

## NARM training in Poland

The course will take place in the years 2021-2022 in Łochów 50 km near Warsaw (Poland). It will consist of four sessions, five days each. The inaugural session is planned on May 26-30, 2021. It will be led by Michael Mokrus, a certified NeuroAffective Relational Model® trainer, a psychotherapist with several decades of practical experience.

The aim of the 2-year training is to master the principles of therapeutic work with developmental problems and emotional trauma using the NARM method. Participants will learn about this method and its various possible applications. The course covers a total of 20 days of classes. In order to obtain a certificate of completion, own therapy using the NARM method (10 hours) and supervision (10 hours) are also required. Own therapy and supervision will be carried out according to individual plans and their cost is not included in the course price. The 2-year NARM course is an advanced training dedicated to work with developmental and emotional trauma. It can be treated as an independent form of vocational education or as a stage of further specialized education for people who have completed a 3-year course in Somatic Experiencing. The training is addressed to people professionally involved in providing psychological support, and thus primarily to psychologists, psychiatrists, psychotherapists, educators, doctors, rehabilitators, nurses, employees of crisis intervention centers, as well as other people related to the sphere of health. As the requirements include supervision of cases of own therapeutic work, it is recommended that candidates for the course should have current practice.



The training will be conducted by Michael Mokrus – accredited NARM teacher, licensed therapist and supervisor of Somatic Experiencing™ and NARM™ methods. Michael has also completed many training courses in psychodynamic therapy, craniosacral therapy and Integral Somatic Psychotherapy. He also has many years of experience in meditation and mindfulness practice.

More at [www.michaelmokrus.de](http://www.michaelmokrus.de)

### Course schedule

1<sup>st</sup> module: 26-30 May 2021

2<sup>nd</sup> module: 17-21 November 2021

3<sup>rd</sup> module: 6-10 April 2022

4<sup>th</sup> module: 12-16 October 2022

## Price

The price for the whole training (4 modules) is PLN 12,000 (payment in 5 installments).

1<sup>st</sup> installement/registration fee – PLN 2,000 payable by February 28, 2021\*  
2<sup>nd</sup>-5<sup>th</sup> installments – PLN 2,500 each payable no later than 21 days before the first day of classes of a given module. Payments made after these deadlines are increased to PLN 2,700.

\* The entry fee is a non-returnable initial fee, which covers the costs of recruiting participants and which is also a commitment that the place reserved by the participant will be used by the participant. It will not be returned in the event of resignation from participation in the course after the expiry of the statutory payment deadline for this fee. Therefore, the Organizer asks you to make a careful decision about enrolling in the course.

## Training place

Conference Center "Pałac i Folwark Łochów", ul. Marii Konopnickiej 1, 07-130 Łochów,  
[www.palacifolwarklochow.pl](http://www.palacifolwarklochow.pl)

The fee for a package in a double room is PLN 830 per module and includes: 4 nights with full board (breakfast, lunch, dinner, coffee break), wi-fi, and the SPA zone.

The corresponding fee for a package with an overnight stay in a single room is PLN 990. The package is inseparable – it covers all services included in it. People who would like to use only selected services will settle accounts with the hotel at the rates agreed directly with the hotel management. The additional payment for a special diet (other than regular and vegetarian) is PLN 20 per day. The hotel reserves the right to change prices.

## Registration

Organizer: Instytut Terapii Psychosomatycznej, Poland

Registration by email: [biuro@interp.pl](mailto:biuro@interp.pl)

