



Suze Maclaine Pont

Trauma Specialist & Business Coach

A TWO-YEAR CERTIFICATION COURSE THAT TEACHES YOU MY SOUL HEALING INTEGRATIVE TRAUMA THERAPY METHODOLOGY AND DEEP INNER CERTAINTY AND CONFIDENCE TO FACILITATE THE DEEPEST TRANSFORMATION YOU + YOUR CLIENTS WILL EVER EXPERIENCE

- ★ Become one of the best Integrative Trauma Therapists and SoulHealers
- ★ Be known as a deeply compassionate, authentic, leading coach with a deeply transformative approach
- ★ Learn deep human psychology, be an authentic human, and combine that with empathy, spirituality and trauma therapy
- ★ Gain complete confidence your clients will always experience deep healing in every session
- ★ Learn how to facilitate healing by simply being present while also feeling confident to ACT when necessary
- ★ Almost unimaginable + long-lasting results in sessions of only one hour
- ★ Learn to regenerate your own system and your clients on a deeper level than ever before through allowing their Soul to heal and hold their nervous system

Why choose this program?

- ✨ Discover the transformative power within yourself of being so present with yourself that your presence heals, and heal your own trauma while becoming a beacon of light for others.
- ✨ Embrace a deeply compassionate and human approach that combines deep human psychology, empathy, spirituality, and trauma therapy to facilitate authentic and deeply transformational results
- ✨ Create deep certainty and unwavering confidence in your ability to guide your clients through their journeys, whether it's through your presence or intuitive interventions.
- ✨ Create permanent change and huge shifts in as little as one hour, every session you have with
- ✨ Move beyond the mind and the 'understanding' of what happened and help people use their Soul as their guide to healing, regenerating their nervous system and creating a healthy foundation so that they feel complete again.
- ✨ Fulfill your own purpose on the deepest level by creating a world of peace, harmony and joy filled with equal opportunities for all humans.

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**When you can help Souls to be fully present
in the human body, you help people feel
whole again and that's something the world
needs more than ever right now**

You are here for a reason.

You have a deep soul-fueled inner drive that you were born to contribute to change in this world. You work with people. You love them. You see where they get stuck. You already create deep transformation in their minds, perhaps also their businesses, bodies and worklife.

You desire to lead as a human being and you facilitate deep change. You value authenticity and integrity over anything. Every day you commit to contributing to a more human world.

The work you already do and have done proves you have a valuable gift. And now you're ready to own and BE that gift on a whole new level and take the next step in your journey towards a world of peace and harmony.

YOU ARE HERE TO HELP HEAL THE WORLD so that we can live here as the full humans we are, shamelessly show our gifts, add our contributions and live in abundance. You want to help build a world filled with harmony and opportunities for ALL HUMANS.

Deep down you KNOW it's possible to create a more peaceful world... but you also know a crucial piece is missing. It looks like everyone is waiting for everyone, and no one is allowing themselves to REALLY move, especially when it gets 'real'. As if we need permission ...

You have learnt many tools, and keep on adding and expanding your work. Yet you haven't found 'the one tool' that helps people get to the other side and just brings relief instantly. Mind-focused books, courses, programs, and certifications on the market. You have done them all. You crave simplicity and feeling enough simply in who you ARE!

If this is you, you sound like most of my clients!

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You work with people on a deep level, and you are always looking to become even more effective. You have learnt some tools when it comes to trauma. But... It always looks like there is more to fix and more to heal.

Isn't there a place where all that ends?

YES, there IS! We need to stop looking to heal the trauma, and start looking to strengthen the Soul, so that the body starts to let go of the trauma itself. THAT process is what you have been looking for. But to do that, you do need to understand trauma on a deeper level than just a 'series of unfortunate events'...

Let me assure you, you've found that missing link. This is the certification that will change everything. For you, for your clients, and for everyone who knows you.



I'm Suze Maclaine Pont,

Creator of the Integrative Trauma Therapy Certification Course and Founder of the Academy of Soul Healing. I am originally trained as a shipbuilding engineer and also mother to two beautiful humans of 16 and 18. My journey on becoming a therapist did not start out with me wanting to become a coach or a therapist, but simply for me to heal my own journey.

