

Body Trance: Advancing flow, embodiment and self-regulation in your traumatized clients:

A Combined Clinical Hypnosis and Somatic Experiencing Approach with Live Demonstrations

3-day workshop in advanced hypnosis in Copenhagen with Woltemade Hartman

Date: January 17th, 18th & 19th 2023

Day 1: 10am-17pm, Day 2 & 3: 9am-16pm

Venue: To be announced but it will take place in Copenhagen.

Description of the Workshop:

Working with hypnotic psychotherapy for traumatized clients over more than 30. years Dr. Hartman discovered that combining the Polyvagal Theory of Stephan Porges, clinical hypnosis and bodywork allowed him to re-set the incoherent autonomic nervous system response in traumatized patients in order to assist them to self-regulate adequately again. This combined approach re-establishes a sense of wholeness and advance flow, internal coherence, a sense of safety and self-regulation.

In this workshop Dr Hartman will address ways how to use body interventions such as the "pendulation technique" with traumatized individuals in a safe manner by combining Polyvagal Theory, the techniques of the Somatic Experiencing Approach developed by Peter Levine and modern clinical hypnosis strategies in a live demonstration.

Educational Objectives:

At the end of the workshop participants will be able to:

1. Understand the neuro-physiological basis of trauma, dissociation, self-regulation, and its interconnectedness.
2. Understand the Polyvagal Theory of Stephan Porges and its relevance in the treatment of trauma
3. Understand the dynamics of a hypno-somatic approach to stabilize traumatized clients and how to elicit body-orientated resources.
4. Understand how the combination of hypno-somatic techniques could facilitate flow, embodiment, coherence and self-regulation allowing clients to experience wholeness again.

Workshop Price with Full Board:

Early Bird (before 1st December 2022):

5055 DKK for members of DSKH, PSKH or Scandinavian ESH member organization.
6300 DKK for non-members

Regular price

7055 DKK for members of DSKH, PSKH or ESH member organizations.
8300 DKK non-members.

You can apply for membership:

DSKH: www.hypnoseselskabet.dk or PSKH www.klinisk-hypnose.org

Register:

By paying the full amount to: Danske Bank reg.no: 4001 account no.: 6479006, and remember to state your name & member organization!

Please be aware that cancellation made after the 1st of December 2022 is non-refundable.

About Dr. Woltemade Hartman:



Dr. Woltemade Hartman has worked with Clinical Hypnosis for over 30 years.

He is a Clinical Psychologist PhD in Pretoria and a Senior Research Fellow at the Department of Psychology at the University of Johannesburg. He trained as an Ericksonian psychotherapist at the Ericksonian Foundation in Phoenix, Arizona USA.. Dr Hartman also trained as an Ego State therapist with Prof J.G. Watkins and Mrs H. Watkins in Missoula, Montana, USA. He is trained in

EMDR, SE and several other methods. He has several other relevant trainings and are involved as board member in the Ego State Therapy International (ESTI) and in the International Society of Hypnosis (ISH).

Woltemade Is an experienced teacher and trainer and have lectured and taught all over the world in the hypnosis field.

Further information: <https://www.woltemadehartman.com/>

woltemade hartman
Ph.D