



## Windows of Perception

### Tracking beyond the Neo Cortex

*Workshop with Ale Duarte*  
*On the Greek island of Naxos, 29<sup>th</sup> August to 3<sup>rd</sup> September 2014*

“Tracking” is one of the most fundamental skills in any therapeutic *somatic practice*. We use it to modulate and monitor our own sensations and guide our clients through their process, by facilitating autonomic nervous system resolution.

*The following questions are always considered:*

- As therapists, how do we guide our clients into their inner world and bring them back safely?
- What do we notice in our client’s body language that is a cue for therapeutic intervention?
- How do we rescue our clients from being stuck in the ‘traumatic vortex’, promote discharge and flow, as well as create trust in a therapeutic relationship?

This workshop will help you to explore your own answers to these questions, based on your personal experience, and to track the client through their ‘experiential reality’. Looking for several windows of perception to broaden the tracking skills by inviting and evolving our intuitive, creative nature.

This experiential workshop will use movement, music, videos, group interaction & self-exploration to reveal what’s hidden beneath sensations, posture, language & facial expressions. Skills and techniques that can be used in each situation will be demonstrated and practiced during the workshop, and participants will be offered an environment to embody their experiences while moving between the ‘inner’ and ‘outer’ world.



**Ale Duarte**

Ale Duarte ([ale@aleduarte.com](mailto:ale@aleduarte.com)), is a member of the Foundation of Human Enrichment (<http://www.traumahealing.com>) and has worked extensively in trauma outreach, leading somatic-healing workshops for both professionals and victims affected by recent natural disasters (earthquakes, tsunamis, floods) in China, Thailand, India, Brazil and New Orleans. He is also a collaborator with Dr. Peter Levine and Maggie Kline on their latest book “Trauma Through a Child’s Eyes” released in 2006. As an educator, he has worked with children since 1987, integrating his knowledge of child development with his skills as a somatic therapist. <http://www.aleduarte.com/> See Ale on You Tube: <http://www.youtube.com/watch?v=v98TQ3xF5fU> og [www.aleduarte.com](http://www.aleduarte.com)

#### Participants will:

- Learn to use the ‘multi-tasking mind’ and Ale’s concept of “windows” to create ‘flow’ in the system, prepare the he client for deeper experiences and assess outlets for discharge.
- Refine the use of language as a way to deepen the client’s experience.
- Read the client’s cues during the session with more accuracy.
- How to feel at ease with “intuitive tracking” during the process.
- broaden their understanding of the somatic process.

This workshop will take place in the small, beautiful village of Apollonas on the Greek island of Naxos. Naxos invites work with deep issues of trauma, mindfulness and healing, supported by the ancient Greek mythology full of archetypes, the powerful nature and the people with their kindness and hospitality.

We will arrange an excursion day in the middle of the workshop, which gives you even more opportunities to deepen the insights of the work. We will include the local people in the arrangements around the workshop as much as possible.

The last evening there will be a dinner invitation after the closure at the seminar place and some kind of live music and celebration.

### *Seminar to be held in English without translation*

- **The workshop** is directed towards SE practitioners and SE students and other professionals with some prior SE experience, or experience in another related somatic field. The workshop will be 5½ days; 4½ teaching days with Ale Duarte.
- The excursion is a boat trip to one or two of the small islands that surround Naxos. This excursion is open to family, friends and partners and the costs will be shared by all.
- **Dates: August 29<sup>th</sup> to September 3<sup>rd</sup> 2014**
- **Costs: D.kr. 6.000 (800.- Euro)** for the tuition only. Room and board costs are paid separately. A double room at Hotel Kouros costs 20 €per person (breakfast included). There will be served lunch for 5 days for 15 €per person per day, obligatory. The excursion day includes only breakfast. Additional meals are not included on the excursion. Airfare and ferry costs are at own expense.
- Coffee and tea will be provided, as well as fruit in the afternoon. Dinner is at own expense at the restaurants in the charming village of Apollonas.
- Sign up: [traumeheling@hotmail.com](mailto:traumeheling@hotmail.com), marked "Ale Duarte Naxos 2013". It is important that you sign up for your participation before June 15. At that date we will know if the workshop has enough participants to be held. You will be notified right after June 15, and we will send you payment information and ask you to pay in the tuition fee by July 1st. To view the location of the course "Ariadne", please go to [www.seterapi.dk](http://www.seterapi.dk)
- **Apollonas is an ideal place for quiet vacations** so you could always arrive earlier or leave later after the end of the workshop. More information about beautiful Apollonas here: <http://apollonnaxos.blogspot.com> and about Hotel Kouros here: <http://hotelkouros.blogspot.com>
- For further information please contact: Ursula Fuerstenwald, phone + 45 39272524, email: [ursula@seterapi.dk](mailto:ursula@seterapi.dk), Frank Vestergård Olsen, phone + 45 30208751 or Jette Koch, phone + 45 22552504. More complete information regarding travel, accommodation, information about the island and payment will be provided for participants. Ask for more information.

#### *Arranged by:*

*Traumeheling Ap.S, Ursula Fürstenwald, Jette Koch Frank. V. Olsen,  
organizer for SE trainings in Denmark*