At 23 I was suicidal. I had some nice moments in life, but overall I didn't see what I was here for, what I was contributing to and why I should stay. At 25 I re-committed to life, yet I also vowed that I was going to find out how to truly LIVE and not merely survive. I truly wanted to understand what it was I am doing here and how to embrace life as fully as possible. So I went deep. I studied transactional analysis, trauma therapy, nlp,

family constellations, compassionate inquiry and psychosynthesis among other methods. I went ALL IN. For my own survival.

When the people in the innovation projects I worked on started to ask me entirely different questions - about relationships and life - I started to see that my true contribution was not in the tasks I was asked to do, but in the person I was becoming. My presence was what healed and helped other people to become more effective. Not the 'things I did'.

Once I started to truly appreciate that, I changed my business and became a coach, a trainer, and I shifted my work to helping people step into who they were meant to be from day 1.

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Some people claim I am ‘a LOT’ to deal with.

I am highly gifted, always expanding, associating with ideas, creating new meaning and wanting to know more, deeper and connecting everything. My number one key strength is learning, and I am interested in just about everything. I always want to go to the bottom, take all the courses and fully understand what I am doing. Not just theoretically, but also from my own experience. Meaning I have been through all the healing you can possibly imagine and have over 20 years experience transforming people’s souls, hearts, minds, and businesses.

I have been a business owner for 24 years, and I have gone from suicidal to thriving and all the ups and downs inbetween. My grandmother always said I have been through more than she had in her life (she was 93 when she said it and had experienced two world wars).

The reason I am seriously great at what I do is because I take my own medicine over and over again, I teach what I DO, as well as KNOW what I am doing.

I combine experience with deep knowledge and pour that into BEING. That is what I will teach you to do too!

My unique soul-focused method gets deeper results in one session than people have gotten in 1 year (or more) of therapy time and time again. This is an invitation for you to become certified in that exact method so you can also change the world by healing people and their souls rather than just fixing their trauma or broken parts.

Most coaches and people talk about mindset being the ‘be all and end all’ of change in how we act and feel. And even though our mind and how we think impacts our life, hardly anyone understands fully how our nervous system impacts our thinking process.

The coaches that call themselves ‘trauma informed’ talk about healing trauma and use ‘tools’ to ‘fix’ the broken thing. That sounds great, yet... trauma doesn’t work that way. We can’t fix the broken thing. We need to enhance the part that survived in the first place, and start to strengthen THAT. The Soul will then allow the body to move through trauma.

Mind-based methods absolutely have a place. Trauma fixing tools can do some good. But both of these only go one level deep. After working with hundreds of clients I have seen that the true root is not ‘the way we think’ or ‘the trauma’ that wounds us. The true root is the way our body has been (unconsciously) taught to hold on to the meaning we originally gave to old experiences and the emotions caused by that wound.

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That's why the SOUL is the key to moving through it. We need to allow the body to let go of the meaning we accidentally allowed it to store.

Most people are never taught that our belly actually contains more brain cells than our brain does. They literally tell our brain what to think, and what images and stories to create, given every situation stored in our body. Our mind is a meaning-making machine. So our body is constantly referring to old experiences, and telling the mind what emotions and literally what thoughts to produce, until we can allow ourselves to move through that.

There are many systems out there trying to 'cut' these two loose. And that can be helpful for a while. But we really need to create an entire NEW set of experiences in order for the body to work WITH us in a new way if we want to heal.

Which is why we should not work with the TRAUMA, but with the HEALTH of the system, the Soul.

SoulHealing is an integrative healing approach combining evidence-based, scientific, spiritual, and energetic principals which result in deeper and faster shifts than mind-based techniques are able to offer. In SoulHealing, we use a very specific series of steps that help anyone to access the healthy systems, and allow your body to move through the trauma, so you don't have to.

It works as if someone is allowing your body to get rid of its own pain, and create an entirely new relationship and memory to the event that caused it.

