



Suze Maclaine Pont

Founder & Director of Integrative Trauma Therapy

Module - Fear & Trust 1-3 July 2026

A three-day seminar to explore and heal our earliest relationship imprints, uncovering the roots of fear, trust, and the coping mechanisms that shape how we perceive the world.

Our deepest yearning is to belong, to feel truly connected. We crave the experience of being "felt" by others, of being held, and of engaging in meaningful connections when we are deeply touched. Our ability to form lasting, fulfilling relationships is one of life's most essential experiences; it sustains us as fundamentally as daily bread or the air we breathe. In every aspect of life, we rely on genuine encounters to experience integrity, wholeness, and a true sense of being.

However, our capacity for contact and bonding forms long before we have the awareness to understand it consciously. This is why we can't alter deep-rooted patterns, imprints, and habits through sheer willpower. Within us, an unconscious body memory shapes our emotions, perception, and relationship behavior, coloring our interactions with others. It feels as if it's simply "who I am," a part of us that resists conscious control—and, in many ways, it is.

To move beyond these patterns, we are more interconnected than our independent selves may want to admit. In a profound way, we need each other to become ourselves. It is through encounters with others that we find a deeper connection to ourselves, allowing us to truly be with ourselves, even when we are with someone else. The paradox is clear: our independence and self-reliance can only grow from strong, supportive bonds. To feel nourished in relationship, we must engage our whole being, turn inward, and cultivate an awareness of our own and others' internal states. Only then can we trust and fully experience meaning and fulfillment within relationships.

This seminar offers a space to experience and transform relationship imprints within a supportive and intentional framework. Here, we can reach into the places that often feel untouchable, bringing a renewed sense of vitality where rigidity once prevailed. In a safe, protected environment, we allow ourselves to experience deeper dimensions of connection, both within and with others. It is a long-awaited seminar for those who yearn to feel fully themselves in the context of a shared community.

"Show me the way to me." That is the essence. This seminar focuses on connection in an age that often lacks real encounters. For many, the fear of our own reality feels more tangible than anything else in life. Self-perceptions, aspirations, and beliefs often act as shields, keeping us from our wounds and preventing the healing, enlivening contact with ourselves that we need.

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In a world where relationships can feel distant—whether due to physical separation, technology, or inner disconnection—our opportunities for genuine connection are often weakened. The hunger for contact, for touch, for being with others becomes a painful yearning. Many find themselves in compromised relationships, choosing a little connection over the emptiness of isolation. But without real response, we are never truly filled.

This seminar explores a fundamental question: Which comes first—my connection with myself, or my connection with you? Does my encounter with you help me meet myself, or must I first find myself before I can meet you? What's clear is this: my lack of connection with myself calls out for you. Through your acknowledgment, I find the courage to honor parts of myself I've yet to see. I owe this encounter with myself to you, just as I offer myself to you in our shared journey. From this place, something emerges between us that defies words—yet the feeling of fulfillment is more real than real.

In this seminar, Suze will bring her presence, life experience, and layered expertise to guide participants in understanding their relationship dynamics. Together, Jakko and Suze will share their personal practices in relationships, opening themselves with the necessary intimacy to model real connection. Step-by-step, we will regulate the intensity of our experiences, allowing what needs to emerge to arise naturally from the silence. Realizing yourself—a profound, quiet endeavor.

Please Note: This is a teaching seminar. While we will engage in transformative self-discovery to uncover personal dynamics, this work alone is not meant to completely heal all forms of related trauma. It is, however, an essential step toward a more authentic, fulfilling self.

Why this module is critical for doctors, therapists, healers and spiritual coaches:

You can't create trust in your clients if YOU don't trust life, your body, or yourself.

Many spiritual coaches have learned to "trust the Universe" or "surrender to Source"—but their nervous system is still scanning for danger. Their body hasn't learned safety yet.

Your clients feel this disconnect.

They hear your wisdom about trust, but they feel your fear. And they stay stuck—because their nervous system is learning from YOUR nervous system, not your words.

This module teaches you to embody trust—not just believe in it.

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When you complete this module:

- Your nervous system will finally feel safe (not just know you're safe intellectually)
- You'll stop over-functioning or under-functioning in relationships
- You'll trust your body's responses (instead of overriding them)
- Your clients will feel safer with you than they've felt anywhere else
- You'll create the secure attachment base your clients need to heal

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

Price:

Per module: ~~€2.000~~ per module €1.500 if paid in full

All modules: ~~€8.000~~ currently €6.000 if paid in full

All prices include lunches and dinners during seminars.

VAT, overnight stay and transportation are not included.

Payment plans available.

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

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