

Working with Symptoms of Stress, Trauma, Emotion, and Attachment
with Greater Efficiency Workshop Series

Part One: Working with Stress and Trauma Symptoms With Greater Efficiency

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 the relationship between body and energy during stress and trauma and 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 workshop, part one of a three part series, Raja Selvam, PhD, will present, with as many live demonstrations as possible, a consistent, and embodied approach for treating symptoms of stress, trauma, emotion, and attachment with greater precision and efficiency 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, and Bodydynamic Analysis, a somatic developmental psychology approach from Denmark developed by Lisbeth Marcher and her colleagues.

The links between stress, trauma, emotions, and attachment make it unavoidable that all three workshops in this series will involve treatment of all of these symptoms to some degree. However, part one (this workshop) is designed to elaborate more on treating symptoms of stress and trauma, part two on treating symptoms of emotion or affect, and part three on treating symptoms of attachment and resonance. The workshops can be taken in any order and each workshop is an opportunity to learn directly from Raja.

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., England, France, Germany, Holland, Belgium, Denmark, Switzerland, Italy, Israel, India, Russia, 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. Raja's dissertation for his PhD in Clinical Psychology, his second doctoral degree, was on

Advaita Vedanta and Jungian Psychology. His article on treating Indian tsunami survivors for trauma symptoms with the SE-based Integral Trauma Resolution approach (ITR) 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.