

LIVINGSTREAMS PRESENTS

# EMBODIMENT & HEALING DEVELOPMENTAL TRAUMA

*Living  
Streams*  
Therapy, Training & Consultancy LLP

## A SOMATIC RESILIENCY WORKSHOP

How do you work with individuals with attachment difficulties and who encounter repeated dysfunctional relationships?

For many traumatized individuals who have experienced preverbal and/or developmental trauma, they are looking for ways to resolve re-enactment or symptomatic re-experiencing from trauma patterns and have new flexible internal and external responses in current relationships.

In this four full day somatic resiliency workshop, you will learn from embodiment expert Dr Abi Blakeslee a dynamic tool kit of body-oriented psychophysiological approaches to stabilize early developmental symptoms of trauma as well as re-regulation the nervous system using interoceptive awareness techniques.

### Who will benefit

Social service, mental health and healthcare professionals who work with clients experiencing attachment and relational difficulties.

DATE	: 27-30 NOV 2022	<b>NEW DATE!</b>
TIME	: 9AM-5PM	
VENUE	: VILLAGE HOTEL BUGIS 390 VICTORIA STREET (NEAR BUGIS MRT STATION)	
COURSE FEE	: SGD \$2350	
EARLY BIRD	: SGD \$2250 (ENDS ON 30 SEPTEMBER 2022)	
VCF FUNDING (REF NO PAS00002702)	: SGD \$667	
NETT FEE AFTER VCF FUNDING	: SGD \$1683	

**FOR REGISTRATION, PLEASE EMAIL**  
[ENQUIRY@LIVINGSTREAMSTTC.COM](mailto:ENQUIRY@LIVINGSTREAMSTTC.COM)

IN-PERSON WORKSHOP WITH DR ABI BLAKESLEE  
SEP, CMT, MFT, PH.D FACULTY AT THE SOMATIC EXPERIENCING®  
INTERNATIONAL. MARRIAGE AND FAMILY THERAPIST.

Explore the neurophysiological and somatic underpinnings of healthy relationship and how to support and educate clients using an experiential model of learning. You will learn several skills throughout the training to enhance your ability to provide effective relational repair work within therapeutic settings.

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### About the Trainer

Dr. Abi Blakeslee is faculty for Somatic Experiencing Trauma International (SEI). She is additionally Dr. Peter Levine's legacy faculty at Ergos Institute for Somatic Education. Dr. Blakeslee holds a Ph.D. in Clinical and Somatic Psychology and is a licensed marriage and family therapist. Her dissertation, with a committee that included Dr. Daniel Siegel, generated original research on the role of implicit memory in healing trauma. Dr. Blakeslee integrates SE with clinical research, secondary trauma interventions, and the psychobiological principles of attachment and shock trauma. She treats individuals, couples, children and families in her clinical practice.

She has written attachment oriented publications in the Journal of Neuropsychology with Dr. Joseph Riordan and Dr. Peter Levine titled, "Attachment Focused Somatic Experiencing, Secure Phylogenetic Attachment, Dyadic Trauma and Completion Across the Life Cycle" and "Toddler Trauma: Somatic Experiencing, Attachment and the Neurophysiology of Dyadic Completion."

Another recent publication with co-author Dr. Glyndie Nickerson is featured in NeuroPeace, no.3, titled "The Neurophysiology of Individual and Collective Trauma." This article outlines the effects of trauma on the nervous system and psychophysiology and offers practical tools to heal from traumatic experiences.

Dr. Blakeslee teaches and consults world wide. She lives in Bozeman, MT with her husband and enjoys the snow, mountains, and rivers with her three young children.



### Learning Objectives

- **Learn and experientially connect with the physiology of self-regulation and co-regulation in early life**
- **Identify and apply somatic repair interventions with classical attachment styles**
- **Work with developmental movement re-patterning**
- **Sense and learn to work with cycles of relational rupture and repair**
- **Contrast and review classic psychological character structures with somatic psychological models**
- **Explore relational affect within body**
- **Learn skills to provide embodied relational repair work within therapeutic settings**

**Introception, or one's own experience of bodily sensation, gives us information about the state our our "neuroception" (embodied perception) of basic safety, alarm, or life-threat.**

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Many relational and attachment fields recognize that physiology needs to be a primary focus of trauma-sensitive healing. How we communicate and receive others is learned during our first attachment experiences with our primary caregivers such as our parents and, perhaps, even prior to our own conception through epigenetic and transgenerational influences. Relational dynamics with friends, partners, colleagues, loved ones, adversaries and others all stem from these early connections and experiences.

For many traumatized individuals who have experienced preverbal and/or developmental trauma, they are looking for ways to resolve re-enactment or symptomatic re-experiencing from trauma patterns and have new flexible internal and external responses in current relationships.

The feeling one can experience with earned secure attachment is an internal state of increased homeostasis in which you have a resting cardiac rhythm, normal circulation, and digestion.

Often, we have experienced and learned less than optimal verbal and non-verbal communication skills. These dynamics are software, not hard wired and, therefore, are for communication and relationships early and later in life with the body and physiological states being the primary vehicles of communication.

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