



Professional development training on
**PSYCHOTHERAPY OF TRAUMA INTEGRATION AND
REPROCESSING**
(‘Aleceia’ Method)

Complete programme

Mario C. Salvador

‘Aleceia’ Trauma Reprocessing method is the result of 30 years of therapeutic practice by Mario C. Salvador and Carmen Cuenca. This method involves an integration of different approaches to psychotherapy such as relational integrative psychotherapy (Erskine), neuroscience, and current trauma mindfulness-body-based approaches. It is built on state-of-the-art knowledge of working with dissociation and ego fragmentation.

The goal of this deep psychotherapy is to reprocess and integrate the memory information implicitly stored in our neurobiology which is still limiting the current function of the person in everyday life. The model emphasizes the self-healing capacity of our brain and the active use of the presence and involvement of the therapist. This helps to awaken the presence of the patient over their own experience in order to inhabit, own and reprocess the undigested experience, normally kept in their more disowned sense of self. The method also addresses the strong impact of dissociation and its legacy and consequences on the sense of the ego. It offers a tool to harness the use of a therapeutic relationship and the therapist’s presence, together with the client’s state of mindfulness, which enables the development of a strong sense of compassion toward his different internal parts (ego states).

TIME SCHEDULE

The training consists of **three phases**:

- **Phase one** (first year): two modules – MODULE 1 and MODULE 2, (32 hours per module, 64 hours total) (start February 19, 2026);
- **Phase two** (second year): one module – MODULE 3, five days (40 hours) (the date will be announced later);
- **Phase three** (third year and subsequent): one or two 3-day modules (24 + 24 hours) (the date will be announced later).

The first two phases will create the foundation and the theoretical ground of the model and will shape the attitude and basic skills of the therapist.

The third phase (Master Class) will include live demonstrations followed by deep analysis, discussion, and case supervision with a focus on countertransference and/or role-playing with the supervisee stepping into the shoes of his client. Normally we would have two personal therapy works in the morning and two to three supervisions in the afternoon.

PHASE ONE

In phase 1 we will focus on the principles and therapeutic attitude, which are the basic foundation for trauma reprocessing. The teachings will be focused on refining the therapist's skills to create the therapeutic bond for facilitating the internal contact of the patient with their own experience and their awareness of different internal parts and processes. That will be emphasized by the presence of the client's internal capacity to be mindful of his own processes. This first level will focus on the nature of psychological trauma and will introduce the effect of dissociation on the vertical fragmentation of the self.

Phase one consists of two parts: MODULE 1 and MODULE 2.

MODULE 1

Day 1

- Principles of 'Aleceia' Method for Trauma Integration.
- 'Aleceia' Method of Psychotherapy for Trauma Reprocessing.
- Working in a therapeutic relationship.
- Live demonstration.
- Group process, discussion, and profound teaching on the demo.
- Framing the focus of reprocessing: the funnel model.
- Live demo and discussion.
- Group discussion and teaching.
- Personal reflection on a Professional Development Plan.

Day 2

- The active use of therapeutic presence: acknowledgment, validation, and normalization.
- Live demo and discussion.

- Relational schemas as primary organizers.
- The nested minds model of Panskepp's affective mind.
- The Life Script as a complex relational schema.
- Live demo and discussion (focus on reading the relational schemas).
- A personal reflection on a Professional Development Plan.

Day 3

- Psychotraumatology: Trauma - A Physiological process with psychological consequences.
- The Polyvagal theory in psychotherapy.
- Psychotraumatology:
 - The human brain as a hierarchical model.
- Live demo and discussion:
 - Memory systems, related to trauma.
 - Emotional regulation and trauma: the use of the window of tolerance.
- Exercises: use of the body for self-regulation and feeling of boundaries.
- Live demo and discussion.
- Personal reflection on a Professional Development Plan.

Day 4

- Dissociation as a survival resource. Phenomena of compartmentalization and detachment.
- Structural dissociation theory: vertical fragmentation of the sense of ego.
- Live demo and discussion.
- The system of consciousness: areas and levels of our consciousness.
- Types of ego states: protectors and disowned.
- Exercise: map of our internal system.
- Live demo and discussion.
- A personal reflection on a Professional Development Plan.

MODULE 2

Day 1

- Review of principles and procedures in 'Aleceia' Method.
- The Essential Self in psychotherapy: the self-healing capacity of our brain.
- Exercise: meditation and accessing our Essential Being.
- Live demo and discussion.
- Developing the therapeutic presence.
- Exercises of self-awareness and action plan to develop the therapeutic presence.
- Live demo and deep discussion.
- Personal reflection on a Professional Development Plan.

Day 2

- Exercise: a meditation on the Essential Self and Parts.
- Continuation of work with "The internal community": working with Parts:
 - Proactive defenses
 - Reactive defenses
- Exercise: reflection on our own extreme Protectors.
- Live demo and discussion: Disowned Parts.

- Exercise: mapping our Parts in a difficult situation.
- Live demo and discussion.
- Personal reflection on a Professional Development Plan.

Day 3

- Meditation.
- Treating strong Defences.
- Dealing with function and fears of Protective Parts.
- Exercise: identifying our strong Protectors with a difficult client.
- Live demo and discussion.
- Procedure of ego state work.
- Exercise: psychodrama of ego states.
- Live demo and discussion.
- Personal reflection on a Professional Development Plan.

