



REGULATION OF AROUSAL – WHAT IS IT?

In this training you will learn how your arousal will react to common daily stimuli. You will learn regulatory skills and how to use them. Psychoeducation is part of the training.

Strengthening the connection with your body allows you to recognize changes in arousal sooner. When you are able to spot these signals early and understand their meaning, you become better equipped to decide how to respond to them. This will empower you to manage your arousal more effectively.

HOW DOES IT WORK?

By engaging in and experiencing body-focused exercises, you work on enhancing your body awareness. Psychoeducation will then give understanding and meaning to these experiences. In addition to increasing your awareness, you will learn resources and orientation skills in order to regulate your arousal.

FOR WHOM? IF

- you have experienced (attachment) trauma.
- you suffer from symptoms with arousal.
- you are motivated to work via body-oriented approach

WHEN NOT? IF

- you suffer from a serious psychiatric disorder like a psychosis or an acute severe depression.
- you are addicted to alcohol or drugs.

PRACTICAL INFORMATION

- The training is open for clients of Adagio's.
- It is a pilot training.
- The training will take place in a group of maximally 6 participants.
- The training consists of weekly sessions for a period of 8 weeks.
- The training will be in English. Reasonable understanding and speaking skills are required.

HOW TO APPLY

If you are 18 years or older and think you would benefit from this training, please discuss this with your therapist.

If it fits your treatment plan, your therapist will sign you up for it.

For more information about the training feel free to contact

 saskia@adagioamsterdam.nl

FOR OTHER INFORMATION

 020 - 7761042

 info@adagioamsterdam.nl

WHO, WHERE & WHEN

WHO	WHEN	WHERE
<p>Saskia Bieleveldt</p> <ul style="list-style-type: none">• Psychomotor and sensorimotor therapist	<ul style="list-style-type: none">• Starting the 19th of May• Finishing the 24th of July• Mondays• 13 - 14.30 hrs	<p>Adagio</p> <ul style="list-style-type: none">• Plantage Middenlaan 52-A