



**Training Program in Affect Regulation, Attachment, and Trauma**  
Level I: Training in Affect Dysregulation, Survival Defenses, and Traumatic Memory

**Course Learning Objectives**  
4 Module Format

**Module 1:** Introduction to Sensorimotor Psychotherapy

1. Describe effects of trauma on autonomic arousal and on the body
2. Describe bottom-up vs. top-down experience
3. Track somatic indicators of unresolved trauma
4. Utilize mindfulness techniques
5. Utilize contact statements for increasing mindfulness and attunement
6. Describe two types of self-regulation
7. Identify the core organizers of experience
8. Define 'phase-oriented treatment'
9. Describe the stages of the process of a session
10. Utilize mindful accessing questions and statements

**Module 2:** Somatic Resources for Stabilization

1. Describe purpose of "resourcing" in trauma treatment
2. Demonstrate somatic resources of grounding, centering, containing, and alignment
3. Embodiment experiences of mastery
4. Describe the orienting response
5. Describe active defenses versus passive
6. Discuss how orienting and defensive responses are affected by traumatic experience
7. Identify somatic markers of truncated or incomplete defensive responses
8. Describe sensorimotor interventions to reorganize defensive responses
9. Define trauma-related boundary styles
10. Utilize boundary skills in treatment

**Module 3:** Memory Processing: Sensorimotor Sequencing

1. Define voluntary, involuntary, preparatory and micro-movement
2. Define state-specific processing
3. Describe how dysregulated autonomic arousal affects processing of traumatic memory
4. Define 'sensorimotor sequencing'
5. Describe how autonomic arousal can be regulated during sequencing
6. Discuss the use of "framing" in memory processing
7. Identify differences between involuntary and voluntary reorganization of defensive responses
8. Describe the role of memory processing in facilitating "acts of triumph"
9. Identify trauma-related retractions of consciousness
10. Describe Structural Dissociation model

**Module 4:** Integration and Resolution

1. Identify the goals of Phase III trauma treatment
2. Describe differences between authentic and habitual emotional expression
3. Describe cognitive processing in sensorimotor psychotherapy
4. Identify how to use the technique of 'stitching' to work with the organization of experience
5. Discuss the role of and potential pitfalls of using touch in psychotherapies for trauma
6. Describe the phobia of pleasure and techniques with which to address it
7. Identify attachment patterns associated with early traumatic experience
8. Describe how attachment patterns affect both self-regulation and body structure

9. Identify characteristic cognitive schemas related to the different attachment styles
10. Differentiate treatment of developmental issues vs. traumatic responses