

WHO IS IT FOR

NARM training is for psychiatrists, psychologists, psychotherapists and other health professionals who work with people who have experienced complex trauma. Trainees (graduate or otherwise) are welcome to apply.

PEDAGOGICAL APPROACH

The different modules comprise two complementary approaches:

- Didactic and theoretical learning including lectures, Q&A sessions, group discussions, case consultations and session analysis via NARM therapy demonstrations and videos.
- Experiential learning including exercises, small group activities, role play and active coaching on NARM clinical skills.

BOOKING

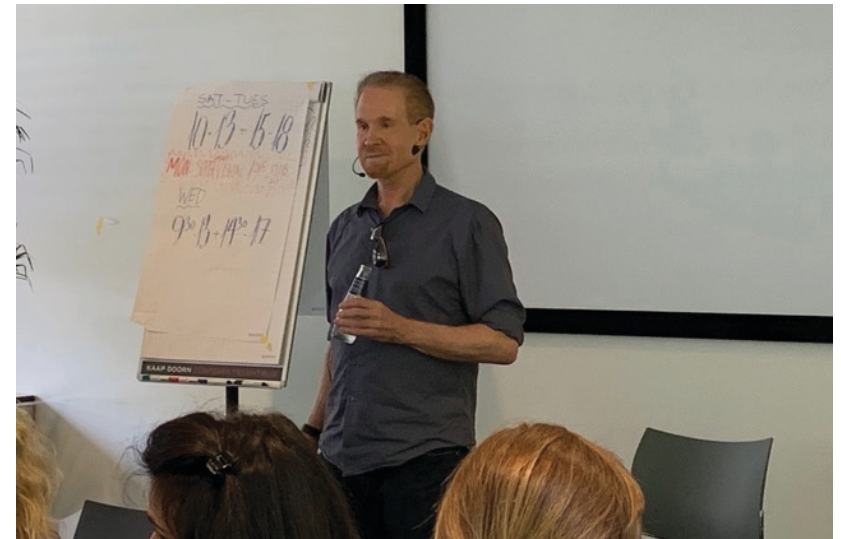
For more information and to book your place:
www.NARMTRAINING.co.uk
info@narm.be

Larry Heller's approach was a revelation to me, Larry teaches us in an in-depth and practical way how to help our patients in depth and it's exciting. He proposes a scientifically-grounded, theoretical understanding of the primary needs of the child and the inner conflict that he experiences in a situation of paradox or emotional insecurity. Larry then introduces us to the potential for resilience that the presence of the therapist brings. An original, powerful and innovative approach.
(Dr. Eric Dachy, psychiatrist and NARM practitioner, 2018)



Neuro Affective Relational Model® NARM

A two-year French/English bilingual practitioner training for healing developmental trauma



Brussels

Module 1

17-21 May 2020

Module 2

21-25 September 2020

Module 3

11-15 May 2021

Module 4

23-27 September 2021

INTRODUCTION

In 2020 and 2021, for the first time in Belgium, places are available to participate in an exceptional course taught by Dr. Larry Heller. He will be accompanied by a team of seven highly experienced psychotherapists specialising in the psychotherapeutic treatment of people who have experienced trauma in childhood.

The NeuroAffective Relational Model (NARM) is an advanced clinical training for mental health professionals who work with complex trauma. NARM is a cutting-edge model. It addresses attachment, relational and developmental trauma, by working with the attachment patterns that cause life-long psychobiological symptoms and interpersonal difficulties.

These early, unconscious patterns of disconnection deeply affect our identity, emotions, physiology, behaviour and relationships. Learning how to work simultaneously with these diverse elements is a radical shift that has profound clinical implications for healing complex trauma.

Regardless of our personal history or the trauma we have experienced, as a plant that spontaneously turns towards the sun, there is in each one of us an impulse that tends towards the connection.

(Dr Larry Heller, 2012)

NARM TRAINING OBJECTIVES

You will learn:

- The different skills needed to work with developmental versus shock trauma; why and when shock trauma interventions may be a contraindication when working with developmental trauma.
- How to address the complex interplay between the nervous system and dis-regulation, identity distortions (such as toxic shame and guilt, low self-esteem, chronic self-judgment) and other psychobiological symptoms.
- How to work in real time with early adaptive survival styles that, while once life-saving, distort clients' current life experience.
- When to work 'bottom-up', when to work 'top-down', and how to work with both simultaneously to meet the specific challenges of developmental trauma.
- How to support clients with a mindful and progressive process of dis-identification from identity distortions.
- A new, coherent theory for working with affect and emotions, which aims to support their psychobiological completion.

From the NARM perspective, clients' symptoms and problems are the result of the disconnection of parts of themselves in order to protect the early attachment relationship. NARM helps clients to re-engage with their disconnected parts of self. This helps them to understand, on both a cognitive and physical level, that this disconnection is no longer necessary. As inner conflicts resolve, a calm state of mind happens on its own. When the energy is allowed to flow, the clients experience more freedom, they feel more alive and authentic self - expression is possible in their relationships with themselves and with others.

(Dr Beate Leisse, psychiatrist and NARM practitioner, 2018)