

2nd INTERNATIONAL CONGRESS - EARLY CHILDHOOD TRAUMA

“Re-attach in Uncertain Times”

14th - 17th May 2025

in Duisburg-Wedau or online

for

Therapists, Physicians and those who work with children aged 0-6

Organised by Akademie Ottenstein

Registration

www.early-trauma.com

WORKSHOP

Wednesday, 14th MAY 2025

10:00 – 18:00

The Wisdom of Not Knowing

Matthew Appleton and Jenni Meyer

Faced with the distress of families seeking help from us, we can feel pressured and even panicked into finding solutions. Yet being able to tolerate not knowing what to do can often open up a 'potential space' in which deeper themes and their resolution spontaneously emerge. This is profoundly humanising for both therapist and clients. Drawing from the practice of Integrative Baby Therapy, this talk explores how the wisdom of not knowing forms an integral part of the work with parents and their children.

PROGRAMME

Saturday, 17th MAY 2025

4:15 – 15:15

The Power of Embodied Presence

Matthew Appleton

Bringing awareness to our embodied experience and paying attention to shifts in our inner sensations, can help us to stay profoundly present in our therapeutic relationships with our clients. Teaching and modelling presence can also support parents to shift from trying to figure things out, when a baby or child is distressed, to coming into state of emotional attunement, which creates safety and connection for both parent and child. Drawing from research into right hemispheric brain function, the so-called 'cardiac brain' and polyvagal theory, we will see how embodied presence enables us to enter more deeply into the pre-verbal world of the infant than when our primary orientation is through the more culturally dominant left-hemisphere.