



## **Precision, Presence, and Change in the Therapeutic Encounter**

**Overcoming Obstacles by Connecting Origins and Ends\***

In this training you will learn:

- **The Seven Developmental Stages**
- **Characteristics, Themes, and Somatic Techniques to Address Therapeutic Challenges**
- **How to Develop Resources that Promote Change**
- **How Insecure Attachments can form in the Initial Three Stages**
- **Body-Reading for Each Stage**
- **Boundary Formation and Support for Each Stage**

**In Bodynamics** we see attachment and development as a process of balance between the interpersonal (Mutual Connection; see reverse side) and the personal (dignity). And we understand that there are age-appropriate themes around which this balance is enacted. Since the themes of Mutual Connection and dignity are also basic to our work with trauma, our perspective lies at the intersection of attachment, trauma, and developmental work.

**The Seven Developmental Stages** model is a detailed description of how developmental experience is encoded in both mind and body. It includes the characteristics, themes, and therapy issues for each stage. Bodynamics' cognitive and somatic understanding of childhood development brings precision, presence, and change to the therapeutic process. In this training you will learn to see adult problems in their developmental and interpersonal contexts, allowing you to pinpoint the origins of specific issues and help resolve them.

**Interactive exercises** will allow you to experience the conflicts that lead to different possible outcomes in each developmental stage. You will learn to help clients develop relevant new psychological and somatic skills (resources) that facilitate working with resignation. Experiential exercises and demonstration sessions, together with discussions of your own clients, will help you to integrate this system into your own practice.

\* Previously The Foundation Training

**TRAINING STAFF:** ANNE ISAACS, LCSW;  
JOEL ISAACS, PhD; AND AKASH  
**TUITION FOR 15 DAY TRAINING:** \$2,450  
**DEPOSIT:** \$350 DUE DECEMBER 15, 2009  
**DATES:** JANUARY 21-25,  
APRIL 29-MAY 3,  
JULY 22-26, 2010.  
(CEUS FOR LMFT AND LCSW)

Bodynamic Somatic Developmental Psychology, also known as Bodynamics, was developed by Lisbeth Marcher and her colleagues in Denmark. It is probably the most body-oriented and comprehensive developmental psychology and character structure model there is. Therefore, I highly recommend the Bodynamic foundation level training, "Precision, Presence, and Change", as a must to all those who are serious about being a body-oriented therapist.

**Raja Selvam, PhD, Senior Trainer, Somatic Experiencing**



**BODYNAMICS STARTS FROM** the premise that Mutual Connection – (When I am all of me, and you are all of you, can we be in deep connection?) – is the basic drive of development and growth. Our research has shown that there are a series of basic themes around which connection, bonding, and attachment occur. Our clinical experience shows that disturbances in the primary childhood connections in relation to these themes lead to developmental or in some cases traumatic distortions.

**THE SEVEN DEVELOPMENTAL STAGES** are named for the main issue or theme dealt with in that stage. Listed in order of increasing age they are: Existence, Need, Autonomy, Will, Love/Sexuality, Opinion, and Solidarity/Performance. We distinguish three possible outcomes for each developmental stage and its theme. If the parenting is “good enough”, the child will develop the skills appropriate to that stage (our “resourced” position). If there are severe or early disturbances in a given stage, abilities will tend to go unlearned or be given up (our “early” position, characterized by resignation). If the disturbances are less severe or later in the stage, there will be a tendency to hold back impulses to do or feel things (our “late” position). Both the early and late positions result in a distortion of self and relationship (of Mutual Connection).

**FOR EXAMPLE**, the Will Stage, 2 to 4 years of age, has the major theme of “Can I be focused, powerful, and expressive, make my own decisions, and still be accepted in my family?” The early position of the Will Stage is characterized by self-sacrificing, the late position by judging, and the resourced position by assertiveness. With this detailed information a therapist can pinpoint the developmental origins of specific issues

current in a client’s life. Interventions thus become more precise and age appropriate. This work with developmental issues is complemented, when called for, by working with shock trauma or PTSD.

**THE NEW ABILITY TO RECOGNIZE** and work directly with psychological resignation and build new ego resources transforms the nature of psychotherapy. Working in the context of a therapeutic relationship, clients can learn to awaken undeveloped impulses and skills. The acquisition of these new ego and motor resources, being exactly the ones needed but missing, greatly facilitates the working through of developmental issues. At the same time clients are empowered to resolve related issues in their daily life.

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“The Bodydynamic model of Seven Developmental Stages is the most sensible, comprehensive, easily applicable, and accessible personality theory that I have ever encountered. I draw from this incredibly valuable framework every day. In my opinion, it would be hard to find a better training in developmental psychology anywhere.”

**Babette Rothschild, MSW, LCSW**  
Author, *The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment.*

For Further Information contact:  
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