



ASOCIACIONI KOSOVAR I PSIKOTERAPISË TRUPORE / QENDRA INTEGRATIVE TRUP-MENDJE  
KOSOVO BODY PSYCHOTHERAPY ASSOCIATION / INTEGRATIVE BODY-MIND CENTER

**NOKTA**

# Traumatic path through life experiences and how to cultivate a joyful life after trauma

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# What is Trauma ?

- Trauma – injury or to punch
- Trauma is *not what was happened*, but ***what the body is telling***
- Trauma is the *body's reaction to an event where the content of the event has an impact on the entire nervous system and to the entire human organism.*
- The events experienced and memorized in the **cortex** cause many changes in the dysfunction of **physical, mental, emotional, social** and **spiritual concepts.**

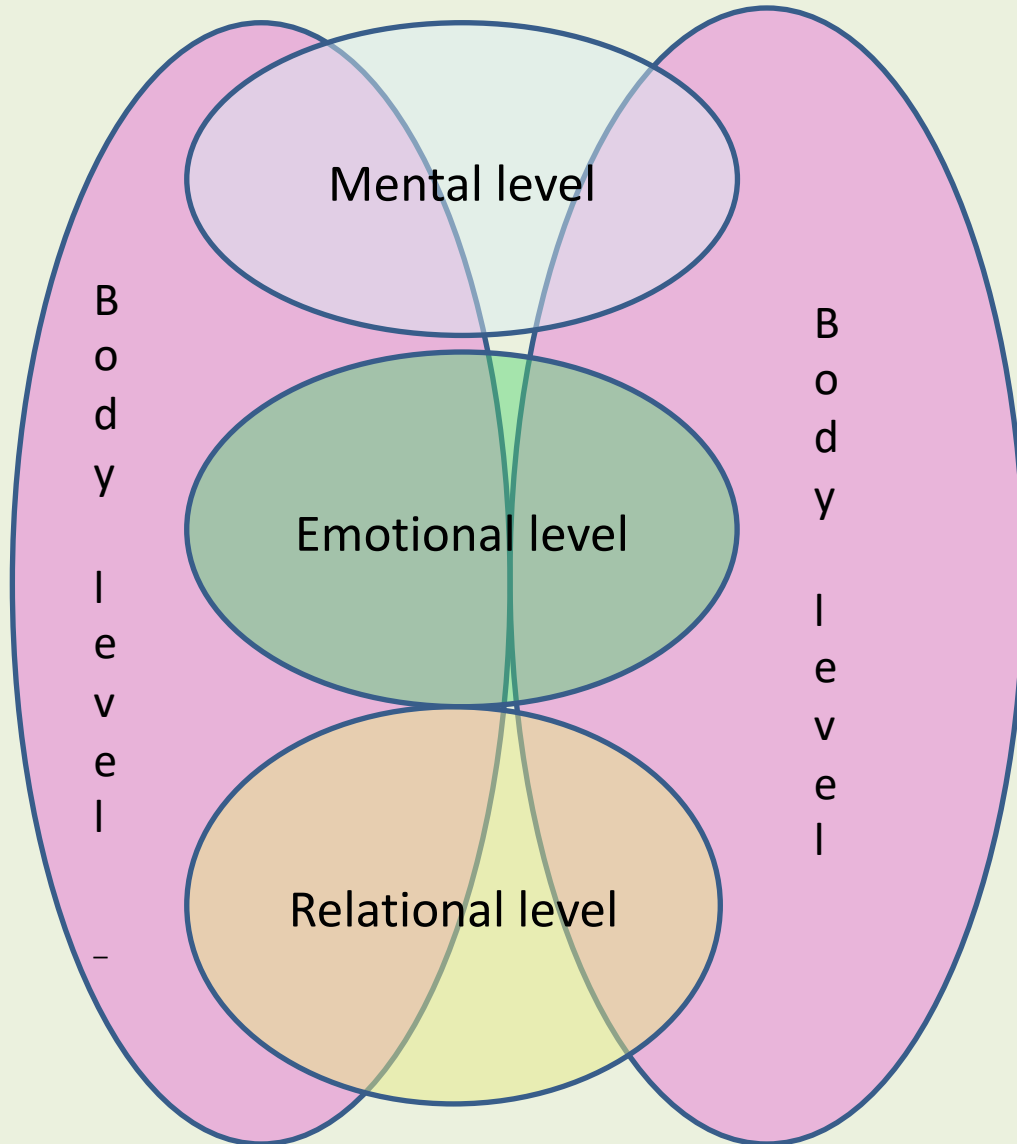
# Definition of trauma

- **Definition:** *trauma is an experience processed after an experienced event that has an impact on the central nervous system and the reactions of the central nervous system are influencing in the entire human body, which brakes the homeostasis in human organism.*
- So, to understand how to deal with trauma means ***shifting the past experiences into reactions to what is happening in our body.***

**Keep in your mind: TRAUMA IS NOT IN THE LIFE  
EVENT, BUT IN THE NERVOUS SYSTEM.**

- The choice of the Nervous System is not mental, but biological.
- When we can change what is happening in the body, the body starts sending different messages to the brain.
- And so the brain starts telling a different story.

# Integrative Body-Mind Psychotherapy working with trauma (E. Cesko,2013)



- **Four aspects of dealing with trauma**


1. Body as a whole ingredients of organism; organs, muscles, joints, nerves and energy
2. Emotions and feelings in a bonding system as embodiment reaction
3. Socio-relational patterns how human being is behaving as psychodynamic entity
4. Mental concepts including the spirituality by creating the philosophy of life and finding the meaning about it.

Body is not as an object of awareness but as aspect of awareness.

Body as a complex category is subsystem of our organism's capacity to bond four aspects as system of communication and giving the meaning.

