

# Development, Attachment and Trauma

August 2021, Friday 13 – Sunday 15

## Time

9:00 am–5:00 pm  
each day

## Location

Adelaide

## Venue

Sophia Centre  
225 Cross Road  
Cumberland Park  
SA 5041



Our earliest attachment patterns occur somatically, non-verbally through the co-regulation of our experienced states and nervous system by our primary caretaker.

The caregivers capacity for attuned attention and emotional regulation is the basic building block for our current attachment/relationship patterns. In this workshop, participants will explore from a somatic as well as cognitive perspective how their attachment patterns have played out across their life time, in relationships, work and therapy and the implications this has for their capacity to self regulate and experience and express their life force and energy in the world effectively. The plasticity of these attachment patterns will also be explored as well as the impact of developmental interruptions and complex childhood trauma.

This workshop is *Level 3, Module 6* of the Radix Training series. It is open to people who have had a minimum of 15 hours of personal Radix work, or the equivalent.

## Course content

- The basic neuroscience of attachment.
- Exploring one's own attachment tendencies from a somatic perspective and how this impacts relationships professionally and personally.
- Understanding the significance of particular developmental phases for the creation of healthy attachment patterns.
- Identifying somatic indications of early trauma and the impact this has on attachment.
- Applying somatic interventions to develop healthier patterns that enable more effective relationships

## Early Bird: \$820.00

(register and pay full fee  
before July 30

After July 31: \$950.00

## Deposit

\$450.00

(non refundable unless  
place is taken)

## Closing date for applications: August 6

## Registration

Email: [narellemck@icloud.com](mailto:narellemck@icloud.com)  
with name and contact information

## Payment

BSB 805 050 Account No: 2353332  
Account Name: Australian Radix  
Training Centre

## Enquiries

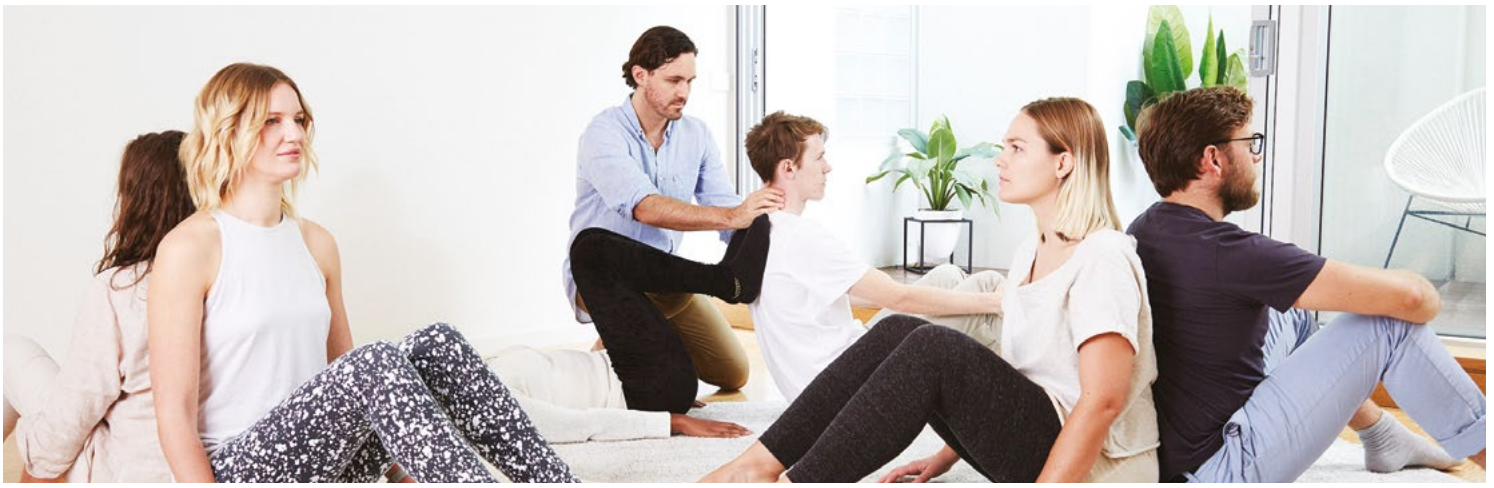
For more information about  
the Modular program:  
[www.radixaustralia.com.au](http://www.radixaustralia.com.au)

## Narelle McKenzie

[narellemckenzie@radixtraining.com.au](mailto:narellemckenzie@radixtraining.com.au)  
0408 809 357

## Anthea Fraser

[antheafraser@radixtraining.com.au](mailto:antheafraser@radixtraining.com.au)  
08 8398 3102



## About Radix

### Radix Somatic Psychotherapy is a holistic and comprehensive approach.

Differing from other psychotherapies that are somatically informed, Radix Psychotherapy has the body at its central focus and understands the psychological constitution of the person from the somatic. This process work, with the emphasis on somatically unfolding rather than applying a method approach, supports the healing and expression of the client within the therapeutic relationship.

Radix has its history in the work of Psychiatrist Dr Wilhelm Reich who developed body based psychotherapy back in the early 1900's foreshadowing a contemporary understanding of the centrality of limbic and autonomic regulatory processes in affective and mental life (Sletvoid 2014). Radix has grown and developed out of this work over the last 50 years, providing a subtle, highly attuned and comprehensive process oriented work.

Training workshops are offered by the faculty of The Radix Institute in the USA and Europe, and The Radix Training Centre in Australia.

## Trainers



### Narelle McKenzie

Narelle McKenzie is the Director and a Senior Trainer of the Australian Radix Training Centre and of The Radix Institute in North America. Narelle completed her training with the Radix Institute in 1982 and has an established private

psychology and psychotherapy practice in Melbourne. After completing her trainer training she co-founded the Australian Radix Training Centre. Narelle is a registered psychologist with thirty five years experience working in private practice with adults, families, couples and groups. She has a Masters in developmental psychology and extensive experience and training in psychotherapy and psychology. As part of her private consultancy Narelle has led experiential and training workshops on Embodied Psychotherapy throughout Australia, the USA and England. She is a Clinical Member and approved Supervisor on the Psychotherapy and Counselling Association (PACFA) Register, a member of the United States Association of Body Psychotherapists and a member of Peer Review Committee for the International Journal of Body Psychotherapy.



### Anthea Fraser

Anthea Fraser completed her training with the Radix Institute in 1997 and has been a trainer for the Australian Radix Training Centre for 15 years. She is an Accredited MH Social Worker and has worked in the field for over 35 years in clinical social

worker, counselling and group work. Anthea has experience in a broad range of fields including mental health, community health, relationship and family work. She regularly facilitates Radix experiential workshops, Radix training workshops, relationships workshops and personal growth groups. Throughout her career Anthea has supervised allied health professionals and students. In 1999 she was certified in Imago Relationship Therapy. Anthea has run her private psychotherapy practice in Mount Barker, SA, for 20 years.