



Polyvagal Theory & Somatic Dialogue - Connecting Mind and Body

Weekend residential with Dr. Gerhard Zimmermann

5pm Friday 8 May – Sunday 2pm 10 May 2020, Combe Grove Hotel, Bath BA2 7HU

The Seminar will give you a more theoretical framework for the experiential approach of the Workshop, including the neurobiology of learning, emotional memory, and how to address behavioural issues and traumatic experiences. Dr Zimmermann will focus on how to influence behaviours resulting from defensive states of the autonomic nervous system.

The Workshop:

Emotional experiences are stored as body maps. Under certain circumstances these old body maps can be triggered and can cause stress and a dysregulated autonomic nervous system. The consequence is a loss of vitality and reduced life energy. At the same time the emotional balance suffers and the susceptibility for all kinds of diseases is increased.

The *somatic emotional dialogue* which includes all senses is a way to learn how to respond to stressful life phases. It leads to personal growth and a sense of influence over ourselves and our body processes. The *somatic emotional dialogue* requires a feeling of safety and a friendly contact with our own body. When we are well connected to our body we are able to reduce defensive behaviours and become more open to our present reality. In a state of safety simple experiential exercises are able to mobilize habitual behaviours and help to reshape basic stress patterns. The exercises create a new perspective and support emotional learning. A space for positive experiences is created. New neural maps can form and stabilise. As a result, we feel more alive and empowered to live a more personal and meaningful life in the present. Our overall health can improve considerably.

Professional Group: The professional group explores the concepts and application of Formative Psychology in more detail. We will meet on Friday 8 May at 3pm for 3.30-5.30pm.

Dr. Med. Gerhard Zimmermann is an experienced medical doctor and Psychotherapist working in the field of behavioural medicine. He runs a private practice in Mainz, combining his medical knowledge with psychotherapeutic approaches. He also trained in gestalt and Behavioural Psychotherapy.

Cost: £500 for the Seminar and Workshop – deposit £150. The price for the Residential includes:

- seminar Friday evening with new information on the polyvagal theory and somatic dialogue
- workshop with somatic practice throughout the day on Saturday and on Sunday morning
- more time for personal work and deepening our understanding of our inner dialogue
- two nights' accommodation in a single or double private room with en suite
- all organic, vegetarian food and drink for the weekend
- opportunities for retreat and relaxation in beautiful and peaceful surroundings

Please email phinedahle@hotmail.com or call her on 023 8032 0097 or mobile 07974 950 808.

SCPP is a Member of the Spectrum Associated Centres Network, London