Day 4

- Meditation.
- Dissociation and Ego States.
- Differentiation from non-dissociative and dissociative ego states.
- Treatment principles of dissociative ego states.
- Live demo and discussion.
- Awakening positive ego states with resources.
- Some advanced resources to work with very dissociative Parts.
- Breath as a resource for self-regulation.
- Exercise: breathing and resources.
- Live demo and discussion.
- Closing of the workshop: sharing the Personal Development Plan and feedback.

PHASE 2

MODULE 3:

The intention of Phase 2 is to go deeper in understanding and using Aleceia Method. We will refine the skills of the therapist in using his therapeutic language to help the brain reprocess, to focus on observing and using the client's body. We will also deepen the work with the internal community (ego states), the legacy of transgenerational trauma, and the use of countertransference.

Day 1

- Developing the loving presence of the therapist: level 1 presence; level 2 presence.
- Exercises to access and develop the Loving Presence.
- Live demo and discussion.
- Steps to cultivate our presence.
 - Self-reflection exercises and group sharing on the topic: What limits our presence and how to deepen it.
 - Mindfulness and compassion in psychotherapy.
- The uncertainty principle and the use of structured silence in trauma reprocessing.
- Difficulties in the process of sitting in silence and uncertainty.

- Live demo and discussion.
- Personal reflection on a Professional Development Plan.

Day 2

- Two steps in the reprocessing therapy:
 - Step 1: the therapist as a detective, building the frame for processing (accessing the deep brain),
 - Step 2: 'The healing bubble' and reprocessing.
- The use of language in the therapy of Trauma reprocessing:
- Talking to the brain:
 - Language for the reptilian brain.
 - Language for the Hippocampus.
 - Talking to the Prefrontal Cortex.
- Live demo and discussion.
- Personal reflection on a Professional Development Plan.

Day 3

- Advanced work with The Internal Community.
- Review of the procedure for working with Parts.
- Group exercises: working with Parts, refining observational skills and methods of work.
- Working with strongly polarized Parts.
- Live demo and discussion.
- Working with multiple Parts: the dissociative room.
- Live demo and discussion.
- Personal reflection on a Professional Development Plan.

Day 4

- Transmission of Transgenerational Trauma (TT).
- The ways of transmission of TT: epigenetic, relational.
- Exercise: our genealogical tree. Group sharing.
- Live demo.
- The encryption of generational trauma: The Crypt and The Phantom.
- Transgenerational legacy: unspeakable, unmentionable, and unthinkable.
- Transgenerational healing.
- Live demo and discussion.
- Personal reflection on a Professional Development Plan.

Day 5

- Deepening the work on dissociation: the 4D model of dissociation.
- Live demo and discussion.
- Attachment styles of the therapist and the therapeutic process. Wallin perspective.
- Exercise on self-reflection on the therapist's own attachment styles and how they influence the therapeutic process. Group discussion.
- The closing process of Module 3.

PHASE 3

Phase 3 is designed as a Master Class. The goal of Phase 3 is to use the Aleceia Method in an integrative way, focusing on reading the process and developing the clinical skills of the students. It will be held around two personal works with volunteers from participants with a deep explanation of the process focused on the use of framing, involved parts, how to deal with dissociative phenomena, etc.

During the afternoon we'll do two or three supervision sessions with participants. The supervision will focus on countertransference issues of the therapist, reading the client's process and/or role-playing.

Additional training and more specific application of the method will be given around the issues in the supervision.

METHODOLOGY

Both modules are based on recent literature on the subject of trauma, theory explanation and discussion, practical exercises, and live demonstrations with participants who will volunteer. The demos will be the base to explain and observe how the theory is used in therapy. The goal of this methodology is also to develop the meta-analytical capacity of participants to understand when, how, why, and what to use for therapeutic interventions.

TRAINER

Mario C. Salvador



Mario C. Salvador is a clinical psychologist, International Brainspotting Trainer, Provisional Transactional Analysis Trainer and Supervisor by EATA-ITAA (European and International Transactional Analysis Association), EMDR practitioner by EMDR Europe.

He is a Brainspotting and Trauma trainer in Spain, Italy, Slovenia, Romania, Austria, Brazil, and Ecuador. He is also a director and trainer of the Professional Development Seminar on Trauma Integration and Reprocessing ('Aleceia' Method) of Alecés Institute of Integrative Psychotherapy. He was a former board member of the International Integrative

Psychotherapy Association, chair of the Standards Committee, and the Spanish delegate in the European Association of Transactional Analysis. He is currently the president of Spanish Brainspotting.

Mario C. Salvador is an International lecturer and the author of the book *Beyond the Self; finding our true nature in the healing of trauma*, coauthor of *The Power of Brainspotting*, coauthor of other books in the German language, author of several articles about the integration of neuroscience in trauma treatment in Spanish and in the International Journal of Integrative Psychotherapy.

MORE INFORMATION

info@brainspotting.si

Tamara Trobentar (content related questions): +386 70 832 407

Maša Vozlič (organizational questions): +386 41 971 148

Basic Readings

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Salvador, M. C. (2018). *Beyond the Self. Healing Emotional Trauma and Brainspotting*. Eleftheria, Barcelona.

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