



Early Childhood Trauma and Nonviolent Communication

with
Susan Skye

October, 01. – 04. 2009
Lebensgarten, Steyerberg,
Germany

Origins of Survival Structures from Early Childhood Trauma; Dialoguing with Disconnected Inner Parts

The impact of early childhood trauma is enormous. Many of our core beliefs are formed from our instinctive attempts as babies or children to survive. Our reactive triggers also result from early trauma and neglect. Because memory of this material is stored in the older parts of the brain, 'talk therapy' is often unable to effect change because it is talking to the wrong part of the brain. We need to be able to access the limbic system in order to communicate with the most hurt, wounded and tender parts of ourselves.

Susan will describe the limbic system, its operating characteristics, describe the most basic needs for babies and young children and what happens when they are unmet. She will also help us understand and identify any 'unlivable contracts' we have made with ourselves as a result of pain and neglect in the early years. ("If I take care of everything, maybe they'll love me".)

Susan has evolved an inner dialogue process (NVC needs-based) to connect with these disconnected energies that remain alone and lonely within us, heard and rejected by most people as 'inner jackals'. Using on Nonviolent Communications skills and awareness, this process has effected a remarkable level of stable change. Susan will demonstrate the process; and participants will have an opportunity to practice.



Dates: Thursday morning (10.00 am) –
Sunday afternoon (01.00 pm)
October 01. – 04. 2009
Workshop planned WITHOUT German translation

Location: Lebensgarten, Steyerberg, Germany

Costs: 380 Euro Training fee
plus room and board; check
www.lebensgarten.de

Registration: www.lebensgarten.de
Phone.: +49 (0) 5764 23 70
Fax: +49 (0) 5764-2578
E-Mail: lebensgarten@gmx.de
(Mo, Wed, Fr 10:00 am - 12:00 noon; Tue + Thu
5:00 pm - 7:00 pm)



The training hours of this seminar are accountable to the certification process of the Center for Nonviolent Communication (www.cnvc.org).

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Susan Skye



Susan is a trainer, private consultant and speaker. An Assistant Dean at UCLA in the early 70s, she co-created and taught the Women's Studies Program there. Since 1976 she has conducted trainings in a variety of self-development areas. A graduate of Bryn Mawr College, Yale University and Pacifica Graduate Institute, Susan has Masters' degrees in both Psychology and Russian and East European Studies. She has had a private consulting practice for more than 20 years.

Susan has given NVC training in the U.S.A., Canada, Europe and Korea. She is a founder of the NVC Training Institute www.nvctraininginstitute.com. She has been a regular trainer at CNVC's International Intensive Trainings. She has worked with General Motors, the government of British Columbia amongst others. She is currently the CNVC Certification Coordinator for North and South America.