

# The NeuroAffective Relational Model (NARM)

## Therapist Training for Healing Developmental Trauma

### Course Description

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, humanistic 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.

### Course Objectives

In the NARM Practitioner Training you will learn:

- The different skills needed to work with developmental versus shock trauma; when and why shock trauma interventions may be contraindicated in working with developmental trauma.
- How to address the complex interplay between nervous system dysregulation and identity distortions, such as toxic shame and guilt, low self-esteem, chronic self-judgment, and other psychobiological symptoms.
- How to work moment-by-moment with early adaptive survival styles that, while once life-saving, distort clients' current life experience.
- When to work 'bottom-up', when to work 'top-down', and how to work with both simultaneously to meet the special challenges of developmental trauma.
- How to support clients with a mindful and progressive process of disidentification from identity distortions.
- A new, coherent theory for working with affect and emotions, which aims to support their psychobiological completion.

## Course Structure

The NARM Practitioner Training consists of 120 CEU hours divided into 4 live modules. The 4 live modules will be held for a total of 20 days over the period of the training. The live modules are typically spaced 4 – 6 months apart to allow time for continued study, practice and peer meetings in support of greater integration of the NARM clinical approach. Supplementary learning opportunities include study and practice groups, individual and group consultation, individual NARM sessions and other learning intensives.

## Teaching Methods

All modules include a combination of 2 complimentary instruction approaches:

1. Didactic and theoretical learning: including lecture, question and answer periods, class-wide discussion, case consultation, and deconstruction of live-demonstrations and videos.
  - Please note that this training presents highly advanced psychological learning that involves complex, often evocative and transformative material on trauma.
2. Experiential learning: including self-inquiry exercises, small group activities, role-plays, active coaching and guided skill practice.
  - Please note that this training presents an opportunity for clinical development based on direct personal experience that involves complex, often evocative and transformative material on trauma.

## NARM Practitioner Training Curriculum Topic Overview

The order of content may be subject to change.

### Module 1 includes:

- NARM Organizing Principles
- NARM Theoretical Orientation
- Differentiating Interventions for working with Shock vs. Developmental Trauma
- Working with Top-Down and Bottom-Up Integrative Approach
- Tracking Connection & Disconnection
- Developmental Process: Attachment & Separation-Individuation
- Reframing Attachment and Attachment Loss
- Distortions of Life Force Model
- Distress and Healing Cycles
- Overview of 5 Adaptive Survival Styles
- Connection Survival Style
- Clinical Model: NARM 4 Pillars
- NARM Pillar 1: Establishing a Therapeutic “Contract”
- NARM Pillar 2: Asking Exploratory Questions (Including: Deconstruction of Experience in the function of Disidentification)
- NARM Relational Model

### Module 2 includes:

- Working Hypothesis
- Identifying Core Dilemma: Core Themes vs Survival Strategies (Behaviors, Symptoms, etc.)
- Attunement Survival Style
- Autonomy Survival Style
- Dual Awareness: Working in Present Time with Developmental Themes
- NARM Pillar 3: Supporting Agency (Agency as the Foundation for the Development of the Adult Self)
- NARM Pillar 4: Reflecting Psychobiological Shifts towards increasing Connection
- NARM Languageing
- NARM and the Body

### Module 3 includes:

- NARM-Model for Working with Affect
- Primary vs Default Emotions
- Emotional Completion
- The Psychobiological Process of Shame (“Shame as a Verb”, “Shame as a Process not a State”)
- Working with Anger/Aggression & Sadness/Grief
- Working with Shame, Guilt & Self-Hatred
- Countertransference Dynamics in NARM
- Unmanaged Empathy and Therapist Efforting
- Narcissism and Objectification of Self
- Narcissistic vs Sadistic Abuse
- Trust Survival Style
- Love-Sexuality Survival Style
- NARM Personality Spectrum: Organized Self – Adaptive Self – Disorganized Self

### Module 4 includes:

- Deepening Study into the Connection Survival Style Issues, Symptoms and Related Disorders
- The Interplay of the Survival Styles: Primary and Secondary Patterns
- Revisiting the Dynamics of Attachment, Separation-Individuation, Attachment Loss and the Core Dilemma
- Relationships, Couples, Intimacy and Sexuality
- Working with Identity
- Transgenerational Trauma
- Disidentification Process
- Freedom from Identity
- Post-Traumatic Growth

- Resiliency: Supporting the Capacity to Tolerate Increasing Complexity
- Addressing Identity from both a Psychological, Non-Western and Spiritual Perspective
- Integrating NARM Effectively into Our Clinical Practice

### Target Group and Prerequisites for Participation

Professional background of participants: completion of a psychotherapy or somatic psychotherapy education and at least 2 years of clinical experience as a practitioner working with patients/clients on a regular basis.

### NARM Training Certificate

A certificate of completion is issued upon completion of all requirements for the NARM Therapist Training (prerequisite: full attendance plus 10 supervised sessions and 10 individual sessions with NARM accredited therapists).