



# H E A L I N G R E Q U I R E S P R E C I S I O N

## Training Series: Information & Enrollment

Here are details about the next Training Series I will be conducting that covers the Trauma Integration Protocol developed by Dr. Eric Wolterstorff. The series will cover the somatic memory-based trauma resolution modality *Step By Step*.

Below are details on the **10-week** Zoom group and enrollment instructions.

Maximum Group Size: 16 participants

Day of Week: TBD

Time: TBD

Frequency: Every other week

Course Cost: \$900

Registration deadline: TBD

Spots are reserved on a first come basis once payment is received **and** confirmed.

Week 1: TBD

Week 2: TBD

Week 3: TBD

Week 4: TBD

Week 5: TBD

Week 6: TBD

Week 7: TBD

Week 8: TBD

Week 9: TBD

Week 10: TBD

Each week will be educational as we cover a specific phase of the trauma resolution modality (a demo of the material with a participant might also be included depending on the week's material). There will be time for questions on the material covered as well as other questions and brief case consultations—these group meetings are not designed for in-depth heavy context related case consultations.

There will be an optional opportunity to practice the skills learned that week with another participant in a 1-on-1 practice pod.

The group will cover all the following and more:

- Renovation Work
- Mindfulness
- Resourcing
- Relational Abilities

- The Nervous System Map
- Completing a Trauma History
- The Counter Vortex of Solution
- Integrating stress and trauma events strategically using Containment/Selective Inhibition
- The Channels of Containment
- Working with each memory system
- Working precisely with Milieus or Sustained Experiences and Significant Relationships or Single Events
- How and when to selectively use psychoactive substances as an accelerator
- The Shadow of substance assisted psychotherapy
- Introducing the Unified Psychosocial (UP) Framework
- The DeMause Psychosocial Modes/Empathetic Capacity Levels
- Working with Trauma Clusters: Culling, Resource Wedging, Dipping
- Working with Traumatic Transference and Traumatic Reenactment
- Relational Containment and In-Group Traumas
- A Primer on Attachment Work with Sustained Eye-Contact

Since the group will be building on the material of the previous week and to improve the coherence and flow of the group, this will be a closed group. To reserve your spot please send \$900 to me via Venmo (@Perzan-Irani), Zelle (perzan.irani@gmail.com), PayPal (perzan.irani@gmail.com), or credit card (I'll send you a link through Ivy Pay if you choose credit card). The Registration deadline is *TBD*.

Other details:

- This group is not: group therapy, group process work, or a group check-in.
- Educational materials will be provided except for the optional recommended text: Dr. Eric Wolterstorff's **Love and Trauma** clinical manual (214 pages). It can be purchased directly from Dr. Eric Wolterstorff for \$40. Please send a Venmo payment of \$40 to Eric Wolterstorff's Venmo handle: @Eric-Wolterstorff with your email and the text: "purchasing Love and Trauma manual." He will then email you the latest PDF version of the clinical manual.

This will be a great opportunity to solidify your training by learning this somatic protocol in bitesize manageable chunks over a period of time in a supportive environment with your peers.

For those interested, here is an introductory video to the Map of the Autonomic Nervous System: <https://youtu.be/WO4W7Rd-gl>

Please let me know if you have any other questions.

Warmly,

Perzan

[perzan.irani@gmail.com](mailto:perzan.irani@gmail.com)

*"The nervous system can only learn one small new thing at a time, and if you try to learn too many things, you try to teach a nervous system, a body, too many things all at once, they tend to interfere with each other. And so, in that way, I think it's important to just take one little step at a time until it really becomes embodied, incorporated in the person's being, in their nervous system, in their development." -Peter Levine*