



**Professional Development Training in BodyDreaming® Module 5:
Attunement and Attachment: Finding That Secure Base Within
Part 2**

March 17th to 19th, 2023

Marian Dunlea with Wendy Bratherton, Patricia Grey Amante & Abigail Whyte

We continue the BodyDreaming training journey with Module 5: "Attunement and Attachment: Finding That Secure Base Within – Part 2".

As we explored in Module 4, BodyDreaming highlights the relational aspect of regulation – co-regulation with the other. It is a process that connects us deeply to an embodied core sense of self in relationship to the other.

The attachment patterns and wiring of the brain are impacted by the relationship between the primary carer and the infant. The regulatory process in the infant's nervous system is established by the to-ing and fro-ing from times of calm to times of stimulation in the relationship between the infant and the environment. A lack of regulation produces insecure attachment.

As we grow, we are not always met how we would wish, and insecure attachment patterns can also form as a result of life's challenges, traumas and limitations.

In this module, Part 2 of Attunement and Attachment: Finding That Secure Base Within, we will continue the work of renegotiating our habitual insecure attachment patterns and responses. We will create opportunities to discover a more secure base through the connection with our sensing bodies, our sensing feelings, our sensing thoughts and sensing images. The sensing body may then be experienced as ground or container, providing a safe refuge from the relentless tyranny of an insecure attachment pattern. With this practice we can experience an embodied core sense of self which forms the base for a secure attachment style.

The training weekend will comprise of theory and practice, experiential learning and embodied practice sessions, dream work, movement, voice work, ritual and art. We work in large group sessions and in small break-out practice sessions. We have a group of assistants providing containment and guidance for the small break out practice sessions. Each small break-out group will have an assistant present who will provide containment and guidance for the practice sessions.

Module 5 Modalities

Dates

Friday March 17th from 2pm to 8pm
Saturday March 18th from 2pm to 8pm
Sunday March 19th from 2pm to 5pm

Time Zone

Dublin, Ireland (currently GMT)
Please plan on attending all sessions.
Venue: Online via Zoom

Tuition Fee

€390

CPD

15 hours

New participants will receive recordings from previous modules and are recommended to attend an introductory workshop.

Please contact us at BodyDreaming@gmail.com to receive the application form.

Instructions about payment will be provided once your application has been processed.

Module 5 Recommended Reading

Chapter Four: ‘Attunement: Learned Secure Attachment in the Body: “I’m yielding to it”’ in *BodyDreaming in the Treatment of Developmental Trauma: An Embodied Therapeutic Approach* by Marian Dunlea (Routledge, 2019).

Chapter Five: Chapter Five: ‘Working with Dissociative and Disoriented Attachment Patterns (1): “The child fell off the chair”’ in *BodyDreaming in the Treatment of Developmental Trauma: An Embodied Therapeutic Approach* by Marian Dunlea (Routledge, 2019).

Module 5 Faculty



Marian Dunlea, M.Sc., IAAP, ICP, is a Jungian analyst who has been leading workshops internationally for the past 20 years integrating body, mind and soul. With the development of her unique approach BodyDreaming®, Marian's work has expanded to incorporate the developments in neuroscience, trauma therapy with Jungian psychology and the phenomenological standpoint of interconnectedness. Her trainings include Jungian Analysis, Psychoanalytic Psychotherapy, Psychosynthesis, Infant Observation, BodySoul Rhythms® and Somatic Experiencing. Marian is head of training for BodySoul Europe, sister organization of the Marion Woodman Foundation. She is the author of *BodyDreaming in the Treatment of Developmental Trauma: An Embodied Therapeutic Approach*, Gradiva Award 2019, IAJS Book Award 2020.



Wendy Bratherton, IAAP, CSTA, has been a Jungian Analyst for over 30 years and recently retired. Her deep interest in early developmental trauma and psychosomatic illness led her to train as a Biodynamic Craniosacral Therapist sixteen years ago. This introduced her to the developments in neuroscience which have recently been taken on by Psychotherapy. Where appropriate she integrated the Biodynamic Craniosacral work into her Psychotherapy practice, to work with body and psyche. She trained with Marian Woodman (Canadian Jungian Analyst) in BodySoul Rhythms and has co-led BodySoul workshops with Marian Dunlea for over ten years. She ran Infant Observation Seminars

for over twenty years and trained in trauma work with Babette Rothschild. Wendy has lectured on the integration of psyche and soma and on Alchemy and work with borderline patients. She has contributed to *Contemporary Jungian Analysis*, ed. C. Hauke and I. Alister (1998), and a contribution on Disease as Shadow to a book on The Shadow, eds. C Perry and R Tower (forthcoming 2023).



Patricia Grey Amante is a Somatic Movement Psychotherapist, with a background in Systems Engineering, Psychology and Counselling Psychology (BSc (Eng), PGDip Psych, PGDipCounPsych, U.K.C.P., E.A.P.). Since accrediting as a Psychotherapist, Patricia has completed three further professional trainings: BodySoul Leadership Training; Origins, a 4-year Somatic Training in Embryology & Developmental Movement and Original Nature; a 3-year Somatic Training Assisting Joan Davis, in Authentic Movement. Patricia's therapeutic work supports and nourishes regulation and embodied presence, through Dreamwork, Embryology, Developmental Somatic Movement, and Authentic

Movement. She is currently offering a series of Embodied Menopausal Workshops. Through movement and stillness, Patricia brings a deep listening to what is here right now, opening to the innate wisdom that is so alive and palpable within our human body, and within the greater body of Nature.



Abigail Whyte is a Chartered Clinical Psychologist (C.Clin.Psychol., Ps.SI). She has worked as a Clinical Psychologist since 1991 with young people and their families in public mental health services in Ireland. She is an experienced clinical psychology supervisor, and has been involved with both University College Dublin and Trinity College Dublin D.Clin.Psych. Clinical Psychology Training programmes. Abigail finished her training as a Somatic Experiencing/Trauma Practitioner (SETI) in 2015 and has been working as an SEP in private practice in Dublin since then. She is a graduate of the Marion Woodman BodySoul Rhythms Training Programme (www.marionwoodmanfoundation.org) and has been facilitating regular BodySoul groups in Dublin since 2013.