**AIR Network Training Institute presents**

**AIR Network Anchors Resourcing Workshop**

**Using the 6 Anchors for Rescue and Resource Missions**

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**April 19, 20, 21 2024**

**8-1:30**

The Adaptive Internal Relational (AIR) Network model is primarily oriented towards giving people the freedom to engage fully with themselves and in relationships with others.  People traumatized across multiple dimensions; familial, cultural, societal, and historical are seen in the context of their strengths and vulnerabilities, embedded in systems of oppression and control as well as privilege and resource. Stepping out of harmful relationships and systems of power and control into paradigms of integrity, dignity, and freedom, defined by individuals and communities, puts whole people at the center of their stories. Understanding neurology, development, dignity, resilience, and vulnerability inherent in all human beings facilitates stepping free from trauma to find one’s center, supporting life giving actions in line with values. The advanced resourcing and interventions taught are consistent with strengthening a person’s multi-directional attention which underlies the ability to manage neuro-dissociative states, regulate emotionally and physically, reduce C-PTSD symptoms and build compassionate relationships internally and externally.

This advanced AIR network workshop will include didactic information about the AIR Network Anchors, and Resource and Rescue Missions along with large group experiential exercises, Real/role plays and small group practice sessions throughout all 3 days.

**Learning objectives**

1. Understanding Complex PTSD and Dissociative responses in therapy.

2. Advanced understanding of the 6 AIR Anchors and when/how to use them.

3. Using knowledge and practice of AIR anchors for Rescue and Resource Missions

**Day One**

Welcome Introductions (15 m)

Recognizing Person and Honoring Dignity (30 m)

Anchors (All 6 picture) (30)

Dignity/Competency (45 min)

10-15 min talk

15 min experiential x2

Break (15m)

Neurology (45 min)

10-15 min talk

15 min experiential x2

Break (15)

Development (45 min)

10-15 min talk

15 min experiential x2

Small Group (45 m)

Closure (15 m)

**Day 2**

Getting Started (15 min)

Overview of Continuum of Dissociation (45 m)

Narrowing of attention

Survival patterns

Wrapped into programming

Neurodiversity

Context

Influences experiences of “self” and relationships)

10-15 min talk

15 min experiential x2 (45 min)

Break (15)

Most Resourced Self

10-15 min talk

15 min experiential x2 (45 min)

Internal Relationships

10-15 min talk

15 min experiential x2 (45 min)

Break (15)

Small Group (45 m)

Closure (15 m)

**Day 3**

Getting Started Experiential

Experiential (15m)

Real play with one participant (15m)

Resource Missions (45 min)

Moving forward from feeling “stuck”

Noticing Patterns of our programming

Automatic Survival patterns – (Polyvagal theory)

Resourcing Values, Dignity, Competence

Resourcing Internal and external relationships (all levels)

Resourcing Neurology/Developmental anchors to clear a space for being present

Experiential Going into small group (15 m)

Break (15 m)

Small Group (45m)

Rescue Missions (45 Min)

When to use

Components: How to talk about it to clients

Person/part/vulnerability

Programming/patterning

Past/memories

Real Play (x2) (45 m)

Break (15 m)

Small group (60 m)

Closure (15 m)