



## Tuning in to children – a method to bodily self-regulation for children

Teacher and facilitator: Ale Duarte

**Tuning into children** is a project oriented 4 modules x 4 days training. The course is based on the fact that children have a natural capacity to self-regulating and to create healthy relations through their developmental process. If for example the child through traumatic experiences becomes emotionally overwhelmed, a disruption of the natural self-regulating process occurs, which may result in emotional and behavioural disturbances. The child will therefore need help to re-establish the self-regulating capacity of the body and nervous system.

### Focus on the now

A globalized, complex, digital and fast world, full of demands and endless streams of information increasingly determine Children's reality. What is needed is a new look at today's children in order to understand and meet their needs and challenges in the modern world. During this training we will focus on:

- How can a body-oriented approach contribute to the regulation of children's hyper activity, apathy, aggression, anxiety and other dysfunctional behavioural patterns?
- How to integrate body- and energy related aspects in a professional practice?
- How to integrate body- and energy related aspects of a professional practice?
- How to find a team of engaged professionals wishing to share their expertise and take part in working multi disciplinary and develop creative projects that can meet these new demands?

### A new working model

Alé Duarte integrates different teaching modalities, like videos and demonstrations of the principles in this body-oriented method, with the goal of establishing a sensory consciousness in the body. He has had great success with this approach in his practice, as well as in schools and humanitarian work.

### Creating a forum for action and multi disciplinary exchange

In "Tune in to Children" we offer a module which encourages multi disciplinary exchange as well as inviting the participants' own ideas in order to make working with children more efficient. By organizing work groups we can help more children, parents and professionals in many different areas, such as catastrophe and conflict areas.

### Implementing ideas and projects

The programme offers tools, methods and supervision that can support the participants in developing own projects that will anchor the material, and which simultaneously develops a culture in cohesion with the teaching.

### Target groups

The workshop invites psychologists, teachers, artists, health professionals, social workers, and others working with children and their caretakers. It is aimed at persons who:

- Believe that they can make a difference in children's lives and who are willing to add new tools to their professional backgrounds
- Believe that they through multi disciplinary cooperation can create positive changes for "today's children"
- Wish to develop capacities to regulate dysfunctional behaviour in children through focus and attention to body sensations and somatic experiences
- Are interested in developing projects for children, parents and professionals

*Continued next page*

## Practical information

- Dates:** Module 1: 7-10 April 2018:  
Module 2: 15-18 November 2018:  
Module 3: 22-25 March 2019  
Module 4: 20-23 June 2019:
- Venue:** Empowerhouse, Indiakaj 10, 2100 Copenhagen Ø
- Price :** 6.400,- DKK per module incl. lunch. Deposit at 4.000 DKK corresponding to 1.000 DKK per module must be paid at registration. This will be set off when paying for the respective modules.  
Price for the entire training DKK 23.000. Discount will be deducted the last payment.
- Registration:** No later than February the 1<sup>st</sup> 2018. Registration is final when the fee has been paid. In case of cancellation before the last registration date the full fee will be refunded. In case of cancellation up to 10 days before start of the training DDK 500.- will be retained for administration. No refunding after this date. Cancellation will only be accepted by mail.

**Programme:** <http://www.traumeheling.dk/wp-content/uploads/2017/11/At-tune-sig-ind-på-børn-program.pdf>



**Alé Duarte** has a wide experience in working with trauma and has held workshops on somatic healing for professionals and for victims of nature catastrophes (earthquakes, tsunamis, flooding) in China, Thailand, Brazil, New Orleans and Japan. He has cooperated with dr. Peter Levine and Maggie Kline on their book "Trauma through a Child's Eyes", published in 2006. He has worked with children since 1987 and integrated his knowledge on child development with his experience as a somatic therapist. Furthermore he has coached athletes in Race across America, Pan-American Games and The Olympic Games. Alé is trained in Somatic Experiencing, Neuro-Linguistic Programming (NLP), Iyengar Yoga, Rolfing, and has been in private practice since 1995. He lives in Rio de Janeiro, Brazil, and has previously lived in USA for 8 years, and speaks excellent English.

Learn more about Ale Duarte: [www.aleduarte.com](http://www.aleduarte.com)