

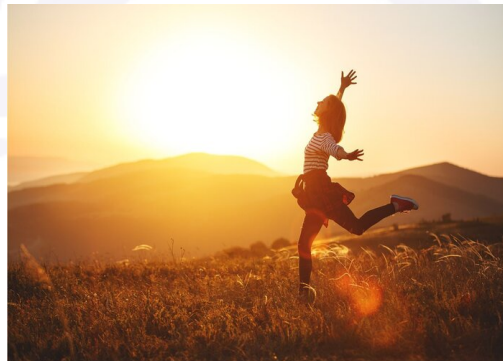
Using Expressive Modalities and Parts Work for Affect Regulation

Lisa Ferentz

Video Course

CPD hours: 6 / CE credits: N/A

Price: £145



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

Dysregulated Affect, whether borne of early attachment patterns, or observational behaviour in formative years, can create multiple life inhibiting challenges for our clients, affecting developmental pathways, including the inability to self-soothe, navigate and regulate their emotional states. Often, the only way forward is if we can help our clients integrate the left and right hemispheres of the brain, allowing them to develop deeper processing and healing through the promotion of both internal and external safety, grounding, containment, self-compassion and emotional stabilization.

Increasingly, the powerful psychotherapeutic domains of expressive modalities and parts work are being channelled by psychotherapists and counsellors to achieve such integration.

At this highly interactive workshop which builds upon a variety of clinical examples, globally renowned speaker Lisa Ferentz, employs illustrative video examples to first illustrate the profound reverberating impact of dismissive, ambivalent and disorganised attachment patterns. Lisa then brings together **expressive therapeutic skills including the use of Somatic Resourcing, Safe place collages, Mandalas, Breathwork strategies, Art prompts, therapeutic Art as well as 'Remembered Resources'** to explain to us, as therapists, how we cannot just access and comfort our clients' inner critic but also help them to access their wisest, 'most compassionate' parts. Videos and multiple case examples will be presented along with clients' artwork.

Specifically, we will consider:

- Explore the intricacies of attachment patterns that create either secure or traumatic experiences for our clients, ultimately impacting their Affect
- Explain how Affect dysregulation and attachment patterns are effectively connected in both adolescents and adults
- **Look critically at the Still Face experiment** to appreciate the profound impact of insecure attachment
- Differentiate between internal and external safety and describe strategies to enhance both in traumatized clients
- Implement at least two breathing exercises designed to calm and soothe traumatized clients



- Delve deeper into the concept of somatic resourcing and implement **at least three strategies to enhance grounding and soothing**
- Identify at least three **protective functions of the “Inner Critic”**
- Identify the 8 C’s of Self as conceptualized by the Internal Family Systems model
- Explain the power of self-talk and implement a strategy to increase positive affirmations
- Explain and apply the concept of “remembered resource” as a means to increase self-compassion and resourcing
- Mirror neurons and how these can be used in session to promote soothing
- Effectively utilise the concept of anchoring and **identify at least five anchors that clients can use in and out of session**
- Describe and **implement an art strategy that helps clients illustrate and process emotions**
- Identify and implement two strategies to promote emotional containment

Learning Objectives:

- Discuss the intricacies of attachment patterns that create either secure or traumatic experiences for our clients, ultimately impacting their Affect and explain how Affect dysregulation and attachment patterns are effectively connected in both adolescents and adults
- Identify at least three **protective functions of the “Inner Critic”**
- Identify the 8 C’s of Self as conceptualized by the Internal Family Systems model
- Explain the power of self-talk and implement a strategy to increase positive affirmations
- Explain and apply the concept of “remembered resource” as a means to increase self-compassion and resourcing
- Effectively utilise the concept of anchoring and **identify at least five anchors that clients can use in and out of session**

Workshop Schedule

Module 1:

- Attachment and affect regulation
- Understanding the four attachment patterns
- Manifestations of disorganized attachment
- Videos- demonstrating attachment styles
- **Video- a baby’s dysregulated physiology**
- Co-regulation and auto-regulation- video

Module 2:

- Understanding the “window of arousal”
- The Still Face experiment- video
- Establishing safety: the challenges with trauma survivors
- Creating external safety in the therapy session
- Using the safe place collage
- Using mirror neurons
- Breathwork strategies for soothing and calming

Module 3:

- Introducing somatic resourcing for affect regulation



- Using anchoring for re-grounding
- Incorporating the “parts” perspective
- Working with the “Inner Critic” and “protective intentions”

Module 4:

- **Processing the IFS concept of Self- clients’ artwork**
- Art prompt to illustrate emotions
- Strategies for containment
- **Using mandalas**
- The power of self-talk
- Addressing flashbacks
- Using “remembered resource”

Information will be disseminated through power-point slide presentation and lecture, videos, clients’ artwork, and question and answer periods.

About the speaker

Lisa Ferentz is a recognized expert in the strengths-based, de-pathologized treatment of trauma and has been in private practice for over 38 years. She presents workshops and keynote addresses nationally and internationally and is a clinical consultant to practitioners and mental health agencies in the United States, Canada, the UK and Ireland. She has been an Adjunct Faculty member at several Universities, and is the Founder of “The Ferentz Institute,” now in its fifteenth year of providing continuing education to mental health professionals and graduating several thousand clinicians from her two Certificate Programs in Advanced Trauma Treatment.

In 2009 she was voted the “Social Worker of Year” by the Maryland Society for Clinical Social Work. Lisa is the author of “*Treating Self-Destructive Behaviors in Traumatized Clients: A Clinician’s Guide*” now in its second edition, “*Letting Go of Self-Destructive Behaviors: A Workbook of Hope and Healing*” and “*Finding Your Ruby Slippers: Transformative Life Lessons From the Therapist’s Couch*”. Lisa also hosted a weekly radio talk show, writes blogs and articles for websites on trauma, attachment, self-destructive behaviors, and self-care, teaches on many webinars, and is a contributor to Psychologytoday.com. You can follow Lisa’s work on her website, theferentzinstitute.com, YouTube, LinkedIn and Twitter.

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There is no known commercial support for this program

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