

Kim Barthel's sessions

Approx.. 90 minutes each

Session #1

Early Attachment as the Path to Resilience

Love, being loved and feeling loved is a neurobiological and sensory experience for the developing child. Receiving nurturance grows the brain, protects the brain and lays the foundation for regulation, learning and future relationships. Conscious, connected caregiving readies a child for a life of resilience in preparation to survive and thrive when exposed to life's adversity.

Session #2

The Impact of Developmental Trauma on Regulation, Behaviour and Learning

Developmental trauma is trauma that occurs within the context of interpersonal relationships during childhood. This form of adversity has tremendous impact upon the developing brain, our genes and our overall health and well-being. Trauma influences are evident in our students, impacting their ability to emotionally regulate, interact and learn.

Session #3

Understanding Behaviour Through an Attachment Lens

Attachment strategies are adaptive behavioural responses that serve as protection within a relationship and in cultural and environmental context. We will explore these adaptive strategies and how they appear within social engagement across the lifespan, providing a compassionate lens of understanding of why people do what they do.

Session #4

Relationship as a Healing Force

Attunement is the ability to place one's mind into the mind of another. Through this resonant connection, we as humans feel received and understood. Developmental trauma or trauma that happens in the context of interpersonal relationships results in a fracture within the *self*, limiting the capacity for connection with others. Relationships that are attuned and empathic heal these fractures by revealing the wonder of each individual's human spirit as is reflected through the eyes of another. This attunement process and skill requires that each of us as teachers, therapists and parents become our best selves, increasing our capacity to be present and hold space for the vast diversity of those we support.

Session #5

Becoming Your Best Self as a Therapeutic Agent of Change

Understand how self-awareness and mindfulness can open the door for deeper connection with others and ourselves. Practical skills will be highlighted that connect the theory of therapy with everyday classroom activities and interpersonal engagement.

Session #6

Heartfelt Thinking : Waldorf Science of Healing Trauma through Pedagogy

Heartfelt thinking is an embodied concept of learning and being, inherent to the anthroposophical philosophy. Concepts historically emphasized by Steiner are becoming firmly grounded in science. This session will examine the neurobiology of art, movement, music, sensory exploration, engagement with nature and mindful attunement as healing forces for developmental trauma.

Session #7

Hopeful Change: My Experience of Complex Trauma Across the Globe

Trauma is a thread that binds the human experience. Hope, connection and love are the ingredients that heal the human experience. This session will explore a personal account of healing from trauma in diverse cultural, political and socio-economic contexts, emphasizing that positive change is possible.