SoulHealing isn't just a repackaged and rebranded version of an existing tool or trick. It's a truly innovative approach to healing born out of my extensive personal embodied and professional experience of healing the Soul.

Although the certification process is incredibly in-depth and covers all the relevant theory on trauma out there (as it should) the technique itself is beautifully simple to deliver.

We will cover all the basic areas of trauma and work with many tools and techniques, yet the most important one is the tool of regenerating your OWN nervous system while working with the client.

We don't 'heal the Soul', we use the Soul as a tool for healing the pain.

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Spotting trauma is easy. Going for ‘their’ trauma is easy. Healing it is a very different ballgame.

The tools enable the Soul to speak instead of the unconscious mind, and reveal the client's strength and help you build that strength. Spotting the trauma and seeing what went wrong is easy. Deeply understanding how to get OUT is an entirely different thing and even though it is simple, it is not a ‘trick’ or tool. It is a matter of your nervous system helping to heal theirs.

Once you can allow yourself to be in the space the client’s system needs you to be, it heals them significantly in sessions of one hour.

When you experience that level of health in your own system, when your Soul is truly in the lead by choice, every time, and once you can offer that kind of deep transformation to your clients, both their and your personal life will start to take a turn you can’t even imagine right now. You and they will truly get access over your true potential. Your Soul’s wisdom, and all the gifts you came into this world with.

😊 No deep work spread out over weeks, months or years before your clients experience transformation. They will see and feel immediate transformation after every session!

😊 No questions inside your own mind whether you are “enough” or fearing if your client will get results or not... you will BE the tool, and KNOW

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Here's what you can expect as a certified Integrative Trauma Therapist and SoulHealer...

- Regenerate your own nervous system and trauma so that you will experience huge shifts in yourself, your relationships and your business
- Feel COMPLETE and create deeper connections, love, and inner peace than you ever thought possible
- Become an outstanding coach and leader with the reputation of creating lasting transformation in only a few sessions
- Have your clients share your name and their results everyone because they are SO HAPPY
- Confidence in who you are being during sessions, your sense of enoughness and your ability to find the pain precisely and deliver incredible results every time
- Charge high prices for your sessions and get clients who are happy to pay
- Living in true and deep alignment with your Divine Soul, grateful for the work you do and the transformation you see in your clients
- Use your intuition and personal experiences within your sessions and see the depth and results increase because you ARE the tool
- Attract clients who just feel a big yes when they meet you and confidently charge for the true value transformation you provide

**WHETHER YOU ARE A COACH, TRAINER, LEADER
OR PROFESSIONAL working with people, THE
INTEGRATIVE TRAUMA THERAPY CERTIFICATION
TRAINING HAS BEEN DESIGNED WITH YOU AT
HEART**

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The first step to owning your true gifts is to become human and enable yourself to simply BE and not have to 'do' things with and to your clients all the time.

It is your presence that heals, not your 'tricks and tools'. This might feel easy and like a sigh of relief... or it might take some parts of you to work through resistance. (My GOD had I deep work to do on myself....I hid behind the idea of "doing things" with people before fully stepping into simply being 'me' and using my beingness and energy and who I truly AM)

The fact is, your nervous system is your tool. It is your presence, your ability to regulate your own system and your simply 'being' that does the real work, not your tools or knowledge.

The more comfortable YOU are with your own presence, the more you love you, standing next to the other person, the more effective their strong parts will copy that and heal whatever there is to heal...

Do you have a deep desire to become a coach, leader or person who is known for the simple, authentic, profound and quick results their clients experience every single time just because YOU are YOU?

Do you want your work to be so impactful it creates an effect that spreads out and lights up the people your clients interact with and thus spreads out into the entire world?

Do you know deep down you have the potential to become truly great simply by being who you truly are and having your Soul lead you?

Are you ready to start your journey on this planet where your Divine Soul is in charge taking others with you in your wake?

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INTEGRATIVE TRAUMA THERAPY CERTIFICATION

PART 1: Becoming the Tool

We live in a world of thousands, maybe even millions of coaches and healers. Some good, some great, many only 'so-so', depending on the tools they have learnt more than on who they ARE. I believe the only way to help others listen to their Soul and allow their Soul to heal them, is to go that journey before them. That's why it is truly crucial to go deep and learn how to regulate your own nervous system before you even START to think of working with others.

