

The Foundation for Human Enrichment
presents

**How to Shift Symptoms of Stress, Trauma, Emotion,
& Attachment Quickly**

Raja Selvam, PhD

Stress and trauma symptoms that are difficult to resolve often have as their cause dysfunctional body memories formed during stressful and traumatic life events. Unlike other memories, these body memories are implicit meaning without a sense of time and space. With precise interventions it is possible to quickly shift short-term as well as long-term stress and trauma symptoms that are caused primarily by implicit somatic memories. These precise interventions are based on an understanding of a) the neurophysiology of stress and trauma and b) the neurophysiology of self-regulation that nature has endowed the human brain and body with.

Emotional and attachment difficulties that are hard to overcome also frequently have as their basis implicit somatic memories formed during overwhelming emotional and relational experiences in early life. In such instances as well, precise interventions based on an understanding of a) the neurophysiology of emotions and attachment and b) the neurophysiology of stress, trauma, and self-regulation have been known to shift even long-term emotional and attachment difficulties quickly.

Further, interventions based on an understanding of 1.) the relationship between body and energy during stress and trauma and 2.) the capacity of energy to regulate itself as well as the body can add an additional dimension to the efficiency with which such short-term as well as long-term symptoms of stress, trauma, emotions, and attachment can be treated from an understanding of their underlying neurophysiology and of the neurophysiology of self-regulation in the human brain and body.

In this three-day workshop, Raja Selvam, PhD, will present, with as many live demonstrations as possible, a precise, efficient, consistent, and embodied approach for treating symptoms of stress, trauma, emotion, and attachment while building in the body a capacity for tolerating extremes of life experience without developing long-term symptoms. He has developed this approach from treating such symptoms in cultures as diverse as the U.S., Europe, Brazil, Israel, India, and China and from teaching and further developing Somatic Experiencing (SE), a trauma resolution approach initially developed by Peter Levine, PhD. From attending this workshop, those with a background in SE as well as those with a general background in trauma stand to increase the precision and efficiency with which they work with trauma in particular and the body in general. The two three-day workshops in the San Francisco area (Berkeley) and New York City offer the only North American opportunities in 2009 for learning these techniques directly from Raja.

About Raja Selvam, Ph.D.

Raja, a senior Somatic Experiencing (SE) trainer and a faculty member at the Santa Barbara Graduate Institute, lectures and teaches in the U.S., England, France, Germany, Holland, Belgium, Denmark, Switzerland, Italy, Israel, India, China, and Brazil. Raja's increasingly eclectic approach draws from bodywork systems of Postural Integration and Biodynamic Cranio-Sacral Therapy, body-psychotherapy systems of Bioenergetics and Biodynamic Analysis, Jungian and Archetypal psychologies, psychoanalytic schools of Object Relations and Inter-Subjectivity, Somatic Experiencing (SE), Affective Neuroscience, and Advaita Vedanta, a spiritual tradition from India. His article on treating Indian tsunami survivors for trauma symptoms was recently published in the September 2008 issue of the journal Traumatology. In that study, almost 90% of survivors treated reported significant or complete improvement in presenting symptoms as well as indicators of PTSD at an 8-month follow-up assessment. Two subsequent studies among Indian tsunami survivors with control groups being readied for submission for publication, in collaboration with the National Institute of Mental Health and Neurosciences (NIMHANS) in Bangalore, India, show comparable results.

Berkeley, CA - August 21st-23rd • 2009 • New York, NY - October 16-18th
Berkeley Coordinator: Marc Schuler - marcschuler@sbcglobal.net
New York Coordinator: Louise Peyrot – LMPeyrot@aol.com

Berkeley, California Registration Form ONLY

How to Shift Symptoms of Stress, Trauma, Emotion, & Attachment Quickly

August 21-23, 2009 • Berkeley, CA, USA
Friday & Saturday 9:30 a.m. to 6:00 p.m., Sunday 9:30 a.m. to 3:30 p.m.

Name _____

Address _____

City _____ State/Province/Country _____

Zip/Postal Code _____ Phone (H) _____

Phone (W) _____ Cell _____

E-mail _____

Professional Experience: _____

Somatic Experiencing Level (if applicable): _____

Fees and Registration:

Workshop Cost: \$550

Early registration: \$495 – if payment paid in full, check postmarked by July 21st

Continuing Education* Credits (17.5): \$25 processing fee

** The Foundation for Human Enrichment is authorized to grant these credits through NBCC (The National Board of Certified Counselors), CBBS (California Board of Behavioral Sciences) and CABRN (California Board of Registered Nursing). One hour of continuing education credit is provided for each hour of instruction.*

I enclose a check payable to Raja Selvam for: _____ \$495 (postmarked by July 21st)

_____ \$550 (postmarked July 22nd or later)

_____ \$25 Continuing Education Credits

_____ Total enclosed

*Registration is invalid if not accompanied by payment.
Class numbers are limited due to space restrictions and will be on a 'first come' basis.*

For workshop information, directions, accommodations, etc. & registration mailing:

Marc Schuler
746 Cleveland St., Oakland, CA 94606
Email: marcschuler@sbcglobal.net (preferred method)
Phone: (510) 835-8909 (if necessary)

*****Make check payable to Raja Selvam. Mail to Marc Schuler.*****

Cancellation Policy: July 21st or earlier – Full Refund

- ◆ July 22nd to August 6th – Refund of Registration Fee minus \$100 administration fee.
- ◆ August 7th to August 13th - Refund half Registration Fee.
- ◆ August 14th through workshop – No Refund for cancellation or no show.