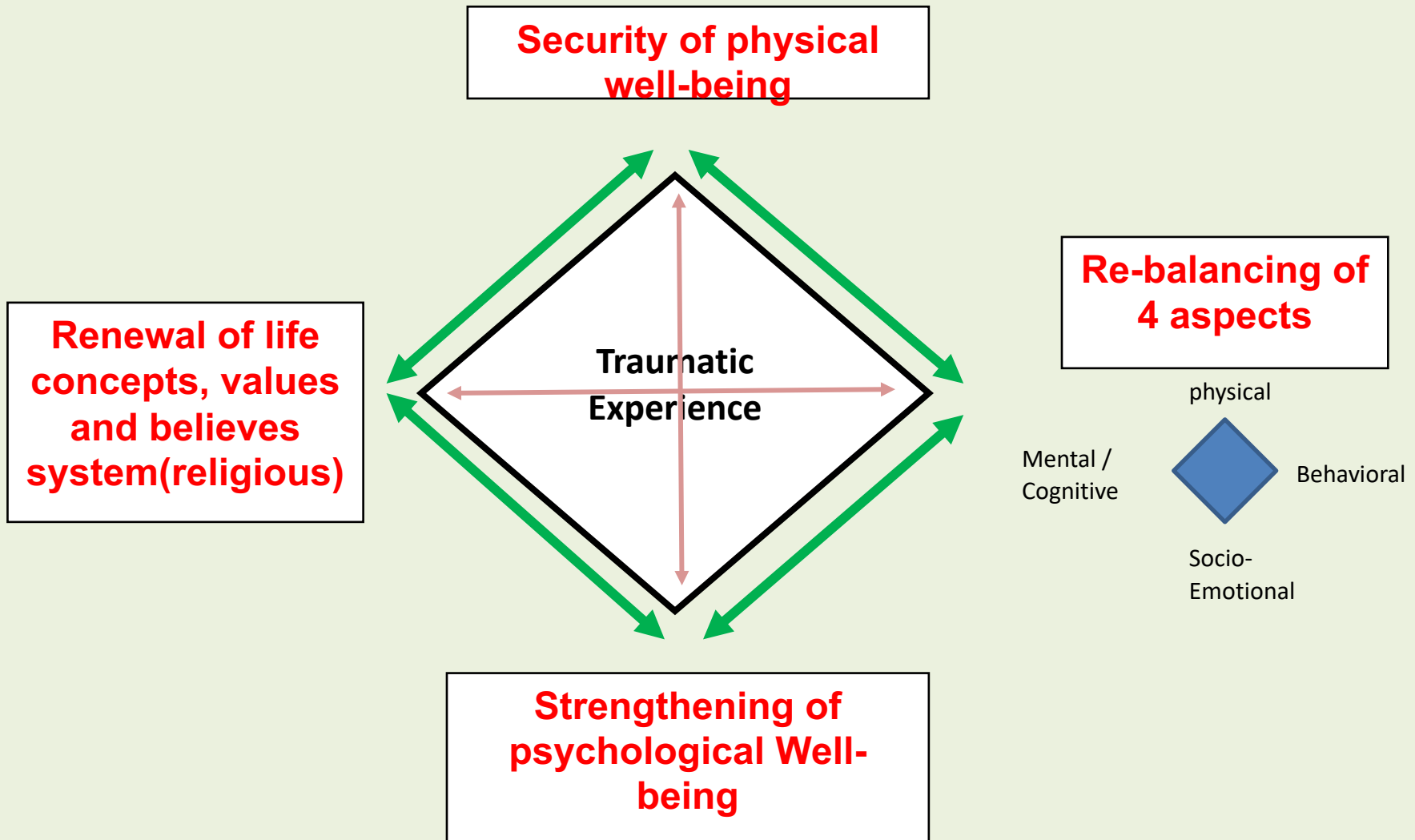
# Psychodynamic Approach on Trauma

- Trauma is not disappear by itself
- Trauma is recovering from the memorization of traumatic experiences, by focusing on body work reactions
- Making the **safety environment**, **returning into the daily life activities**, **enjoying the pleasant time** and bring the **well-being into the center of attention**.