I want you to become so skilled in regenerating and tapping into your own soul, that you BECOME the tool instead of trying to 'use a tool' with your clients. That's what will create the deepest transformation.

Part 1 of the Training for Soul Healing Trauma Therapy Certification is centered around the basic blocks we need to regulate our own nervous system while working with trauma in clients. The difference between spotting trauma and helping someone to move through it has ONLY to do with the state of our own nervous system and our ability to be fully present with whatever is triggered in ourselves. Nothing else.

The Soul Healing Academy helps you become so human that your clients are simply invited into a space where healing starts to happen.

The first year consists of four modules (which can also be taken separately):

1. Fear and Trust
2. Attachment
3. Shame and Intimacy
4. Dissociation

Once we truly navigate these areas ourselves, these are things that will become possible:

- Repair relationships with your parents
- Develop deeper connections with your children
- Heal trauma and find forgiveness for abuse, abandonment, neglect
- Recover from addictions
- Find inner peace and a deep sense of enoughness
- Develop clarity and confidence in your work
- Heal from imposter syndrome, procrastination and self sabotage
- Connect with your true power
- Get rid of doubt and enable yourself to choose with inner certainty and confidence
- Trust life!
- Use your Soul's Voice and speak up when you truly need to and want to
- Create deep relationships and navigate anything together
- Heal your money and receiving wounds and allow abundance in your life

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PART 2: Mastering the Tool, to facilitate healing and navigating the inner world of trauma

Once you truly understand the four big parts of trauma from the inside out, you will become a masterful healer with unwavering confidence.

I don't just want you to learn about trauma, I want you to master regulating your own nervous system so that others can navigate their trauma. That takes months of practice and feedback.

Accordingly, the certification has been set up to provide exceptional levels of support, so that when you deliver sessions to your own clients, you do so with unwavering confidence.

Part 2 of the Training for Soul Healing Trauma Therapy Certification is centered around the basic blocks we need to help others move through and regulate their nervous system. There are many parts to healing trauma, most of which have nothing to do with trauma itself. We need to recognize where health in a system is built, how to enhance that and how to allow the client's system itself to work on the trauma.

The Soul Healing Academy helps you become so human that your clients are simply invited into a space where healing starts to happen.

The second year consists of four modules of 4 days each:

1. Developmental trauma
2. Generational trauma
3. Trauma due to abandonment, abuse, neglect, psychotic parents or death
4. Shock trauma

Here's how you'll develop mastery:

1. In-depth training on the 4 different types of trauma and how to navigate these so you can confidently and expertly deliver the therapy to your clients
2. Videos where you can watch me, delivering full sessions
3. Understand exactly how to respond to and work with disclosures of abuse (including sexual and narcissistic abuse)
4. Know how to implement safety plans and ensure safe practice
5. Mastermind on group calls (in the months between the 4-day sessions) about how to get your clients the best results whatever issue they're facing, so you always feel supported in your practice



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Practical Information

Part 1: Becoming the Tool - next Dates:

Module 2 - Attachment	22-24 August 2024
Module 3 - Fear & Trust	10-12 October 2024
Module 4 - Dissociation	5-7 December 2024
Module 1 - Shame & Intimacy	8-10 Januari 2025

Note: there is no specific order to the modules, you can take them in your own pace or even just only choose 1 or 2 and leave it there. The specification per module is in this pdf

Location: live in-person in Voorst, one hour east of Amsterdam in the Netherlands

Included: all meals during the program and all materials

Not included: VAT, travel and overnight stay

Price:

Per module: ~~€1.500~~ per module €1.222 if paid in full

All module: ~~€5.000~~ currently €4.000 if paid in full

Payment plans available

SIGN UP HERE:

Separate modules: <https://suzemaclainepont.thrivecart.com/ittc-year-1-modules/>

Full first year: <https://suzemaclainepont.thrivecart.com/ittc-year-1/>

Part 2: Mastering the Tool - Dates:

