

UTA Akademie

Aus- und Weiterbildung

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Heilung von Entwicklungstraumata (NARM™)

Zweijährige Weiterbildung für TherapeutInnen

Datum: **01.10.2021 - 21.04.2023**

Leitung: **Laurence Heller, PhD**

Anzahlung 500,00 €

Preis: **3.750,00 €**

[» Link zur Kursbeschreibung und Online-Buchung](#)

Ansprechpartnerin

Bhakti Fink

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Montag - Freitag

11:00 - 16:00 Uhr

Seminarbeschreibung

In den letzten Jahren hat sich die Rolle der Selbstregulierung als wichtiger Aspekt an der Schnittstelle zwischen psychologischen Problemstellungen und dem Körper durchgesetzt. Das Neuro-affektive Beziehungsmodell (NARM™) überträgt den aktuellen Kenntnisstand in die klinische Praxis.

Ressourcenorientierter Ansatz

Das NARM™-Modell ist ein integrierter Ansatz mit therapeutischer Ausrichtung auf das Nervensystem und die Beziehungsebene. Es ermöglicht entwicklungspsychologisch sinnvolle klinische Interventionen, die auf achtsamer Beobachtung somatischer Phänomene und auf Ressourcenorientierung basieren. KlientInnen werden dabei unterstützt, mit den Anteilen in sich in Kontakt zu kommen, die einwandfrei funktionieren. Über diesen Weg werden Organisation und Kohärenz auch in jene Anteile gebracht, deren Funktion gestört ist – jedoch ohne diese regrediierten, dysfunktionalen Elemente zum Hauptgegenstand der Therapie zu machen. Die Selbstregulierungskräfte des Nervensystems werden so nachhaltig verankert.

Fünf organisierende Entwicklungsthemen

NARM™ stellt fünf zentrale Ressourcen und mit ihnen verbundene entwicklungs-psychologische Lebensthemen in den Mittelpunkt: Kontakt, Bedürfnisse, Vertrauen, Autonomie und Liebe. Sie beeinflussen, wie gut wir im Hier und Jetzt bei uns selbst und anderen sein können. In dem Umfang, in dem sie erfüllt sind, bleiben wir im Fluss und in gutem Kontakt mit uns selbst. In dem Maße, in dem nicht für sie gesorgt ist, entwickeln wir Überlebensstrategien, um den fehlenden Kontakt und die gestörte Regulierung zu bewältigen.

Zielgruppe und Voraussetzungen

Voraussetzung ist eine psycho- bzw. körpertherapeutische Ausbildung mit einem psychotherapeutischen Hintergrund und/oder Zugehörigkeit zu einer der folgenden Berufsgruppen: PsychiaterInnen, ÄrztInnen, SozialpädagogInnen, PsychologInnen sowie die Teilnahme am Seminar „Einführung in das Neuroaffektive Beziehungsmodell“.

Terminübersicht

01. - 05. Oktober 2021

23. - 27. Mai 2022

05. - 09. September 2022

17. – 21. April 2023

Beginn jeweils am ersten Tag um 10.00 Uhr.

Zertifizierung

Voraussetzung zur Zertifizierung: Teilnahme an allen vier Modulen plus zehn Supervisionssitzungen und zehn Einzelsitzungen mit NARM™- qualifizierten TherapeutInnen (nicht im Trainingspreis enthalten).

English Description

The NeuroAffective Relational Model™ (NARM™)

A Two-Year Practitioner Training for Healing Developmental Trauma

Course Description

The NeuroAffective Relational Model (NARM™) is an advanced clinical training for mental health and somatic practitioners who work with developmental trauma. NARM™ addresses relational and attachment trauma by working with early, unconscious patterns of disconnection that deeply affect our identity, emotions, physiology, behavior and relationships. Integrating a psychodynamic and body centered approach, NARM™ offers a comprehensive theoretical and clinical model for working with developmental trauma.

NARM™ draws on psychodynamic models such as attachment and object relations theory, and somatic and character structure approaches, in addressing the link between psychological issues and the body. Working relationally in the present moment, and within a context of interpersonal neurobiology, NARM™ offers a new approach of working relationally that is a resource-oriented, non-regressive, non-cathartic, and ultimately non pathologizing model. Grounded in what NARM™ calls somatic mindfulness, NARM™ is influenced by a non-western orientation to the nature of the identity. Learning how to work

simultaneously with these diverse elements represents a radical shift that has profound clinical implications for healing complex trauma and supporting personal and relational growth.

