



## **LEARNING OBJECTIVES**

### **Integral Somatic Psychology™ Pre and Perinatal Workshop**

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1. Identify the different types of pre and perinatal traumas
2. Describe how pre and perinatal traumas can compromise different layers of the body including the brain
3. Describe how early imprints of pre and perinatal trauma can be behind reactions to traumatic events later in life
4. Describe four major themes associated with pre and perinatal trauma
5. Describe what is global high intensity activation of the central nervous system, often associated with pre and perinatal trauma
6. Describe how to work with global high intensity activation of the central nervous system, often associated with pre and perinatal trauma
7. Describe how pre and perinatal trauma can contribute to attachment and relationship difficulties
8. Describe how emotional embodiment can help clients in working with pre and perinatal trauma
9. Describe the phenomenon of inter-personal resonance in the client setting
10. Describe how inter-personal resonance can help clients in working with pre and perinatal trauma.