



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

Course Learning Objectives
6 Module Format

Module 1: Introduction to Sensorimotor Psychotherapy

1. Explain how working with the body is important in the treatment of trauma
2. Describe the “Window of Tolerance” graph
3. Describe bottom-up vs. top-down experience
4. Utilize mindfulness techniques
5. Track somatic indicators of unresolved trauma
6. Apply contact statements for increasing mindfulness and attunement
7. Describe Sensorimotor Psychotherapy’s foundational principles.

Module 2: Core Sensorimotor Skills

1. Identify the core organizers of experience
2. Describe the stages of the process of a therapy session
3. Describe the container stage of a session
4. Describe the technique of framing an access route
5. Demonstrate interventions to access the body
6. Utilize mindful questions and directives
7. Define phase-oriented treatment
8. Discuss use of psychoeducation in treatment

Module 3: Somatic Resources for Stabilization

1. Describe goals of Phase One treatment
2. Define survival vs. creative resources
3. Analyze categories of resources
4. Describe purpose of “resourcing” in treatment
5. Demonstrate somatic resources of grounding, centering, containing, and alignment
6. Describe how to embody peritraumatic resources
7. Apply skills for the transformation and integration stages of a session

Module 4: Orienting and Defensive Responses

1. Define voluntary, involuntary, preparatory and micro-movement
2. Define orienting and defensive responses
3. Identify somatic indicators of truncated or incomplete orienting and defensive responses
4. Describe sensorimotor interventions to reorganize defensive responses
5. Identify ways of developing healthy boundaries
6. Identify trauma-related retractions of consciousness
7. Describe risks and benefits of therapeutic use of touch

Module 5: Memory Processing: Sensorimotor Sequencing

1. Define goals of Phase Two treatment.
2. Describe the Structural Dissociation model
3. Define state-specific processing
4. Explain ‘sensorimotor sequencing’
5. Define ‘framing’ the moment
6. Describe how autonomic arousal is regulated during sensorimotor sequencing
7. Identify differences between involuntary and voluntary reorganization of defensive responses

Module 6: Integration and Resolution

1. Describe primary vs. secondary emotion
2. Identify cognitive effects of trauma vs. cognition as a resource
3. Discuss sensorimotor approaches to working with emotion and cognition
4. Explain the concept of working at the edges of the Window of Tolerance
5. Describe the phobia of pleasure and techniques with which to address it
6. Identify the therapeutic tasks of Phase Three Trauma Treatment
7. Discuss the differences between trauma, relational trauma, and suboptimal attachment experience