

## Preverbal, Nonverbal & Implicit Memories: The Keys to Addressing Developmental Trauma: Video Course

Dr Arielle Schwartz

Video Course

CPD hours: 6 / CE credits: N/A

Price: £135



Online video access remains available for 1 year from the date you receive the video course.

Often the most persistent trauma symptoms are connected to events for which our clients have no clear memory. Perhaps they were told that their life is a result of an unwanted pregnancy, they endured medical complications at birth, grew up neglected or suffered child abuse. In addition to these memories, some clients are unable to remember traumatic events that occurred later in life. Such preverbal and nonverbal memories – which are maintained as psychophysiological arousal and affective states called implicit memories – typically do not have associated words or a clear and coherent narrative. Rather, these **manifest as flashes of images, disconnected fragments or uncomfortable physical sensations with no known cause**. Addressing the verbal or narrative component of memories may allow the narrative to change but will not address disturbing sensations that dominate and interfere with our clients' lives. Most importantly, therapists may ask, **is healing possible if a client is unable to remember their traumatic events?**

At this intellectually stimulating and practically-oriented workshop, Dr Arielle Schwartz explains how somatic psychology can help us, as therapists, by recognising the value of working with the felt sense of the body to access implicit memories – helping our clients sense the affective components of body posture, gestures, breathing patterns and movement impulses with interoceptive awareness.

However, it is important to be cautious when working with preverbal & nonverbal memories as they **often do not represent an exact replay of the original set of events**. Moreover, such clients are more **prone to fragmentation**, requiring us, as therapists, to be skilled in recognising and treating dissociative symptoms.

This workshop will allow us to **learn a specific integrative model for trauma therapy that helps our clients safely attend to and work with preverbal memories associated with Preverbal Trauma, Developmental Trauma and Attachment wounds**. Using case studies and clinical scenarios, over the two evenings, we will specifically develop our skills including: understanding emotional dysregulation as a 'part', connecting with the adult self, repair and rescue scenarios and somatic interventions that enhance embodiment in trauma treatment.



Our learning objectives over the two days include:

- Explain how mutual regulation serves as a precursor to self-regulation in treatment
- **Recognize emotional and physiological dysregulation as 'parts' of self**
- Help clients to work with shame, and develop self-compassion for their most wounded parts
- Identify **how somatic countertransference** deepens our understanding of the therapist-client relationship
- Practice at least three interventions for working with somatic symptoms in Trauma treatment
- Understand how to **work with preverbal memories by attending to somatic sensations**

### About the speaker

**Arielle Schwartz, PhD**, is a clinical psychologist, internationally sought-out teacher, therapeutic yoga instructor, and leading voice in the healing of PTSD and complex trauma. She is the author of six books based upon her integrative, mind-body approach to trauma recovery including *The Complex PTSD Workbook*; *EMDR Therapy and Somatic Psychology*; and *The Complex PTSD Treatment Manual*. Her unique blend of spirituality and science can be found in her writings, guided trauma recovery programs, and applied polyvagal theory in yoga for trauma recovery. Dr Schwartz has a depth of understanding, passion, kindness, compassion, joy, and a succinct way of speaking about very complex topics. She is a long-time meditation and yoga practitioner with a passion for the outdoors; all of which she incorporates into her work as founder of the Center for Resilience Informed Therapy in Boulder, Colorado where she maintains a private practice providing psychotherapy, supervision, and consultation. Dr Schwartz believes that that the journey of trauma recovery is an awakening of the spiritual heart. Discover more at [drarielleschwartz.com](http://drarielleschwartz.com).

### Webinar schedule

#### Day 1:

##### Understanding preverbal memory

- The Neurobiology of memory
- Developmental trauma and 'body memories'
- Addressing pre- and peri-natal trauma
- Attachment and self-states
- Implicit vs. explicit memories

##### A Ground of Safety in the Here-and-Now

- Window of Tolerance
- The Polyvagal Ladder
- Enhancing Embodied Self-Awareness
- Skill: Awaken the Social Engagement System
- Interventions for Psychobiological Regulation
- Somatic Countertransference and Re-enactments in psychotherapy
- Skill: Therapist Self-Awareness Practice
- Skill: Explore Co-Regulation

#### Day 2:

##### History taking and Case Conceptualization



- Identify developmental and Attachment trauma
- Understand Betrayal Trauma
- Assess for dissociation ('fragmentation')
- Recognize parts and ego states
- Working with Shame
- Cultivate mindfulness, acceptance, and self-compassion
- Skill: Build Affect and Sensation Tolerance
- Skill: Understand Emotional Dysregulation as a 'part'
- Skill: Connect to the Adult Self

#### Working with Preverbal Memories

- Focusing and listening to the body
- Titration and Pendulation
- Sequencing and Somatic Re-Patterning
- Re-imagining the past
- Skill: Repair and Rescue Scenarios
- Skill: Somatic Interventions to Enhance Embodiment in Trauma Treatment

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**There is no known commercial support for this program**

**This course does not qualify for CE credits.**

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**Questions and requests for information: [customerservices@nscience.co.uk](mailto:customerservices@nscience.co.uk)**

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