

# THE NEUROAFFECTIVE RELATIONAL MODEL™ (NARM)

## 2 Year Clinical Training with Laurence Heller, Ph.D.,

co-author of "Healing Developmental Trauma. How Early Trauma Affects Self-Regulation, Self-Image, and the Capacity for Relationship"

London - Uk



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 No matter how withdrawn and isolating we have become, or how serious the trauma we have experienced, on the deepest level, just as a plant spontaneously moves towards sunlight, there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

**NARM** emphasizes working clinically with the functional unity between biological and psychological development integrating a relational, psychodynamic approach with a nervous system based orientation.

**Participants will learn** to work with the following four primary psychobiological organizing principles:

- Regulating the nervous system
- Resolving identity distortions such as low self-esteem, self-hatred, and toxic shame and guilt
- Supporting connection and organization
- Working in present time

### Bottom-Up and Top-Down

There are continual loops of information going from the body to the brain bottom-up, and from the brain to the body, top-down. There are similar loops between lower and higher structures within the brain. Topdown therapies emphasize cognitions and emotions. Bottom-up therapies focus on the body, the felt sense, and the instinctive responses as they are mediated through the brain stem and move toward higher levels of brain organization.

**NARM** is an integrated top-down and bottom-up approach. In developmental trauma, individuals incorporate the environmental failure they have experienced in a bottom-up process of disturbed regulation and a top-down process of distorted identifications. Knowing how to work with the complex interplay between nervous system and identifications greatly expands our therapeutic effectiveness.



**LAURENCE HELLER, PHD**, is the originator of the NeuroAffective Relational Model™ (NARM), a unified system to work with developmental, attachment, and shock trauma. His work integrates psychodynamic approaches, Somatic Experiencing®, and a non-traditional orientation to working with identity. He was the co-founder of the Gestalt Institute of Denver, has been on the faculty of several large universities, and is a senior faculty member for the nonprofit Somatic Experiencing Training Institute (SETI). Dr. Heller is the co-author of "Healing Developmental Trauma", a highly successful book (also available on Kindle), as well as Crash Course, a book about auto accident trauma published in four languages. He is fluent in several languages and currently teaches NARM and Somatic Experiencing regularly throughout Europe and the United States.

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In this 2 year clinical training, participants will learn:

- The different skills needed to work with developmental trauma versus shock trauma
- How to help clients listen to all levels of experience: cognitive, emotional, and physiological in a progressive process of disidentification
- When to work bottom-up, when to work top-down, and how to work simultaneously with both to meet the special challenges of developmental trauma
- How to integrate nervous system regulation skills into a developmental trauma framework
- When shock trauma interventions are contraindicated in working with developmental trauma
- How to address the complex interplay between identity distortions and nervous system dysregulation
- How to work in the present moment with personal history

## Somatic Mindfulness

The **NARM** process adds two new applications or refinements to the traditional practice of mindfulness:

- Somatic mindfulness.
- Mindful awareness of the organizing principles of our survival styles.

Using **somatic mindfulness** together with the mindfulness awareness of survival styles allows a therapist to work with a person's life story from a perspective that is deeper and broader than the story itself. Tracking the process of connection/disconnection, regulation/dysregulation in present time helps clients connect with their sense of agency and feel less like victims of their personal history. Using an awareness that is anchored in the present moment, clients become mindful of cognitive, emotional, and physiological patterns that began in the past, while not falling into the trap of making the past more important than the present.

**NARM helps build and expand upon our current capacity for biological self-regulation and interpersonal connection. This resource-oriented, non-regressive model emphasizes helping clients establish connection to the parts of self that are organized, coherent, and functional. It brings into awareness and organization the parts of self that are disorganized and dysfunctional without making these elements the primary focus of the therapy.**

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