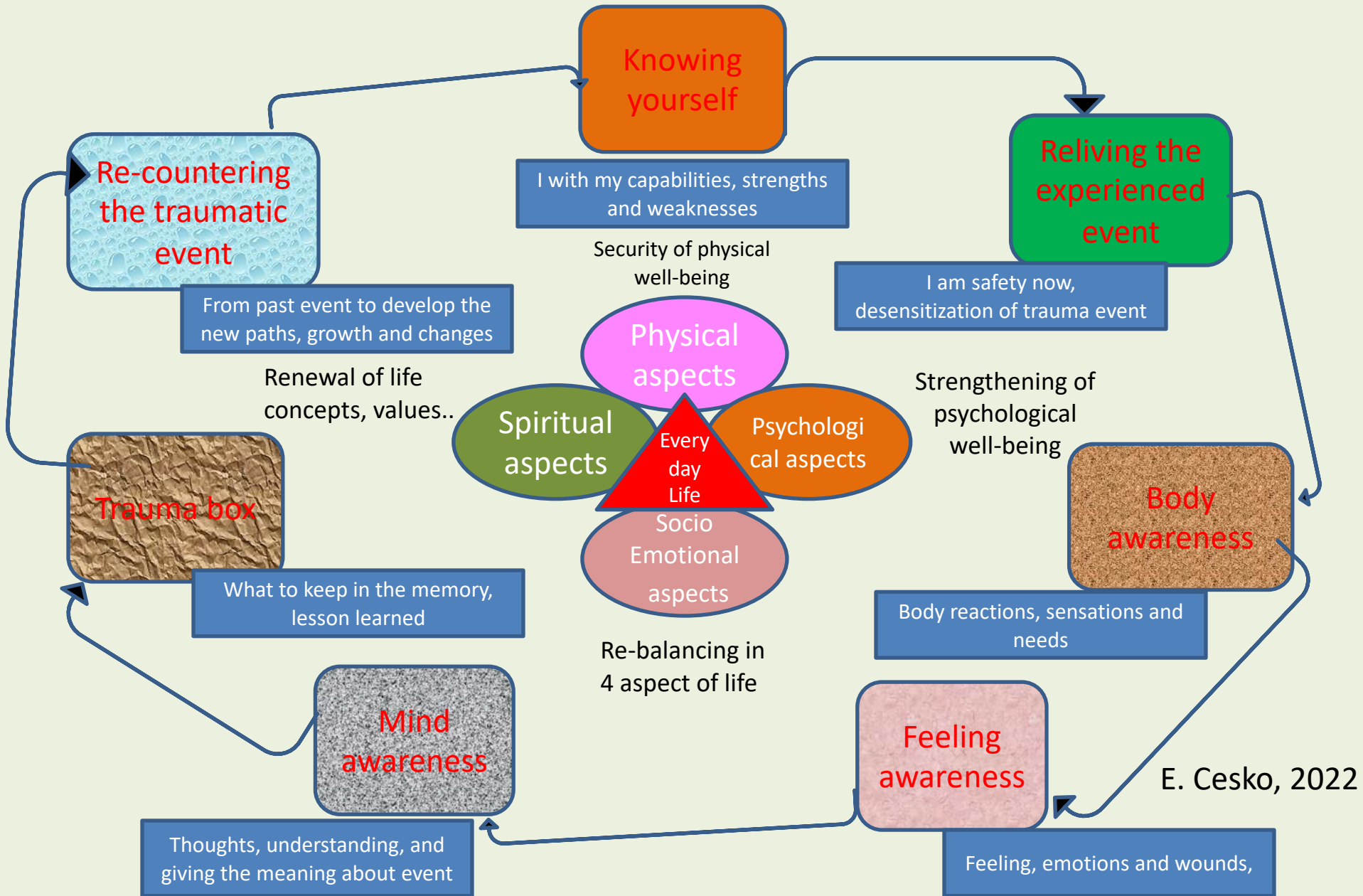


**If You Want Something  
You've Never Had,  
You Have To Do Something  
