

Training and Registration Information

Dates

2008: November 14-16, December 12-14.

2009: January 9-11, February 6-8, March 6-8, and April 3-5.

Times

Fridays 4:00pm—7:00pm, Saturdays 9:00am—6:00pm and
Sundays 9:00am to 5:00pm.

Location

Florida School of Massage
6421 SW 13th St.
Gainesville, FL 32608

Tuition

\$2000. Please apply early, space is limited. 5% discount if application and deposit are received by 9/16/08. Deposit due upon acceptance to program to hold your place in the training. 5% discount if paid in full by 10/16/08. Checks, MC and Visa accepted. Installment Payment Plans available. In the event minimum enrollment is not met, SPI reserves the right to postpone or cancel a training. \$150 cancellation fee if student withdraws less than 3 days prior to the start of the training. A partial refund is offered for those who cancel within the first 2/3 of the training.

Application Requirements

Students are expected to have prior bodywork training, as this course is an adjunct training and not a substitute for bodywork training. The interventions taught are meant to be readily integrated with existing bodywork skills. To enroll, the SPI office must receive a written or emailed application accompanied by a \$25 (non-refundable) registration fee no later than two weeks prior to the start of the training.

ADA: If you have special needs, please contact 303-447-3290.

CEU's: 108 Florida

Contact

For training updates, questions, to request an application, or to arrange a Payment Plan, please contact the SPI Office.
Phone: 303-447-3290
Email: office@sensorimotor.org

Local Contact

Michael Broas, LMT: 352-466-1200 or Email:
Mikel1998@aol.com

Sensorimotor Psychotherapy Institute
P. O. Box 19438
Boulder, CO 80308



Visit our website at:
www.sensorimotorpsychotherapy.org



Sensorimotor
Psychotherapy
Institute

Presents:

The Body as Resource:
Healing Trauma
And Character Strategies

*A Training Designed
For Body Therapists*

Gainesville, FL
November 2008-April, 2009

Sensorimotor Psychotherapy Body Therapists Training

This course is designed for body therapists from such modalities as massage, rolfing, structural integration, physical and occupational therapists, etc., as well as yoga and other movement instructors.

Information, maps and skills that are crucial to understanding the psychological and physical effects of developmental and trauma issues, the impact of these issues on the relationship between therapist and client, and the effectiveness of bodywork sessions in dealing with these issues.

The curriculum is taught both didactically and experientially through the use of exercises, lectures, table and floor practice, workbook and reading assignments, discussions, and practical application.

In a safe and supportive group environment students will have the opportunity to explore their own personal issues through the study of character strategies and trauma.

Sensorimotor Psychotherapy™ Institute

The Sensorimotor Psychotherapy Institute (SPI) is an educational organization dedicated to the study and teaching of a body oriented approach to clinical psychotherapy practice. Sensorimotor Psychotherapy™ integrates both cognitive and somatic methods in the treatment of trauma, attachment, and developmental issues. The courses taught by SPI are based on principles of mindfulness and body/mind/spirit holism and informed by contemporary research in neuroscience, attachment theory, trauma and related fields. SPI offers this training for body therapists interested in exploring the SPI approach to developing physical resources for healing the effects of trauma and developmental wounding.

Teaching Methods include: Lectures, discussion, demonstrations, supervision, exercises, practice clients, workbook assignments, and reading assignments from the Sensorimotor Psychotherapy training manual and other sources.

Curriculum

This training includes the following topics:

- Somatic Resources for Trauma Survivors
- Somatic Resources to Mitigate Developmental Issues.
- Traumatic and Developmental Injuries
- Recognizing Signs of Trauma and/or Developmental Issues.
- Sensorimotor Sequencing
- Modulation Model
- Developing Resources (Cognitive, Emotional, Spiritual, etc.)
- Contact Skills for Bodyworkers
- Developmental and Traumatic Transference and Countertransference
- Retraumatization and How to Prevent It
- Boundaries and Bodywork
- Trauma and the Therapeutic Relationship
- Dissociation from the Body
- Bodywork, the Hakomi Principles, and the Therapeutic Relationship
- Bodyreading

Learning Objectives

1. Physical resources that help to heal the after effects of trauma, such as: fear, anxiety/panic, dissociation, pain and feelings of helplessness.
2. Somatic resources that strengthen resiliency in the wake of traumatic world events (i.e. terrorism and war).
3. Specific somatic interventions for particular kinds of trauma, such as: sexual abuse, accidents (i.e. car, falls, sports), war, natural disasters, etc.
4. Identify character strategies through body reading and how to implement the missing body resources.
5. How to create a safe and trusting therapeutic relationship by utilizing therapeutic principles, tracking and contact skills, contracts with clients, boundary work, transference and countertransference.
6. Understanding scope of practice as a bodyworker.
7. How to work collaboratively with referrals from allied professionals.

Instructor



Michael Broas, LMT is an instructor at the Florida School of Massage, in Gainesville, Florida. He teaches Foundations of Bodywork and Swedish Massage, Polarity Therapy, Communication Skills and Elderly Massage, and is also available for one on one counseling with the students. Michael has advanced training in Visionary Craniosacral Therapy, Polarity Therapy and Gestalt Therapeutic Communications. He completed the Sensorimotor Psychotherapy Institute's Bodyworker training in 2003 and has since joined the adjunct staff at SPI. Michael also maintains a private practice in the FSM professional clinic, in which he enjoys bringing the deeper aspects of stillness and energy work. Michael is fascinated by the interplay of mind/body/spirit in all individual expression and is committed to the process of awakening.

Other SPI trainers may teach in this training.

“The SPI training provided me with invaluable tools that I immediately integrated into my practice and personal life. This work is effective, empowering and practical. The training gave me an awareness of the root causes of issues rather than the manifesting symptoms.”

—Vincent A. Cambrea, LMT, CHEK III

“This course is a must for any therapist who truly wants to help their clients resolve the issues that keep them from healing.”

—Robyn Walpert, Physical Therapist

"My SPI training was a profound experience, leading to enormous personal and professional growth. It greatly deepened my practice of mindfulness and compassionate awareness in my relationship with others and with myself. I am a much better person for it."

—Robin Wells, Yoga Instructor

Continuing Education

Sensorimotor Psychotherapy Institute is an approved provider for continuing education units with the Florida Board of Massage Therapy.