



AleDuarte

Tune in to Children

**Workshops in Neu-Isenburg,
Germany, May 2020**

Introduction

The aim of Alé's work is to help children reorganize and rebalance the autonomic nervous system at the biological / survival level when it has become overwhelmed following a stressful or traumatic event.

Tune in to Children is a method that restores self-regulation as well as a sense of aliveness in the child, promoting relaxation and wholeness. Alé works on the premise that we can read messages from the non-verbal language of children by skilfully observing them. At the heart of this method is an emphasis on the use of playful presence with children.

Using somatic tracking techniques, Alé facilitates playful interactions which help to bring the child's nervous system into equilibrium, releasing the blocked energy which could otherwise result in hyperactive or apathetic behaviours. His hands-on, interactive workshops provide original insights and effective strategies for working with individuals and groups to promote healing and well-being.

If you are psychologist, counselor, social worker, or teacher, and want to add and combine effective somatic technology and strategies into your personal and professional career, this work will give a good foundation to work with stress and trauma related issues.

Objectives

- Learn about the 5-phase cycle of self-regulation map, and the body's innate capacity to recover from the impacts of trauma
- Learn how to use somatic tracking to read the body's cues and identify which stage a child may be 'stuck' at
- Learn the importance to use play to rebalance the child's nervous system, promoting self-regulation and wholeness

May 7, 2020

10.00 am - 6.00 pm

140,00 € (50% reduction for repeaters)

If you haven't done a workshop with Alé, this workshop is a prerequisite for participation in the Masterclass Workshop.

information and registration:

Raddhi K. Witte, Martin-Luther-Str. 13, 37218 Gertenbach, Germany
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Masterclass

An excellent opportunity for professionals and other interested persons to participate in three days of live sessions and case discussions all mediated by Alé Duarte. Together with their parents, Alé will develop activities for children, tell stories, play games while explaining the principles that support the 5 Phases of Self-regulation for learning and the child's wellbeing. During the sessions, Alé will uncover underlying patterns that are taking the child away from their comfort zone and help them to feel self-confident and balanced.

Organizing a Somatic Session

Alé will use different types of frameworks used in sessions to better guide the participants to follow and make sense of the logic applied in the sessions. Some of the frameworks are:

- Child-centered Systemic view (new)
- 5 Phases of Self-regulation Cycle
- Levels of Self-regulation
- Session Structure

Playtime: Structure and Strategies

During the playtime, Alé will highlight key entrance points to facilitate the 5 Phases model and help the child to evolve in the activity and find its way to the virtuous cycle.

After each session, we will discuss and elaborate on the session's process, reflect on the outcome and be planning for future follow-up sessions.

May 8 - 10, 2020

10.00 am - 6.00 pm (Sunday until 4.00 pm)

390,00 €

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