Only available after taking Part 1 - option of following year 1 in modules and taking time to do that

Module 1 - Developmental Trauma	First quarter 2025
Module 2 - Generational Trauma	Second quarter 2025
Module 3 - Trauma caused by abuse or neglect	Third quarter 2025
Module 4 - Shock Trauma	Fourth quarter 2025

Location: live in Voorst, one hour east of Amsterdam in the Netherlands

Included: all meals during the program and all materials

Not included: VAT, travel and overnight stay

Price year 1 and 2: ~~€13.000~~ currently €10.000 if paid in full

Payment plans available

SIGN UP HERE:

<https://suzemaclainepont.thrivecart.com/ittc-year-1-and-2/>

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WHAT OTHER PEOPLE ARE SAYING ABOUT SOULHEALING...

“One hour of working with Suze was more powerful than over 10 years of working with other therapists.”

“The missing link to any work I have done before, I truly want to add this to my own skills!”

“Extremely powerful work, but not for the faint of heart”

“I thought I knew what letting go was until I met Suze!”

“I am blown away, I seriously never could have expected anything this deep in one hour!”

“The most profound thing ever experienced (despite years of therapy)”

“25 years of being a psychotherapist myself and I have never experienced this deep level of work”

“Suze finds connections and wounds I never even KNEW where there, let alone that they could have been attached to these areas”

“I rate this course an 8 out of 10, of all the 8 from before is because: this is not for the faint of heart/everyone... that's why it is not a 10) Suze has broad knowledge, tons of experience, a unique approach and the capacity to hold space so incredibly that it seems anything is possible in it. Intense and eyeopening - besides getting to know my inner games about shame I already learned how to be different/better with clients (or anybody for that matter) after just module 1 too - other than that I am curious how it adds up with the other modules”

“I rate this 9 out of 10, because we get some really apprehensive theory with excersizes that let this theory land in the body so after three days you will feel the shift in your body from stress to expansion. Valuable for everybody who communicates with other people, since it helps to stay on your own ground and present for listening.”

“I rate this 10 out of 10. It was not what I expected but everything I needed, Suze can hold you so gently in a safe space, helping you to navigate your trauma, while teaching you how to regulate your system and hold space for yourself and manage your own emotions. It's experiential in nature and reaches places other training just do not, focusing on the body, the importance of moving that allows stuckness to be felt and released, allowing masks and facades to drop, revealing our authentic selves. Suzes knowledge and experience is invaluable.”

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Would you stay in prison if the door was wide open?

Joining The Integrative Trauma Therapy Certification Program will provide you with all the tools to BE the tool your clients need to navigate their trauma.

As much as I would love to heal everyone's past in 2 years, it is a lifelong journey. And I cannot do it all by myself with everyone on the planet.

So I need other people to be fully trained in my work.
And these need to be people who are willing to DO the work themselves.

This certification is not for everyone.

It is for people who are willing to BE the tool. That means that it is for people who know that trauma is a lifelong journey of unfolding, where your Soul will lead your path. Not a path of 'knowing' or 'getting there' or 'being able to do it all alone'.

There is no list of certificates we need to see. We just need to know who you are, what kind of work you have done previously when it comes to your own personal journey.

To see if you are a fit, click below and book your call with Sophie, our lead-coach, and ask any questions you might have about the certification program or logistics:

Click [this link here](#) if you want to say yes and book, but still have hesitations. Sophie will help you work through what is best for you.

We have limited spaces available, so don't miss your chance to become certified in one of the most powerful yet gentle methods I know. I cannot wait to work with you and support you and your practice.



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Module 1 - Shame & Intimacy 8-10 January 2025

A three-day seminar on the essence of being human.

Chronic, internalized shame is usually invisible. For others and mostly for ourselves. Internalised shame is a deep and intimate relationship of self-rejection and relates to us as a whole person. Shame blocks our path to our Soul and thus to our true selves. An endless game of hiding from the core of my being and from the perceived encounter with others keeps the dynamic alive. Internalised shame is more than a "social" feeling. It becomes the centre of self-devaluation, exposure, self-hatred and forms the core of a painful self-alienation.