You've Never Done**

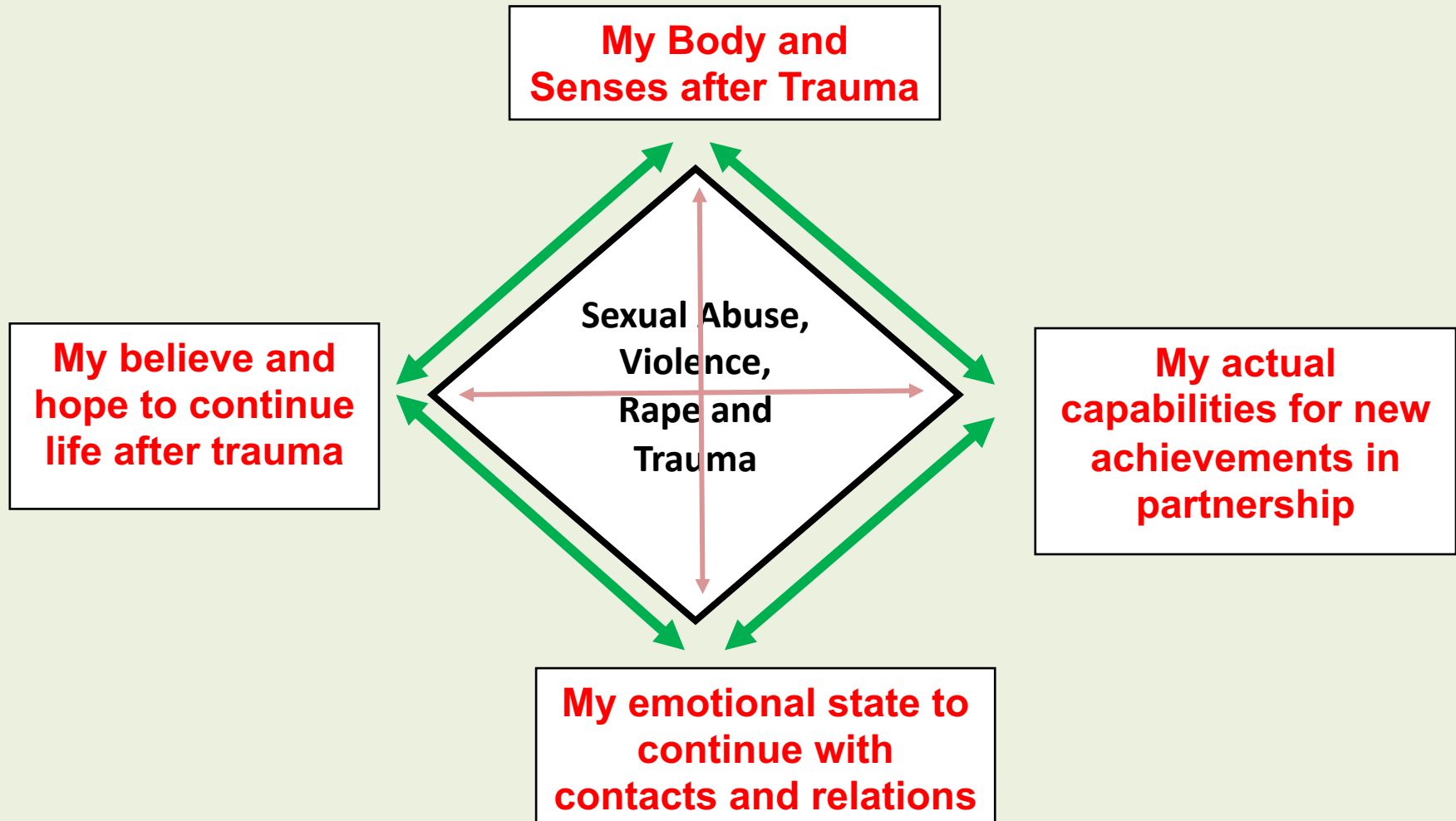
# Four elements needs in recovering from traumatic experience



