

Neuroaffective Psychology and Psychotherapy



The purpose of this training is that the participants establish a foundational understanding of neuroaffective developmental psychology in psychotherapy, and begin to integrate neuroaffective assessment and treatment strategies in their professions.

Bridging the latest decades of brain research with theories of developmental psychology gives us new insight into personality formation. When massive misattunements occur, the organism becomes vulnerable to stress and posttraumatic disorders. In the psychotherapeutic dialogue it is vital to assess the level of competence in the personality to gear interventions to the proximal zone of development. Using the didactic concept of the triune brain and a theory of adult development of mentalizing skills, the training will offer a map to assess psychobiological developmental resources and weaknesses, and strategies and methods to address them.

The first module will focus on the general theory of brain and personality development, and the dynamics of autonomic (sensory), limbic (emotional) and neocortical (thinking) interaction, relationship formation, now-moments and personality development.

The second module will focus on the different adult levels of mentalization belonging to the neocortex, and the ways that human beings organize meaning and purpose in life and in the world. We will also look at ways that our wonderful mental ability can lead to problems, and what to do about them.

The third module will focus on the limbic-emotional and autonomic-autoregulatory levels of contact, interaction and regulation. We will explore the structures of developmental movement and contact interventions as well as train the sense of pacing, flow and now-moments in sessions.

Each training week will offer theory lectures, demonstration therapy, peer therapy training, peer exercises, discussion and supervision to integrate the neuroaffective concepts in the work of the participants. There will be homework assignments between trainings. According to new research data on learning and brain plasticity, participants should schedule at least 1 hour of daily practice for the first two weeks after each training week.

Practical information

Target Group: Professionals working in a psychotherapeutic practice with at least 5 years of experience. If less than 5 years of experience, there will be an intake.

Language: English.

Duration: 12 days in 3 periods of 4 days.

Date: April 28th-May 1st, 2016, Oct. 27th-30th, 2016, Jan. 26th-29th, 2017.

Location: Module 1: Centre De Poort, Groesbeek (NL). Modules 2 and 3: Conference center Mennorode, Elspeet (NL).

Trainer: Marianne Bentzen

Cost: € 650 per module, plus cost of accommodation and lodging

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Marianne Bentzen: Neuroaffective psychotherapist.



Marianne has been leading professional trainings in Somatic Psychotherapy in Europe and North America since 1982. Today her focus is on the practical applications of neuroaffective theory, PTSD treatment, mindfulness practice and systemic group formation.

She has written a number of articles for different professional journals and books.