We remain speechless and are unable to free ourselves from this inner psychophysiological state. Shame and its pre-linguistic genesis have no words. We need what we fear the most. We need the sensitive, gentle and often intimate contact of others.

We cannot live trapped in the isolation of shame, which blocks the expression of all other feelings and prevents human contact. So we remain hidden within ourselves and from ourselves. The saying goes: children find a skeleton in the bushes. That is the one who has won the game of hide and seek.

Only through contact with others can chronic self-rejection be transformed into selfhood. The desire for closeness and intimate encounters is accompanied by the desire to feel felt by others. The desire to experience pure being, the "I am", arises from our deepest health. But the longing to be my true Self requires deep contact with my Soul, my self and a felt connection with the other.

Over three days, we will develop an understanding of shame development and learn to understand how developing sensitivity, gentleness and interactional fine regulation can free us step-by-step from the vicious circle of shame.

Important: This seminar is a teaching seminar. We will do a lot of deep processing during the seminar to find your own shame dynamics, yet this will never be adequate to heal you from all forms of shame for life.

Price:

Per module: ~~€1.500~~ per module €1.222 if paid in full

All module: ~~€5.000~~ currently €4.000 if paid in full

All prices include meals during seminars. VAT, overnight stay and transportation are not included. Payment plans available

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Separate modules: <https://suzemaclainepont.thrivecart.com/ittc-year-1-modules/>

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Module 2 - Attachment - 22-24 August 2024

A three day seminar to understand attachment and dissociation - the missing key to wholeness, vitality and personal power.

Attachment is the way we have been trained to connect from our first day on this planet. When we are not securely attached, we can dissociate from our Self. Dissociation is a sensitive and difficult area. It is immaterial, subtle and yet very effective. The disruption of inner experience and the connection between consciousness, memory, identity and perception can be subtle, inconspicuous or massive and life-restricting.

Structural dissociations of the personality are often organized around certain inner reaction patterns, such as feelings, thoughts, flashbacks, self-images or inner parts that turn regular participation in everyday life into a very individual hero's journey. Keeping the emotions and incoherences of everyday experience coordinated costs energy, paralyzes, exhausts and ties our creativity to organizing our disorganized inner life. Yet it feels like 'who I am'.

A lifestyle emerges that is characterized by extreme forms of attempts at regulation, often accompanied by substance abuse, self-harming behavior, a lack of empathy or states of rigidity of the whole body when the person is awake. Encounters come to nothing. When structural dissociation persists, the parts involved become more automated, inflexible and an integrated, stable personality and ego experience that transcends situations cannot develop.

Despite these difficulties, therapists must find access to this inner special world (or special absence): Not feeling contact leaves us perplexed, helpless and requires exploratory, inviting and confronting modes of encounter that require fine perception and practice. Various models help us to visualize these often intangible or neglected inner realities of people and to understand them in their originality. A communication dance with several dance partners on several dance floors simultaneously begins.

Important: This seminar is a teaching seminar. We will do a lot of deep processing during the seminar to find your own attachment and dissociation dynamics, yet this will never be adequate to heal you from all forms of related trauma for life.

Price:

Per module: ~~€1.500~~ per module €1.222 if paid in full

All module: ~~€5.000~~ currently €4.000 if paid in full

All prices include meals during seminars. VAT, overnight stay and transportation are not included. Payment plans available

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Module 3 - Fear & Trust - 22-24 August 2024

A 3-day seminar to explore and heal our earliest relationship imprints that have led to fear & trust and ultimately coping mechanisms that make the world feel threatening as a whole and a dangerous place for our Soul to be in.

Belonging and feeling connected is our deepest desire. We need the experience of feeling "felt" by others, of being held, and of being in deep connection when we are touched. Our ability to have deep encounters and to be in fulfilling and lasting relationships is one of the essential experiences of life and nourishes us like our daily bread or the air we breathe. In every area of life, we are dependent on these qualities of encounter in order to experience integrity, wholeness and existence.

