



T R A U M E H E L I N G A P S

v/Jette Koch – Ursula Fürstenwald – Frank Vestergaard Olsen

Integral Somatic Psychotherapy (ISP) Professional Training with Raja Selvam, Ph.D.

*An advanced approach to integrating body, energy, and consciousness
into any psychological process*

Of late, there have been several successful attempts in psychology to increase treatment efficiency by incorporating the long-overlooked dimensions of the body, energy, and consciousness (awareness). Integral Somatic Psychotherapy (ISP) offers an integrated and advanced approach to utilizing all three dimensions simultaneously in any therapeutic work that involves psychological processing. ISP provides understanding of the role of the physical body (defined here as nervous system as well as non nervous system physiology), the subtle body (of energy), and the absolute body (of consciousness) in generating as well as defending against psychological experience, and interventions to work directly with the body, energy, and consciousness in diverse clinical settings.

Because ISP is presented in terms of general principles derived from a variety of disciplines and validated over time in a number of clinical settings, it offers all those who work psychologically a sophisticated body of knowledge to increase the embodiment of the body, energy, and awareness dimensions in their practice without having to change their prior clinical orientations or having to adopt interventions that are outside the norms of their professional practice. The role of the body, energy, and awareness in generating or disrupting psychological experiences on the one hand and facilitating or hampering self and interactive regulation on the other is taught through applications in areas of widespread current clinical interest such as affect regulation, attachment, stress, and trauma. And it offers considerable flexibility in the tools that can be used to work with the body, energy, and consciousness; tools such as awareness, movement, breath, sound, inter-personal resonance, self touch, and touch from another, as appropriate to the clinical setting.

Both professionals who have had prior training in body, energy, and awareness dimensions *and* clinicians with limited training in these areas have found ISP to significantly increase their treatment efficiency, and to support embodiment of these dimensions in themselves and their clients. However, because ISP is conceived as an advanced professional training, the prerequisites for enrollment are an active professional practice in psychotherapy, bodywork, energywork, or education with individuals or groups, a practice that involves psychological processing *and* an adequate somatic background such as completion of the advanced level of Somatic Experiencing (SE) training or equivalent training and personal knowledge of the body (determined on an individual basis). ISP will prove to be of considerable value to you, as a clinician, whether you are trained in a mainstream psychoanalytic or psychotherapy approach, a body-oriented psychotherapy approach (such as Bioenergetics, Somatic Experiencing, and Sensori-Motor Psychotherapy), or a bodywork modality such as Polarity Therapy or Biodynamic Cranio-Sacral Therapy or an energy school, as long as your practice also involves psychological processing.

Raja Selvam, Ph.D.



Raja Selvam, Ph.d. - a senior Somatic Experiencing (SE) trainer and a faculty member at the Santa Barbara Graduate Institute, lectures and teaches in the U.S., as well as all over Europe and other continents. Developer of the Integral Somatic Psychotherapy (ISP) and its companion Integral Trauma Resolution (ITR) approaches, Raja's increasingly eclectic approach draws from bodywork systems of Postural Integration and Biodynamic Cranio-Sacral Therapy, body-psychotherapy systems of Bioenergetics and Bodydynamic Analysis, Jungian and Archetypal psychologies, psychoanalytic schools of Object Relations. Raja has written various articles on treating Indian tsunami survivors for trauma symptoms. Raja's current outreach efforts are focused on a five-year project in Sri Lanka (in collaboration with Kindermissionwerk in Germany and Don Bosco in Germany and Sri Lanka) to increase local expertise in treating symptoms of war, violence, loss, and dislocation. Raja is also involved in increasing local expertise to treat symptoms of trauma among the less privileged in India, in collaboration with Don Bosco, India.





ISP Training Outline

The Integral Somatic Psychotherapy Professional Training is designed to impart the fundamental ISP skills for working with different aspects of human experience through the physical body (defined as nervous system and non nervous system physiology), the subtle body (of energy), and the absolute body (of consciousness). Attachment, affect regulation, stress, and trauma, areas of dominant clinical interest today, will be used to demonstrate the usefulness of the ISP knowledge and skills set during the training.

Training Objectives Include:

1. In depth understanding how different layers of the physical body (in particular the muscular system governed by the somatic nervous system, the viscera governed by the autonomic nervous system, and the central nervous system) are involved in generating as well as defending against different aspects of human experience (thinking, feeling, remembering, imagining, expressing, acting, connecting and relating). This would include a presentation of affect and attachment theories and an exposition of the physiology of stress, trauma, affect and attachment in each of the three layers of the physical body.
2. Understanding how different elements of the subtle body (ether, air, fire, water, and earth) generate as well defend against different aspects of human experience as they flow through the different chakras to form the subtle body.
3. Understanding how the physical body and the subtle body interact in generating as well as defending against different aspects of human experience.
4. Understanding how to work with the different layers of the physical body, the different elements of the subtle body through the chakras, and the relationships between the two bodies in order to a) better access, support, and complete aspects of human experience that underlie an individual's current difficulties; and b) to bring about greater regulation and balance in and between the two bodies to enhance energetic, physical, and psychological health, capacity, and wellbeing in the whole person.
5. Understanding and working with inter-personal resonance and its underpinnings in the physical and subtle bodies to aid greater interactive regulation in physical, energetic, and psychological dimensions, especially as it relates to interactive regulation in affect and attachment contexts.
6. Understanding and working with the relationship between the absolute body (of consciousness) and the physical and subtle bodies; Understanding and working with dysfunctional patterns in awareness and attitudes on physical and subtle levels that block healing and growth in energetic, physical, psychological, and spiritual realms.

The ISP-professional training is taught in three four-day modules over a one-year period. The training format consists of lectures, demonstrations, practice with fellow participants, questions & answers, directed readings, therapy and supervision (both optional). The first module of the ISP training is open so that those interested, but unsure, can decide after module one whether to commit to the two remaining modules. At the end of the training, participants will receive a certificate of completion of the Integral Somatic Psychotherapy (ISP) Professional Training.

Dates: module 1: June 6-9 2014, module 2: November 21-24 2014, module 3: May 15-18 2015

Time: from 10 am – 5 pm

Venue: Astrologihuset, Teglværksgade 37, 4.th., Copenhagen Ø

Tuition: DKK 5.600,- per module - Banking information will be forwarded upon signing up.

Registration: before May 1st - by mail to traumeheling@hotmail.com

