



INVITES TO THE SEMINAR

ATTACHMENT – SOMATIC APPROACH TO SUPPORT RECOVERY

NOVEMBER 23rd & 24th 2018, LJUBLJANA (CITY HOTEL), 9.00-17.00

The attachment style that we develop in relationship with our caretakers from the earliest period onwards is significantly influences our emotional development, the experience of adverse situations throughout life, as well as the quality of the relationships that we establish during youth and adult life. Secure attachment is established in the context of security, consistency, trust, protection, otherwise insecure styles of attachment are formed (avoidant, anxious, disorganized). However, it is never too late to develop a secure attachment.

At the seminar, we will be experientially exploring patterns, stemming from the early wounds, associated with attachment and we will develop practical strategies for addressing and resolving insecure attachment styles. The seminar is based on a combination of modern somatic therapeutic approaches and as such explicitly involves therapeutic work at the level of the nervous system (conditions of freezing, dissociation, high arousal states etc.). The seminar will be held in English with the translation into Slovenian (if needed).



ABOUT THE TEACHER:

Elisabeth Schneider Kaiser comes from Frankfurt. She has been work therapeutically with individuals and couples for more than thirty years. She is a supervisor and for more than 15 years an educator from several approaches. Among central approaches influencing her work are: bioenergetic analysis, C. Rogers conversation therapy, Somatic Experiencing (P. Levine), NARM (L. Heller), Dynamic Attachment Re-patterning (D. Poole Heller), Integral Somatic Psychotherapy (E. Selvam), Sensorimotor therapy (P. Ogden), biodynamics, Hakomi, embodied anatomy, embryology, prenatal reflexes and impulses, Buddhist psychology.

Additional information and registration: prof. Metka Kuhar, PhD, e-mail: metka@metta.si; T: 040-331-978, www.metta.si

PRICE: EARLY BIRD (TILL SEPTEMBER 30th 2018: 180 eur; LATER REGISTRATION: 210 eur)

The seminar will be conducted if at least 20 participants are registered.

Your place is reserved after paying the entire fee. After application, you will receive an account number. If you cancel the participation, you will not receive refund, but another person (who you find yourself) can attend instead of you.

On Sunday, November 25, Elisabeth Schneider Kaiser will be available for (paid) supervisions upon prior registration.

At applying please send the following information to metka@metta.si

Name and surname:

Institution where you are employed:

Address:

Education:

Psychotherapeutic education: yes no (which?)