But the inner possibilities for experiencing contact, forming relationships and bonding are created in us long before our brain can reflect and attentively understand things. This is why we cannot change patterns, imprints and habits with our willpower. An unconscious body memory is formed within us, which colors our emotions, perception and relationship behavior. It feels like 'who I am', and it feels beyond our control. And it IS.

In order to use or release our patterns and perceptual coloring differently, we are more dependent on each other than we would like to admit in our striving for independence and autonomy. In a central way, we need each other in order to become ourselves. In other words: the encounter with you brings me to myself and then I am with myself even when I am with you. We can NOT change these patterns inside ourselves without anyone else.

It is a paradox: the ability to be independent and to be able to rely on oneself can only be learnt in strong bonds. It requires the inclusion of our entire being, introspection, a felt connection to ourselves and the ability to correctly read the inner state of the other person in order to feel nourished in a relationship. Only then can we trust and internalize meaning and fulfillment in relationships.

This seminar offers the opportunity to experience and modify relationship imprints in an optimized and supportive framework. There is the opportunity to touch the untouchable in a safe and protected atmosphere, to revitalize the unlived and to allow rigidity to become liveliness. We allow ourselves to be touched in ever finer and more subtle dimensions. A long overdue seminar that combines being yourself and being in community.

"Show me the way to me". That is the essence. A 'connection' seminar in a time without real encounters. Fear of one's own perceived reality is the most real thing in many people's lives. Self-images, self-myths, wishes, plans or beliefs cover up the depth of my own wounds and injuries. They often keep me away from myself and prevent me from making healing and enchanting contact with myself.

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Internal and external "long-distance" relationships, connection-deprived encounters and digital encounters are increasingly harming and hurting (self-)relationship opportunities. The hunger for touch, contact, sensuality and togetherness becomes a painful urge, a compulsion to brood or despair. Quite a few find themselves in dysfunctional compromise relationships because the little is always more promising than loneliness. Not being answered is unbearable. It does not fill you up.

This seminar is about the question of the chicken or the egg. What comes first? Does it have to be about me first so that I can meet you? Or do you have to meet me first so that I can meet myself? One thing is certain, my lack of contact with myself needs you. So I find the courage to take myself seriously where you see and recognise me. That is where I have not recognised myself so far. I owe the encounter with me to you. I also receive the fulfilment of me from you. I also dedicate the encounter with me to you. In this way, something unnameable arises between us that our words cannot express. But being fulfilled is more real than real.

In this seminar, Suze will make her presence, her life experience and her multi-layered expertise available to the participants in order to look at their own relationship dynamics. Jakko and Suze will share their personal practices in their relationships with all the intimacy that is required. In several small steps during the seminar, the possible density of experience is regulated to a digestible level so that what is necessary can emerge from the silence. Realising yourself - a large-scale silent project.

Important: This seminar is a teaching seminar. We will do a lot of deep processing during the seminar to find your own dynamics, yet this will never be adequate to heal you from all forms of related trauma for life.

Venue: Hoeve de Kempe - Haanstraat 8 - Voorst the Netherlands

Price:

Per module: ~~€1.500~~ per module €1.222 if paid in full

All module: ~~€5.000~~ currently €4.000 if paid in full

All prices include meals during seminars. VAT, overnight stay and transportation are not included. Payment plans available

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Trauma Specialist & Business Coach

Module 4 - Dissociation - 5-7 December 2024

A three day seminar about Integrating dissociation. It is strongly recommended to first come to Module 2, about Attachment.

These three days are a reflection and time-out for "remembering" and rediscovering the essential in (self-)encounter. All dissociation starts with losing a sense of connection with self in connection with the world around us. Yet these encounters also create the perfect opportunity to reintegrate our lost senses of self and reestablish an ultimate connection with our Soul.

We will use subtle encounters with me and you as the key to us.

In a noisy world, with digital attention spans, loneliness and lack of relationships are becoming more and more common. People become ill from not connecting, people not able to read feelings, not able to perceive themselves and think about their lives and relationships. Routine and stress take the place of something better, and emotional abandonment and the drone of the media drive what is their own beyond the (perceptual) horizon.

