



Professional Development Training in BodyDreaming® Module 6: Attunement and Attachment: Finding That Secure Base Within Part 3

June 16th – 18th, 2023

Marian Dunlea with Wendy Bratherton, Patricia Grey Amante & Abigail Whyte

We continue the BodyDreaming training journey with Module 6: “Attunement and Attachment: Finding That Secure Base Within - Part Three”. As we explored in Modules 4 and 5, BodyDreaming highlights the relational aspect of regulation – co-regulation with the other. It is a process that connects us deeply to an embodied core sense of self in relationship to the other.

The attachment patterns and wiring of the brain are impacted by the relationship between the primary carer and the infant. Earlier still the environment of the womb is the primary experience of regulation. The regulatory process in the infant’s nervous system is established by the to-ing and fro-ing from times of calm to times of stimulation in the relationship between the infant and the environment. A lack of regulation produces insecure attachment.

As we grow we are not always met how we would wish, and insecure attachment patterns can also form as a result of life’s challenges, traumas and limitations.

In this module, Part Three of Attunement and Attachment: Finding That Secure Base Within, we will continue the work of renegotiating our habitual insecure attachment patterns and responses. These patterns are often laid down in the first 36 months of life before the hippocampus is fully functioning, which is responsible for memory encoding and memory consolidation. Experiences during this formative time are stored in “implicit memory”, in our body, out of our conscious awareness or verbal expression. We will work to uncouple and free up body memory that may be connected to attachment patterns.

“Implicit memory can influence our present without our awareness that something from the past is affecting us.” (Siegel, 2010, p.149)

With this practice we can experience an embodied core sense of self which forms the base for a learned secure attachment style.

In this module we will continue in our small groups to practice Attunement, Slowing down the process, and Titrating overwhelm. We will explore such topics as Implicit memory, Coupling and Uncoupling, Dissociation, Freeze and Shame.

The training weekend will comprise of theory and practice, experiential learning and embodied practice sessions, dream work, movement, voice work, ritual and art. We work in large group sessions and in small break-out practice sessions. We have a group of assistants providing containment and guidance for the small break out practice sessions. Each small break-out group will have an assistant present.

Module 6 Modalities

Dates:

Friday June 16th from 2pm to 8pm
Saturday June 17th from 2pm to 8pm
Sunday June 18th from 2pm to 5pm

Time zone:

Dublin, Ireland (currently Irish Standard Time) (GMT+1)

Venue:

Online via Zoom

Please plan on attending all sessions.

Tuition Fee:

€390

CPDs:

15 hours

New participants will receive a recording from the previous module to view and are also recommended to view the recording of the online Introductory Workshop.

Please contact us at BodyDreaming@gmail.com to receive the application form.

Instructions about payment will be provided once your application has been processed.

Module 6: Recommended Reading

Chapters 5: Working with Dissociative and Disoriented Attachment Patterns (1: The Child fell off the chair)
and Chapter 6: Working with Dissociative and Disoriented Attachment Patterns (2: It's all about trusting your gut)

In *BodyDreaming in the Treatment of Developmental Trauma: An Embodied Therapeutic Approach*, by Marian Dunlea (Routledge, 2019).

Faculty for Module 6



Marian Dunlea, M.Sc., IAAP, ICP, is a Jungian analyst who has been leading workshops internationally for the past 20 years integrating body, mind and soul. With the development of her unique approach BodyDreaming®, Marian's work has expanded to incorporate the developments in neuroscience, trauma therapy with Jungian psychology and the phenomenological standpoint of interconnectedness. Her trainings include Jungian Analysis, Psychoanalytic Psychotherapy, Psychosynthesis, Infant Observation, BodySoul Rhythms® and Somatic Experiencing. Marian is head of training for BodySoul Europe, sister organization of the Marion Woodman Foundation. She is the author of *BodyDreaming in the Treatment of Developmental Trauma: An Embodied Therapeutic Approach*, Gradiva Award 2019, IAJS Book Award 2020.



Wendy Bratherton, IAAP, CSTA, has been a Jungian Analyst for over 30 years and recently retired. Her deep interest in early developmental trauma and psychosomatic illness led her to train as a Biodynamic Craniosacral Therapist sixteen years ago. This introduced her to the developments in neuroscience which have recently been taken on by Psychotherapy. Where appropriate she integrated the Biodynamic Craniosacral work into her Psychotherapy practice, to work with body and psyche. She trained with Marian Woodman (Canadian Jungian Analyst) in BodySoul Rhythms and has co-led BodySoul workshops with Marian Dunlea for over ten years. She ran Infant Observation Seminars for over twenty years and trained in trauma work with Babette Rothschild. Wendy has lectured on the

integration of psyche and soma and on Alchemy and work with borderline patients. She has contributed to *Contemporary Jungian Analysis*, ed. C. Hauke and I. Alister (1998), and a contribution on Disease as Shadow to a book on *The Shadow*, ed. C Perry and R Tower (forthcoming December 2022).



Patricia Grey Amante is a Somatic Movement Psychotherapist. With a background in psychology and counselling psychology, Patricia accredited as a Psychotherapist in 2004. Over the last 15 years, Patricia has completed three further professional trainings; BodySoul Leadership Training, with Marion Woodman Foundation, Origins, a 4-year Somatic Training in Embryology and Developmental Movement, with Joan Davis, Original Nature, a 3-year Somatic Training in Authentic Movement, assisting Joan Davis. Patricia's therapeutic work nourishes Embodied Presence through Dreamwork, Developmental Somatic Movement, and Authentic Movement. She is currently offering a series of Embodied Menopausal Workshops. Through movement and stillness, Patricia brings a deep listening to what is here right now, opening through layers, to the innate wisdom that is so alive and palpable within our human body, and the greater body of nature.



Abigail Whyte is a Chartered Clinical Psychologist (C.Clin.Psychol.,Ps.SI). She has worked as a Clinical Psychologist since 1991 with young people and their families in public mental health services in Ireland. She is an experienced clinical psychology supervisor, and has been involved with both University College Dublin and Trinity College Dublin D.Clin.Psych Clinical Psychology Training programmes. Abigail finished her training as a Somatic Experiencing /Trauma Practitioner (SETI) in 2015 and has been working as an SEP in private practice in Dublin since then. She is a graduate of the Marion Woodman BodySoul Rhythms Training Programme (www.marionwoodmanfoundation.org) and has been facilitating regular BodySoul groups in Dublin since 2013.