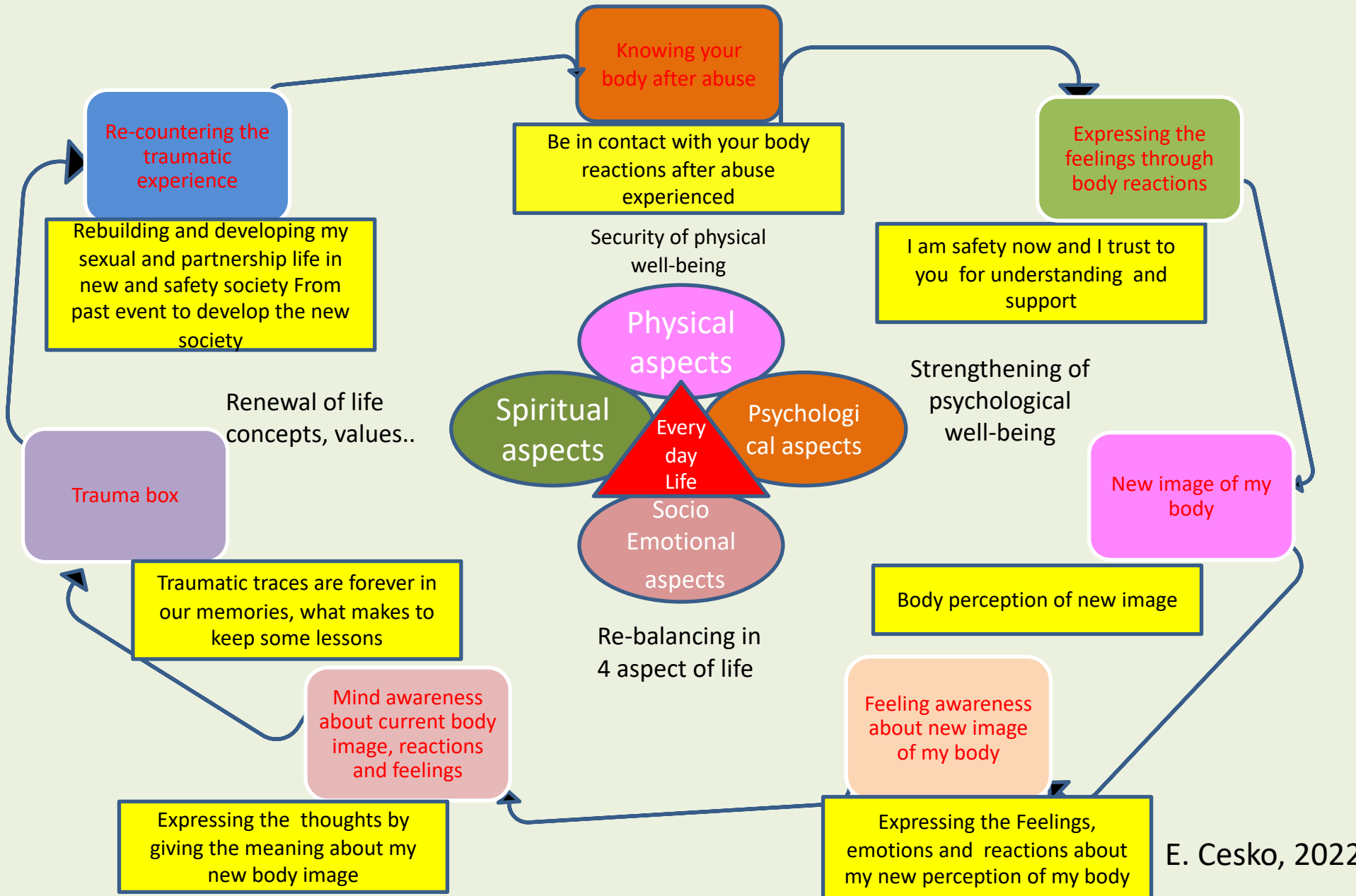
# Steps in trauma treatment



# Four aspects in dealing with sexual trauma



# Steps in treatment of sexual trauma



# How to cultivate a joyful life after trauma?

- Holistic approach
- Positive interpretation
- “solution cultural focus”
- Conflict understanding solution

*If you would feed someone with fish you would be helpful for him at once! If you would teach him how to catch the fish he would be able to feed himself always.*



**TAKE**  
what you  
**NEED.**

LOVE.

FAITH.  
STRENGTH.

BEAUTY.

COURAGE.

FREEDOM.

PASSION.

INSPIRATION.

# Humanistic Image of Family

- Family is the unique culture;
- Family is the model for different capacities;
  - **Parents** – give the models, concepts of Capacity “To Love” (conditional -unconditional love)
  - **Partners** – give the interchange of different capacities widening of Parent’s model (penetration of cultures)



□ **Children** – the result of parents level Capacity “To Love”

# Family Positive Psychotherapy

Family therapy is a harmonization process on systemic level, which leads for Balance of the Capacities in Family System!

- Family is the micro-community which help us to develop the capacities:



Different capacities make the conflict and need to be mediate for future Balance of Family System!

- Common capacities are the resource for therapy.