People no longer feel 'felt' in connection. Our feelings and sensory perceptions are suspicious and, for some, dangerous. Sometimes it is only the symptoms that show us the way back to ourselves and we accept a reduced person as normal. But numbness always means increased anger and aggression in the long run. (see also Arno Gruen: "The betrayal of the self"). Denial of perceptions and feelings robotises us and the essence of human experience is distorted. We evade our humanity and alienate ourselves from transcendental roots. From our deep connection with God, Soul, the Universe. Some even dissociate by trying to use that connection as the ultimate hideaway, thereby using their DIS connection to Self as the ultimate solution!

In this seminar, we will use silence, simplicity, gentleness and trauma-sensitive encounters to orientate ourselves in our self-perception and perception of others. It is not about doing. It is about the subtlety that may seem so little to us and yet touches the essential. It is about the few essentials that are sometimes described as the intimate source of our selfhood. It is about sensitive receptivity, where thinking, talking and understanding end and a quality that is difficult to name wants to touch us.

Dissociative parts and attachment work for the integration of ego parts
After gaining a basic understanding of dissociation in module 2 about attachment, this course focuses on the therapeutic practice of integrating ego parts. We are familiar with parts work from ego-state therapy (Watson & Watson), schema therapy (Young), transactional analysis (Berne), the inner team model (Schulz von Thun), structural dissociation (van der Hart, Nijenhuis, Steele) and hypnosystemic approaches.

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Dissociation as a complex disorder requires the synthesis of attachment dynamics, a systemic understanding of interaction, the resolution of affect avoidance strategies, context-sensitive parts work and a sensitive perception of subtle state transitions.

Slow-motion work, integration of stillness, mindfulness and specific attention control, as well as imaginative distancing techniques help to integrate parts of the ego identity into a functional self-experience. Multimodal integration of experience requires mindful self-awareness. The paradoxical simultaneity of subtle self-observation and courageous encounter, the ability to concentrate and physical process resolution softens the rigidity of partial states.

Overcoming situational unawareness of the ego parts, dealing with the deepest vulnerability and tenderness and overcoming the anxious need for control in order to regulate oneself are just some of the challenges on the path to ego integration.

Practice makes perfect and perseverance helps. A deepened self-relationship and integration into an efficient ego requires caution and courage in dealing with myself and acting in the face of fear. The focus of this seminar is on treatment practice. Supervision concerns can be taken into account to a limited extent, depending on the time required.

Important: This seminar is a teaching seminar. We will do a lot of deep processing during the seminar to find your own dynamics, yet this will never be adequate to heal you from all forms of related trauma for life.

Venue: Hoeve de Kempe - Haanstraat 8 - Voorst the Netherlands

Price:

Per module: ~~€4.500~~ per module €1.222 if paid in full

All module: ~~€5.000~~ currently €4.000 if paid in full

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Resources and Inspiration

Teachers Suze studied with:

Eric Berne - Transactional Analysis
John Grinder - NLP
Bert Hellinger - Family Constellations
Gabor Maté - Compassionate Inquiry
Richard Schwartz - Internal Family Systems
Child Trauma Institute, Ricky Greenwald - EMDR
Johannes Schmidt - Aptitude Academy
Bessel van der Kolk - Dissociation
Peter Levine - Somatic Experiencing
Wibe Veenbaas - Masks people wear
Pat Ogden - Sensori Motor Psychotherapy
National Institute for the Clinical Application of Behavioral Medicine

Other people and fields Suze studied:

Russill Paul - Tantra
Fred O Donaldson - Natural Play
Dr. Robert Lawrence Friedman - Healing Power of the Drum
Marius Engelbrecht - Voice Liberation
Franz Ruppert - IoPT

Judith Lewis Herman
Michael Singer
Neale Donald Walsch
Wayne Dyer
Caroline Myss
Victor Frankl
Vianna Stibal
Brené Brown
H. Ronald Hulnick
James Finley
Ken Wilber
Dr. Joe Dispenza
Byron Katie
Desmond Tutu
David Hawkins
Maxwell Maltz
Kazimierz Dąbrowski
Gary Zukav

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