

Tune in to Children – Training (Modul 2-4) with Alé Duarte



The training is only bookable as a package.

MODUL 2: Inner and outer world – facilitating a child's energy flow

In this second part of Tune in to Children, we will deepen our attention to a more sophisticated energetic layer, the Felt-sense. We will develop an eye and hand to read and access the energetic flux when children experience fear, body pain, confusion, insecurity, anxiety, etc. We will learn proprioceptive exercises, how to work with integrative touch and increase child's natural capacity to self-regulate and reestablish the healthy flow and comfort.

Also in this workshop we will further explore the Five Phases of Self-regulation Cycle map and work with different types of readiness, action, and interaction and bring it to a more sophisticated quality of integration, using the Somatic Self-regulatory Touch for children. Different than adults, Somatic Self-regulatory Touch for children, require different timing, language and specific approach to be effective. We will practice how, when and why to use Somatic Self-regulatory Touch to restore the natural flow of energy in the child's system.

- Somatic Self-regulatory Touch - Developing a deep listening of energy levels of the autonomic nervous system
- Understanding the concept of Tides and Flow in the energetic body as a new framework to work with trauma symptoms.
- How the energetic tides and flux express into behavior – Inner World & Outer World.
- Coordinating words, self-regulatory touch, movements, games with natural energy flow of the body
- Finding the right timing in the somatic tracking by understanding child's transitions between the inner and outer world
- Application and practice using the 5 phases in the cycle of self-regulation matrix

MODUL 3: Systemic Tracking – Embodiment of the Meaning and Self-regulation

In this module we will introduce another intuitive framework to help professionals to attune with the child's internal experiences, Systemic Tracking. We will deepen into the children non-verbal communication and facilitate the Autonomic Nervous System to integrate while expressing through informal conversation with you and when sharing stories. This module will make the connection between the body experiences and the symbolic realm.

- How to use Systemic Tracking framework – Attunement and communication through verbal and non-verbal communication
- Developing a one-on-one somatic tracking with children. Working with timing for successful sessions.
- The embodiment of the meaning and decoding symbolic information into felt-experience
- Understanding the importance of body-schemas and its relevance for construction of the stories
- Using the story-cubes to unlock resilience and promote flow into the child's system
- Working with traumatic experiences through an indirect and non invasive approach

MODUL 4: The Children's Society – Group Work (levels of the self-regulation model)

In this fourth part we will focus on strategies to work with children in group settings. Most children, when left to their own devices, find ways of restoring their self-regulation organically through the interactions with other children. To support that, safety is the foundation of self-regulation and homeostasis. In somatic work, reconnecting with the experience of safety is essential for the stabilization of autonomic nervous system processes. Thus, when it comes to engaging groups, facilitators may be tempted to try and establish a semblance of order, by requesting that the group assemble in a particular manner, settle down, be physically uniform, etc. However, this does little to influence the felt-sense of safety within the group and may in fact mask levels of internal dysregulation, containing them only superficially. In this workshop we will show strategies and tools to identify the underlying needs expressed by the child revealed in their interactions with his playmates, gestures and behaviors during the activities.

- How to harmonize the energy level within groups of children
- Making use of play to leverage group self-regulation
- How to identify roles within groups of children to guide your interventions and approaches
- Social resilience – interaction and social engagement
- Managing chaos – new strategies for leadership in high-energy groups
- Dysfunctional interactions – How to deal with isolation and aggressiveness
- Create and develop activities based on the principles of the Five Phases of Self-regulation Model