# The Transcultural Approach in Family Therapy

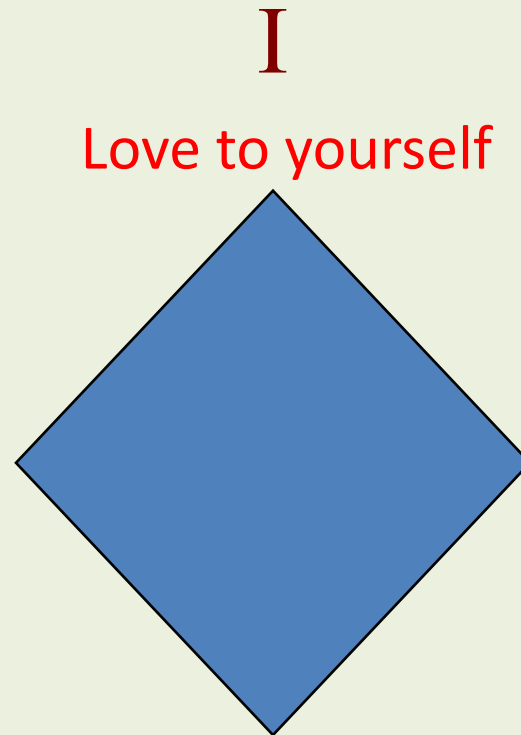
- What do you and your partner have in **common**?
- What are your **resources**?
  - How do you **differ**?
- How you can be **useful** to each other?
- What can you do **together**?
- **What for** do you have these **differences**?



# Four dimensions of relationship in Model dimension with Capacity “To Love”



**Primary-we**  
Love to humanity



**I**  
Love to yourself

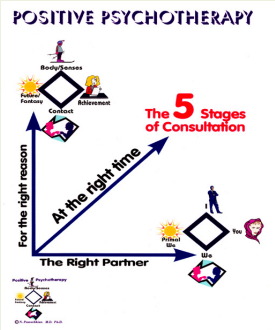


**You**  
Love to the partner

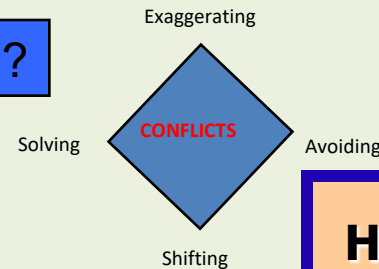


**We**  
Love to other people

# Psychodynamic and Holistic Approach to cultivate a joyful life



<u>Primary Capacities</u>	<u>Secondary Capacities</u>
time	punctuality
patience	cleanliness
contact	orderliness
love/acceptance	obedience
sexuality/tenderness	courtesy/politeness
trust	honesty/candor
confidence	faithfulness
doubt	justice
hope	diligence/achievement
faith	thrift
modeling	reliability/precision



