- 11:20 – 13:00 Clinical demonstration 1 with class participant: Working with a relationship difficulty with origin in the autonomy stage of development using emotional embodiment and inter-personal resonance. Student questions and answers.
- 13:00 – 14:30 Lunch break
- 14:30 – 15:45 Clinical demonstration 2 with class participant: Working with a relationship difficulty using attachment theory, developmental theory, emotional embodiment, and inter-personal resonance.
- 15:45 – 16:05 Break
- 16:05 – 17:00 Review and closure.