

## The Relational Body and the Space Between

Miriam Taylor

Video Course

CPD hours: 3 / CE credits: N/A

Price: £69



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The primary experience of relationship is through the body - we know what it feels like to be in the presence of someone. It is through our bodies that we come into being in the world and make contact with others, shaping our experience of self. However, in post-traumatic dissociative states a sense of disconnection prevails - from self, from others and from our bodies. All these forms of relationship become compromised - making our task as psychotherapists and counsellors, especially challenging, since not only are we expected to **help the client connect back with their bodies, but also work with the fact that relational therapy needs to account for the space in between - the space we need to maintain in the relationship and the personal spaces we need to respect.**

Starting from a strong theoretical foundation developed both from neuroscience and existential phenomenology, **the Body and its real & perceived 'spaces' - will be considered as the primary organisers and integrators of traumatic experience.** Using a mixture of theory presentation, embodied reflection, group work, discussion and illustrated clinical examples, this workshop, with globally acclaimed trauma expert Miriam Taylor will:

- examine the neuroscience behind our embodied sense of connection and
- will propose that **relational presence is predicated first and foremost on feelings of safety rooted in embodied experience** – highlighting the importance of 'space'
- Our most important consideration will be to account for the therapist's own sense of **embodied presence as one side of the relational dyad; and the relational 'space' on the other**
- we will look at the processes by which the therapist attunes to the dissociative trauma and which support safe embodied relationship, including conveying compassion and the feeling of being 'held' – **without crossing any 'spaces'**
- Build on looking at different styles of relating - the relational benefits of counter-intuitively distancing from the client will also be evaluated

We will rely on a **foundational bedrock of Interpersonal neuroscience and borrow from polyvagal theory for our workshop** and learn what we mean by the 'felt sense' and how it takes us beyond functional styles of



relating - particularly in the presence of dissociative states. Experiential exercises will provide a means of accessing this aspect more clearly.

Specifically, the workshop will provide us, as psychotherapists and counsellors to explore:

- interpersonal neurobiology - **specifically to consider how the relational process regulates energy flow**
- the mirror neuron system and the intersubjective field - how this can guide us in **sensorimotor work**
- embodied experience of boundaries - allowing for an empathetically driven response that guides our therapeutic process
- the meaning of personal space - how we can be relational while allowing clients to *own their personal space*
- energetic communication of trauma - understanding the concept of **trauma energetics**
- **embodied resonance** - accounting for *'the story the body tells us'* and the co-creation of the relational field

#### Learning Objectives:

- Discuss the mirror neuron system and the intersubjective field - how this can guide us in **sensorimotor work**
- Explain the concept of **trauma energetics** and energetic communication of trauma
- **Discuss the embodied resonance** - accounting for *'the story the body tells us'* and the co-creation of the relational field

#### About the speaker

**Miriam Taylor** is a UKCP registered Gestalt psychotherapist (non-clinical), supervisor and trainer. Having retired from clinical practice, Miriam now focuses on aspects of collective trauma, social justice issues and climate change. Based in embodied practice, her interest is in the formation of the traumatised relational field, leading to an ecological perspective. She teaches in the UK and internationally, and is on the Leadership Team of Relational Change. Her publications include *'Trauma Therapy and Clinical Practice'* (2014); *'Deepening Trauma Practice'* (2021), and several peer reviewed and invited articles

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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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[customerservices@nscience.co.uk](mailto:customerservices@nscience.co.uk)

US: +18337161044

UK/Europe:  
+44(0)2070961722

Australia:  
+1800861953