The new balance and new goals for healthy life

**Healthy development**  
Salutogenetic approach

**Psychodynamic changes and differences**

Finding the meaning of life, lessons learned

Finding the new Opportunities, plans for future, key conflict

**Challenges and actions**

Motivation and encouragement  
Self acceptance

**Social support and using the oneself resources**

**Understanding oneself**

Being aware about conflicts/complains

**Finding out individual capacities and resources**

**Knowing oneself**

Self perception, symptoms and senses

**Finding out the functions and reasons through the life events**

Biological factors

- Disorders
- Pains
- Tissue damages
- Sleep disorders

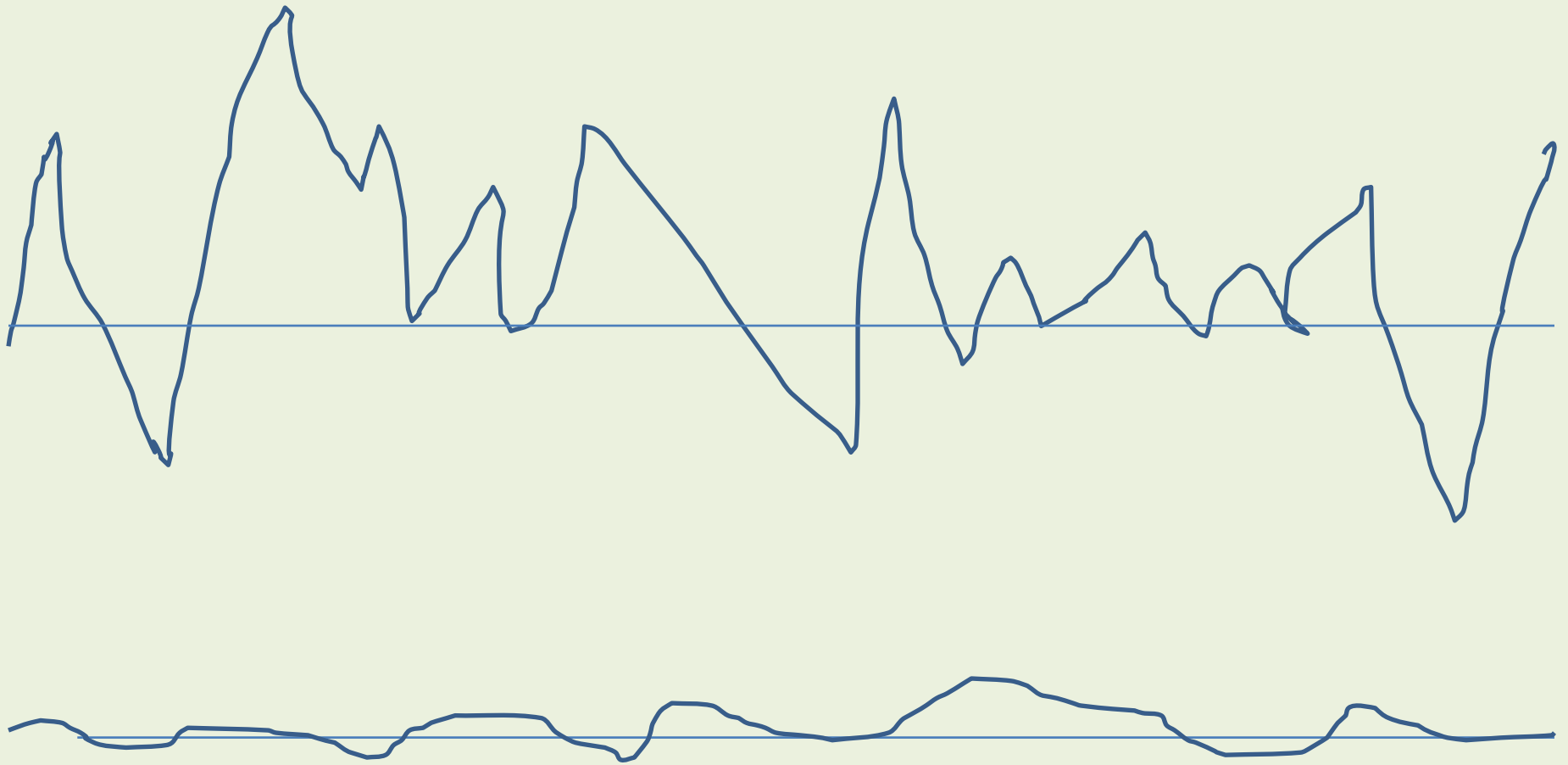
Psychological factors

- Emotional distress
- Psychological care
- Psychological stability

Social factors

- interpersonal relationships
- Transcultural influences
- Environmental impacts

**We cannot give days to our life, but we can give life to our days.**



*Destiny is not a matter of chance, it is a matter of choice.*

— **William Jennings Bryan**

*"Change is what makes life exciting, daring, different, inspired. Stop fighting it.*

*Embrace it!"*

- **Connie Podesta**



**Questions or Comments ????**

**THANK YOU FOR YOUR ATTENTION?**

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