

NeuroAffective Relational Model® - NARM

A Two-Year Practitioner Training for Healing Developmental Trauma

The spontaneous movement in all of us is toward connection. No matter how withdrawn and isolating we have become, or how serious the trauma we have experienced, on the deepest level, just as a plant spontaneously moves towards the sun, there is in each of us an impulse moving toward connection.

dr. Laurence Heller

The NeuroAffective Relational Model (NARM™) is an advanced clinical training for mental health and somatic practitioners who work with developmental trauma. NARM addresses relational and attachment trauma by working with early, unconscious patterns of disconnection that deeply affect our identity, emotions, physiology, behavior and relationships. Integrating a psychodynamic and body centered approach, NARM offers a comprehensive theoretical and clinical model for working with developmental trauma.

NARM draws on psychodynamic models such as attachment and object relations theory, and somatic and character structure approaches, in addressing the link between psychological issues and the body. Working relationally in the present moment, and within a context of interpersonal neurobiology, NARM offers a new approach of working relationally that is a resource-oriented, non-regressive, non-cathartic, and ultimately non-pathologizing model. Grounded in what NARM calls somatic mindfulness, NARM is influenced by a non-western orientation to the nature of the identity. Learning how to work simultaneously with these diverse elements represents a radical shift that has profound clinical implications for healing complex trauma and supporting personal and relational growth..

Dr. Laurence Heller will be the main instructor. To facilitate the skill-building there will be assistants during the training to support group work and exercises. The full training program consists of 4 workshops of 5 days each over a period of 2 years. Each year the participant has to have 5 sessions of NARM therapy and 5 sessions of NARM supervision.

Laurence S. Heller, Ph.D., is a somatic oriented psychologist with more than 30 years of experience as clinician and teacher. In 1972 he founded the Gestalt Institute of Denver. He is a senior teacher and a member of the board of directors of the Foundation of Human Enrichment. Against the background of his psychodynamic training he specialized in the connection of attachment related and developmental problems with shock trauma. He co-authored the book Crash Course that has appeared in English, German, and Danish language.

The training in Denmark will take place In Kgs. Lyngby, at Scandic Eremitagen

- 1 day Introduction to NARM v. Tove Mejdahl
January 10, 2017 (dkk 2300) & 2 hrs Evening
Introduction to NARM v. Tove Mejdahl January
10, 2017 7-9 pm (dkk 30)
- Early traume and touch v. Michael Mokus
Spring 2017 (5600 dkk)

- Bodilybased trauma work Febuary 27-28 v.
Tove Mejdahl (dkk 4100)
- Certifying education starting in May 2017 with
dr. Laurence Heller . 4 modules in total. May 26-
30 2017, September 12-16 2017, May 2-6 2018
and October 24-28 2018 (from dkk 13.000 pr
modul + individual sessions and supervision)

Please visit www.narm.dk for more information and registration