



The Physiology of Emotions

Working with emotions and energy effectively
Workshop with Raja Selvam, Psychologist, PhD

Feelings give important psychological information. Research has shown that when feelings are spread into the whole body and given time to the sensory experience, not only do they contribute to a better release of emotional problems, but also to solving cognitive and behavioural challenges. It is acknowledged that it is the ability to tolerate difficult emotions, that help release current symptoms, and to remain resilient with regard to emotionally overwhelming future experiences.

In this 4- day workshop the participants will learn:

- a)) How our physical body is involved in generating as well as defending against emotions in its different layers
- b) b) How our quantum level energy body is involved in generating as well as defending against emotions
- c) c) A simple model of physical body regulation and a simple model of energy body regulation.
- d) d) How to support and work with different types of emotional experiences (primary, secondary, and the always-present sensory-motor emotions)
- e) How to work with difficult emotions in the body, without regulating to a degree that will hinder the work with the individual emotions.

The workshop is taught through lectures, guided exercises, demonstrations, and practice sessions. To take the workshop, you must be working with others psychologically at least some of the time and the physical body must be already involved in your work to some degree. You can be a social worker, psychologist, psychotherapist, psychiatrist, counsellor, and health personal.

You can take this workshop only, to great benefit. You can also take two additional workshops from Raja Selvam towards a certificate of completion in Integral Somatic Psychology (ISP), a complementary approach for improving outcomes in all therapeutic approaches through greater embodiment of all aspects of experience and all levels of the psyche (www.integralsomaticpsychology.com).

For further information, please contact: <http://www.traumeheling.dk/2016/06/22/uddannelsen-til-isp-terapeut/> og www.integralsomaticpsychology.com

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Practical information:

Dates: 8th – 11th March 2018

Place: Empowerhouse, Indiakaj 10, 2100 Copenhagen Ø

Price: DKK 6.400,- lunch is included

Registration: Not later than February 1st, 2018.

Registration is final, when the fee has been paid.

By cancellation before the last registration date, the whole fee will be refunded. By cancellation thereafter, and up to 10 days prior to workshop start, DKK 500, - will be held to cover administration costs. After this date no refund.

Cancellation by E-mail ONLY, to Traumeheling@hotmail.com



RAJA SELVAM PH.D. er senior Somatic Experiencing (SE) træner og underviser, samt fakultetsmedlem i Santa Barbara Institut. Han underviser og forelæser over det meste af verden, i sin tiltagende eklektiske metode, baseret på kropsterapeutiske teorier, f.eks. Postural Integration, Biodynamic Cranio-Sacral terapi, kropsspsykoterapeutiske modeller som bioenergi- og bodydynamisk analyse, jungiansk og arketypisk psykologi, psykoanalytiske skoler som objekt-relationer og inter-subjektivitet, somatic experiencing (SE), affektiv neuroscience, og advaita vedanta, en spirituel tradition i Indien. Desuden har han de seneste år arbejdet med og udviklet en SE baseret Integral Trauma Resolution model (ITR), en korttidsterapimodel, som anvendes specielt i katastrofeområder, f.eks. i Indien med tsunamiofre.