

## Attachment and Resonance

Raja Selvam, PhD

The way we relate to each other in the present, with meanings, feelings, and behaviors, is often disproportionately and unconsciously influenced by sensori-motor patterns formed in early childhood which mainstream psychotherapy approaches overlook because of their inadequate understanding of the importance of the body in all aspects of human experience. What is also not well understood and therefore overlooked is the extent to which resonance (the process of mutual influence that is much larger conceptually than the traditional concepts of transference and counter-transference) at the sensori-motor level of experience not only plays an important role in the formation of early attachment patterns but also plays perhaps an equally important ongoing role in the relationship experiences of adults throughout their lives.

Knowledge of how sensori-motor experience from childhood as well as adulthood affect our relationship experience and knowledge of how resonance works at the sensori-motor level of experience in good as well as bad times in relationship have the potential to make attachment or relational work with individuals, couples, and groups more efficient. Knowledge of how to tap into innate and inherent principles and patterns of self-regulation in our physical and energy bodies can make such relational work even more efficient potentially.

In the workshop, which will be taught primarily through live personal sessions with participants but also through guided group and dyadic exercises, Raja will demonstrate how working with past and present sensori-motor experience in relationship, with the mutual process of influence of resonance at the sensori-motor level of experience, and with the principles and patterns of self-regulation in our physical and energy systems can make attachment or relational work with individuals (children as well as adults), couples, and groups more efficient where people report significant and sustained changes in their relational patterns more quickly

**Raja Selvam, Ph.D.**, a senior Somatic Experiencing (SE) trainer and a faculty member at the Santa Barbara Graduate Institute, lectures and teaches in the U.S., England, France, Germany, Holland, Belgium, Denmark, Switzerland, Italy, Israel, India, Russia, Hong Kong, China, and Brazil. Raja's increasingly eclectic approach draws from bodywork systems of Postural Integration and Biodynamic Cranio-Sacral Therapy, body-psychotherapy systems of Bioenergetics and Bodydynamic Analysis, Jungian and Archetypal psychologies, psychoanalytic schools of Object Relations and Inter-Subjectivity, Somatic Experiencing (SE), Affective Neuroscience, and Advaita Vedanta, a spiritual tradition from India. Raja's dissertation for his PhD in Clinical Psychology, his second doctoral degree, was on Advaita Vedanta and Jungian Psychology. His article on treating Indian tsunami survivors for trauma symptoms with the SE-based Integral Trauma Resolution approach (ITR) was recently published in the September 2008 issue of the journal *Traumatology*. In that study, almost 90% of survivors treated reported

significant or complete improvement in presenting symptoms as well as indicators of PTSD at an 8-month follow-up assessment. Two subsequent studies among Indian tsunami survivors with control groups being readied for submission for publication, in collaboration with the National Institute of Mental Health and Neurosciences (NIMHANS) in Bangalore, India, show comparable results.