



## Systems-Centered Training & Neuro-Affective Developmental Psychology

**Workshop 9-11 January, 2020**

**by Marianne Bentzen**

**Wageningen, The Netherlands**

In this workshop, Marianne will relate the theory of NADP and exercises to SCT theory and protocols. She will draw extensively from her many years of exchanges with Yvonne Agazarian, about how NADP supports the practice of Functional Subgrouping and a deepening of the SCT perspective.

The content of the workshop is described on page 2-3 of this document

***What is NADP, neuroaffective developmental psychology?***

*A compilation and 'map' of developmental research created by Susan Hart, PhD, and Marianne Bentzen, psychotherapist, this theory describes levels of human personality development from in-utero to old age, based on evolutionary psychology, developmental psychology and brain research. It can be used to assess the current learning zone of a person or group, and to select or fine-tune interventions to that level.*

<b>Location:</b>	<b>Trainingscentrum KenKon in Wageningen</b>
<b>Dates</b> <b>3-day workshop</b>	Thursday 9 <sup>th</sup> until Saturday 11 <sup>th</sup> of January 2020 9:00 AM – 5:30 PM
<b>Training fee:</b>	Early bird fee: € 675,00 (until 1 <sup>st</sup> of October, 2019) Full Fee: € 750,00 (after 1 <sup>st</sup> of October, 2019) no VAT / BTW charge 3 day workshop (including lunch, coffee and tea)

**Requirement for participation:** the minimum participation requirement is at least one-day experience with Functional Subgrouping.

**For more information or admission, please contact**

Annick Nevejan (Secretary SCT-NL)

+31 (0)6 28 50 55 78 or email to [anevejan@xs4all.nl](mailto:anevejan@xs4all.nl)

Website SCT-NL: [www.sct-nl.nl](http://www.sct-nl.nl)

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## **Content workshop**

This 3-day experiential workshop will explore various aspects of NAPD theory and experience, and its relevance to SCT. Theory and shared experience will be integrated using Functional Subgrouping.

Outline theory and topics that will be presented and discussed:

- General neuro-affective landscape of development in relation to SCT
- Status, attachment and mentalization with the triune brain model
- Evolutionary psychology: social status behaviours related to the SCT authority phase
- Attachment theory: attachment behaviours related to the SCT intimacy phase
- Mentalization theory (empathic reflection): mentalizing behaviors related to group development and the SCT integration phase

### **January 9<sup>th</sup>: The autonomic nervous system and the evolutionary foundation for the status system, related to the authority phase in SCT.**

- The importance of healthy status hierarchies for human development.
- Regulation of the arousal of 'language' of the brainstem: tone of voice, touch and holding, energetic matching, eye contact, sensorimotor imitation & turn-taking.
- Relationship between human development from in-utero to 8 weeks, and moments of meeting in psychotherapy. Theoretically relating this to the energy dynamics of SG joins in SCT.
- Bringing the above into Functional Subgrouping and theory discussions.

### **January 10<sup>th</sup> : The limbic brain and the evolutionary development of the attachment system, related to the SCT Intimacy phase.**

- The importance of emotional resonance and containment in human development.
- Exploring and regulating emotions with the 'language' of the limbic brain: shifting focus on self and on the other, emotional attunement, mis-attunement and re-attunement.

- Relationship between human development from 2-9 months, and trust-building in psychotherapy.
- Theoretically relating above to emotional resonance and the ability to move between self and other to feel deeper bonding and shared direction of energy processes in SG joins and builds.
- Bringing the above into Functional Subgrouping and theory discussions.

**January 11<sup>th</sup>: The prefrontal brain and the evolutionary development of self-regulation, narratives and mentalization (empathic reflection), related to the SCT integration phase.**

- The importance of symbol perception, self-control and mentalization in human development.
- Exploring self-regulation and social learning with the cognitive capacities of impulse control, symbolization, self-soothing, emotional empathy, cognitive understanding, episodic memory, developing shared narratives and mentalization.
- Relationship between human development from 9 months to 25 years – and personal empowerment in psychotherapy.
- Bringing the above into Functional Subgrouping and theory discussions.