Course Objectives

In the NARM™ Practitioner Training you will learn:

- The different skills needed to work with developmental versus shock trauma; when and why shock trauma interventions may be contraindicated in working with developmental trauma.
- How to address the complex interplay between nervous system dysregulation and identity distortions, such as toxic shame and guilt, low self-esteem, chronic selfjudgment, and other psychobiological symptoms.
- How to work moment-by-moment with early adaptive survival styles that, while once life-saving, distort clients' current life experience.
- When to work 'bottom-up', when to work 'top-down', and how to work with both simultaneously to meet the special challenges of developmental trauma.
- How to support clients with a mindful and progressive process of disidentification from identity distortions.
- A new, coherent theory for working with affect and emotions, which aims to support their psychobiological completion.

Course Structure

The NARM™ Practitioner Training consists of 120 contact hours divided into 4 live modules. The 4 live modules will be held for a total of 20 days over the 2-year period of the training. The live modules are typically spaced 4 - 6 months apart, or 2 per year, to allow time for continued study, practice, peer meetings, and the webinars, in support of greater integration of the NARM™ clinical approach. Supplementary learning opportunities include: study and practice groups, individual and group consultation, individual NARM™ sessions, access to library of demonstration videos, and other learning intensives.

Teaching Methods

All modules include a combination of 2 complimentary instruction approaches:

1. Didactic and theoretical learning: including lecture, question and answer periods, class-wide discussion, case consultation, and deconstruction of demonstration videos.
2. Experiential learning: including self-inquiry exercises, small group activities, roleplays, active coaching and guided skill practice.
3. 2-Year NARM™ Practitioner Training Curriculum Topic Overview

Module 1

- NARM™ Theoretical Orientation
- Working with Shock and Developmental Trauma
- Working with Top-Down and Bottom-Up Integrative Approach
- NARM™ Organizing Principles
- Overview of 5 Adaptive Survival Styles
- Distortions of Life Force

- Distress and Healing Cycles
- Pride and Shame-Based Identifications
- Reframing Attachment and Attachment Loss
- Introducing the 4 Pillars of NARM™
- Establishing a Therapeutic “Contract”
- The NARM™ Relational Model
- Connection Survival Style
- Connection: Clients Whose Access to Sensations and Feelings are Compromised

Module 2

- Developmental Process: Attachment & Separation-Individuation
- Asking Exploratory Questions
- Somatic Mindfulness
- Attunement Survival Style
- Identifying and using Resources
- Working in Present Time with Dual Awareness
- Reflecting Positive Shifts
- Autonomy Survival Style
- Working with Anger and Aggression
- Working with Shame & Guilt

Module 3

- Trust Survival Style
- Core vs Default Emotions
- Anger & Aggression
- Narcissism and Objectification
- Narcissistic vs Sadistic Abuse
- Supporting Agency
- Love-Sexuality Survival Style
- The Psychobiological Process of Shame (“Shame as a Verb”)
- Tracking Expansion & Contraction/Connection & Disconnection
- “Drilling Down”/Deconstruction of Experience (in the function of Disidentification)
- NARM™ Language
- Deepening Study into the Connection Survival Style Issues, Symptoms and Related Disorders
- The Polyvagal Theory
- Trait-Survival Style-Personality Disorder Continuum
- Identifying Core Dilemma: Core Themes vs Survival Strategies (Behaviors, symptoms, etc.)
- Countertransference & the Traps of Goal-Oriented, Solution-Focused Psychotherapy

Module 4

- How to Develop a Working Hypothesis
- Freeze & Intrapsychic Conflict
- Self-Hatred & Self-Rejection
- An overview of NARM's different orientation to working with personality disorders
- Therapist's Countertransference Acting-Out & Re-Enactment
- Unmanaged Empathy and Therapist Efforting
- The Interplay of the Survival Styles: Primary and Secondary Patterns
- Survival Styles as they relate to Intimacy and Sexuality
- Developing Capacity for Pleasure
- Working with Couples
- Working with Identity
- Disidentification: Loneliness and Freedom
- Supporting Increasing Complexity, Capacity and Resiliency
- Addressing the Physical Structure of the Adaptive Survival Styles
- Working with the Social Engagement Channels: Eyes, Ears, Face and Touch
- Integrating NARM Effectively Into Our Clinical Practice
- Addressing Identity from both a Psychological & Non-Western Perspective

Prerequisites for Participation: Participants need to have completed either a training in psycho therapy resp. bodywork or be part of one of the following professions: medical practitioners psychiatrists, Social workers.

Prerequisites for Certification: Completion of all 4 parts of the training plus 10 individual sessions and 10 supervised sessions (3 out of them needs to be with Larry Heller, PhD) with NARM-certified assistants.

Info

Seminarsprache ist Englisch mit deutscher Übersetzung.

Literaturempfehlung

"Befreiung von Scham und Schuld", Laurence Heller und Angelika Doerner



Buchung