



Tune in to Children

The world is increasingly globalized, complex, digital, accelerated and full of information and demands, producing children who are tuned to this reality. We must develop a new leadership approach to understand this “new child”, using a new look and perception of their desires and challenges.

- How to use a “somatic approach” to control hyperactivity, apathy, aggressiveness, anxiety and so many other dysfunctional behaviors of a child?
- How to integrate body- and energy-related aspects into your professional practice?

The aim of Tune in to Children is to help professionals in supporting children to reorganize and rebalance the autonomic nervous system at the biological/survival level, after being overwhelmed following a stressful or traumatic event, through the use of play and joyful movement, awareness of the self and others.

Ale integrates many practices, stories, videos, and demonstrations of the principles of this natural approach that he has found to be as effective for treating people at his own office, schools, as it is abroad in humanitarian services.

Using activities and specific examples to create a real “somatic tour” of our bodies and perception, Ale will share his insights of this body-oriented practice from an experiential perspective to stimulate awareness of somatic distress that may be present in you and the children around you. These hands-on, interactive workshops provide original insights and effective strategies for working with individuals and groups to promote healing and well-being.

Tune in to Children is a method that restores self-regulation as well as a sense of aliveness in the child, promoting relaxation and wholeness.

Target audience:

This workshop is designed for psychologists, educators, artists, health professionals, arts professionals, and social entrepreneurs who want to work with somatic practices for children and their caretakers.

PROGRAM

➤ Introduction - 1-day training – The Five Phases of Self-regulation Cycle - Somatic Practices with Children – Verbal and Nonverbal communication

- Learn how you can use Five Phases of Self-regulation framework to activate empowerment and self-confidence in children
- Understand the concept of multiple levels of self-regulation and its implication on child's daily activities
- Understand the somatic arousal and the energetic unbalanced polarity – Hyperactivity and apathetic behaviors.
- Access a meaningful map of Five Phases of Self-regulation that will help you see the underlying causes and sources of a child's dysfunctional behavior.
- The relevance of the system of fight, flight and freeze to deal with child trauma.
- Introduction of a natural and non-medicated approach to somatic self-regulation and balance of children

➤ Module 1 – 3-day training: *Tune in to Children- Somatic Practices for Child's Self-regulation*

- Understand and develop an effective verbal and non-verbal communication with the introspective child
- Helping extroverted and high-energy children to connect with their sensations and emotions.
- Somatic tracking through the Five Stages of Self-regulation Model: Settling, Readiness, Action, Interaction, and Integration
- Levels of listening and empathic presence: creating bonds through perspective taking and seeking
- The body in search of integration: trauma as open and closed loops
- The use of stories and their relation with the autonomic nervous system
- Facilitating self-regulation through symbolic and playful games



➤ **Module 2 – 4-day training: Inner and outer world – facilitating a child’s energy flow**

- Somatic Self-regulatory Touch - Developing a deep listening of energy levels of the autonomic nervous system
- Understanding the concept of Tides and Flow in the energetic body as a new framework to work with trauma symptoms.
- How the energetic tides and flow express into behavior – Inner World & Outer World.
- Coordinating words, self-regulatory touch, movements, games with natural energy flow of the body
- Finding the right timing in the somatic tracking by understanding child’s transitions between the inner and outer world
- Application and practice using the 5 phases in the cycle of self-regulation matrix

➤ **Module 3 – 4-day training: Systemic Tracking – Embodiment of the Meaning and Self-regulation**

- How to use Systemic Tracking framework – Attunement and communication through verbal and non-verbal communication
- Developing a one-on-one somatic tracking with children. Working with the right timing for successful sessions.
- The embodiment of the meaning and decoding symbolic information into felt-experience
- Understanding the importance of body-schemas and its relevance for construction of the stories
- Using the story cubes to unlock resilience and promote flow into the child’s system
- Working with traumatic experiences through an indirect and non invasive approach

➤ **Module 4 – 4-day training: The Children’s Society – Group Work (levels of the self-regulation model)**

- How to harmonize the energy level within groups of children
- Making use of play to leverage group self-regulation
- How to identify roles within groups of children to guide your interventions and approaches.
- Social resilience – interaction and social engagement
- Managing chaos – new strategies for leadership in high-energy groups
- Dysfunctional interactions – How to deal with isolation and aggressiveness
- Create and develop activities based on the principles of the Five Phases of Self-regulation Model.

Facilitator

Ale Duarte is a somatic educator who travels around the world offering training to professionals who work in the fields of psychology, education and body-oriented therapy. His specialty is experience in child trauma, and the inherent ability of a child’s body to recover from trauma impact, through highly tuned somatic consciousness within the therapeutic relation. Ale Duarte is certified in the leadership program of the Meta Integral Academy in California, Leadership Coaching by the Hudson Institute of Santa Barbara, Somatic Experiencing®, Rolfing Structural Integration® and Rolfing Movement, with professional practice since 1995.

Ale provided logistic support to professionals in areas of natural disasters and conflicts in many countries, Sri Lanka and Syria. Ale worked directly with victims and survivors and offered training and logistic support to crisis teams. His dynamic collaboration to several agencies, hospitals and other multidisciplinary institutions reflects his dedication to sharing a body-centered approach to healing, self-exploration and well-being for children, adults and global communities.

Ale Duarte

www.aleduarte.com

office@aleduarte.com