

An Introduction to NARM™

The NeuroAffective Relational Model™ for Working with Attachment, Relational and Developmental Trauma



With Bianka Hardin, PsyD

The next phase of healing trauma is here. In fact, if you have been introduced to the ACEs (Adverse Childhood Experience) Study, you already know how essential it is to recognize and work with the developmental and relational wounds we all have experienced.

The **NeuroAffective Relational Model™ (NARM™)** is a cutting-edge model for addressing adverse childhood experiences (ACEs), supporting affect regulation and resolving complex trauma (C-PTSD).

This educational and experiential workshop is designed to provide relevant theory and skills to anyone working with complex trauma. This integrative clinical approach weaves together a somatic/ body-based perspective (bottom-up) with psychodynamic inquiry (top-down), in the context of a complex, psychobiologically-driven relational framework.

We will explore the distinction between shock & developmental trauma, the role of toxic shame, the five adaptive survival styles and their corresponding identifications, basic NARM clinical skills, and learn from NARM demo sessions.

TO REGISTER

<https://chicagosept27introtonarm.eventbrite.com>

Email: admin@narmtraining.com

Phone: (707) 621-8945

Bianka is a NARM Therapist, Somatic Experiencing Practitioner (SEP), Licensed Clinical Psychologist, Professor at The Chicago School of Professional Psychology, and owner of Centered Therapy Chicago, LLC. Bianka founded CTC in 2014 with the mission to help children, adolescents, and adults improve their mental health and quality of life. She provides therapy, supervision, and consultation services. Bianka has worked with trauma survivors since 1997 using a relational model of treatment. After completing the NARM training, her practice has grown to incorporate psychodynamic and relational psychotherapy with Somatic Experiencing. Bianka is now a NARM Therapist and excited to be a part of the NARM Training Team.

CHICAGO WORKSHOP

Friday - September 27, 2019

Centered Therapy Chicago

1507 W. Lawrence

Chicago, IL 60640

10:00 AM - 4:00 PM

Standard Price: \$125

Student/Intern: \$90

Early Bird Price: \$100

Early Bird Registration ends September 15.
5 CEUs available at additional cost.