

NLPtCA AGM & Conference  
22<sup>nd</sup> June 2019

**Speaker: Mary-Clare de Echevarria**

**Workshop Title: Working with the body to resolve trauma**

**Objectives:** To give an overview of how trauma is held in the body (including polyvagal theory) and how it can be resolved. To offer practical techniques and exercises that integrate many different trauma treatment modalities. To offer an experience in the room of using the body in different ways to change physical and emotional states towards lightness, freedom, energy or calm.

**Top 5 reasons for attending this workshop/presentation:**

1. to understand more clearly the neuroscience of trauma and its resolution
2. to add to your repertoire of specific, practical techniques to resolve trauma
3. to learn to use your own somatic responses more confidently to understand your clients' experience
4. to have a practical experience of gently shifting somatic and emotional states, for yourself and your clients, using the body, breath and movement
5. to share an experience with each other and have fun

**Learning Outcomes:** Having attended this workshop, you will have

- a clearer, more specific understanding of how trauma is held in the body, and how to resolve it
- the neuroscience to back up what you may already have been doing instinctively in your practice
- more focused techniques to bring about somatic and emotional change

**About Mary-Clare:**

Mary-Clare de Echevarria, MA (Oxon), PGCE, Dipls Psych & Supv'n, UKCP, EMDR therapist. Mary-Clare de Echevarria is a UKCP registered psychotherapist, Recognised Supervisor and Recognised Training Supervisor, and a qualified teacher with 17 years' experience of teaching psychotherapy and leading experiential groups. She has been practicing psychotherapy for 22 years and now specialises in working with complex developmental trauma. She currently teaches her own workshop, 'Healing Complex Trauma with an integrative ego state therapy', which integrates many of the most up-to-date trauma treatment modalities. Originally designed for psychotherapists, the workshops are now also attended by medical doctors, psychiatrists and body workers. Her website can be found at [www.primarylight.co.uk](http://www.primarylight.co.uk).

