Sensorimotor Psychotherapy® Institute Presents:

Advanced Training in Complex Trauma and Dissociation

About

Sensorimotor Psychotherapy™ techniques are uniquely suited for clients with complex symptoms and disorders. Clients with complex trauma and borderline personality disorder benefit from the emphasis on mindfulness and present day focus, while dissociative disorder clients benefit from working with the body, which is a shared whole for all parts.

Sensorimotor Psychotherapy™ techniques can be adapted to suit more complex clients who may be body-phobic or have difficulty with movement and action. In this 50-contact-hour Training, participants are taught how to slow down the pace, work with ‘slivers’ of information, combine body and parts work, increase the amount of repetition and practice, which all contribute to expanding the client’s Window of Tolerance. In addition, the basic skills from the Level I Training will be reviewed through intensive skills practice to increase mastery of Sensorimotor Psychotherapy™ skills and prepare participants for Level II and Level III.

Participants are Taught:

• The challenges in treatment of complex trauma and dissociative disorder clients:
  • Dysregulated autonomic arousal; impulsive and unsafe behavior; difficulty connecting to emotions and the body; dissociative compartmentalization; difficulty sustaining dual awareness; hypoactive and hyperactive defenses
  • Ways to address barriers to affective treatment:
    • Increasing capacity for mindfulness and top-down regulating; working with the body with body-phobic clients
  • How to help clients overcome traumatic reactions through the practice of new actions:
    • Titrating interventions for dysregulated clients; facilitating neuroplasticity through repetition and practice; resolving inner conflicts that impeded healthy boundaries and defenses
  • Techniques for working with memory with dysregulated clients:
    • Reorganizing orienting and defensive responses with dissociative clients; helping dysregulated clients sustain dual awareness; processing present experience and implicit memory
  • How to become a neurobiological regulator:
    • Somatic countertransference; attunement and contact with fragmented individuals; interarcrice regulatory techniques

Underpinning Theory

“Sensorimotor Psychotherapy blends theory and technique from cognitive and dynamic therapy with straightforward somatic awareness and movement interventions... that promote empowerment and competency.”

- Dan Siegel, MD, clinical professor of psychiatry at the UCLA School of Medicine

Founded by Dr. Pat Ogden, Sensorimotor Psychotherapy™ is a method of somatic psychology informed by interpersonal neurobiology, neuroscience, and research in trauma and attachment. Sensorimotor Psychotherapy™ approaches the body as central in the therapeutic field of awareness and builds upon the body-oriented interventions common to other somatic approaches with unique observational skills, theories, and interventions within a phase-oriented treatment model.

New Publication: Sensorimotor Psychotherapy

“Sensorimotor Psychotherapy [by Pat Ogden, PhD, & Janina Fisher, PhD] is a landmark book in the history of body psychotherapy and effectively provides the bridge between traditional psychotherapy and body-oriented therapies... We learn that even when the spoken word fails the body dynamically communicates in a complex social world through gestures, postures, facial expressions, and vocalizations. Sensorimotor Psychotherapy equips the reader, whether clinician or client, with the tools necessary to link the intuitions of the body and the words of the personal narrative.”

—Stephen Porges, PhD, Professor, Department of Psychiatry, UNC, Chapel Hill, North Carolina; author of The Polyvagal Theory

sensorimotor.org

Sensorimotor Psychotherapy Institute
Professional Training in Somatic Psychology
ADVANCED TRAINING IN
Complex Trauma and Dissociation

LONDON, UK
START DATE
17 April 2016

EARLY APPLICATION DISCOUNT DEADLINE
4 December 2015
www.sensorimotor.org

Course Structure
The Training in Complex Trauma and Dissociation consists of approximately 50 contact hours divided into 2 to 4 multi-day modules, for a total of 8 days. Modules are non-sequential and typically spaced 6-8 weeks apart; trainings typically complete within 3-6 months.

Visit www.sensorimotor.org for exact dates and times.

Prerequisites
- Successful completion of the Level I Training
- Recommendation of Level I Trainer(s)

Contact
admissions@sensorimotor.org
(303) 447-3290

Trainer
Janina Fisher, PhD, is the Assistant Educational Director of SPI, an EMDR Approved Consultant, instructor at the Trauma Center, and provides training in trauma-informed care to psychiatric hospitals, addictions recovery centers, and residential programs. Dr. Fisher is past president of the N.E. Society for the Treatment of Trauma and Dissociation and former instructor at Harvard Medical School. The author of numerous articles on trauma treatment, Dr. Fisher lectures internationally on the integration of neuroscience research into clinical practice. For more information visit www.janinafisher.com.

Tuition Information

Tuition: £1850 GPB  Minimum Deposit: £300
Payment Plans: Interest-free monthly payment plans available.
One time fee applies: £65

Discounts:
- Early application; 5%
- Unaffiliated groups of 3-5; 5%
- Unaffiliated groups of 6 or more; 10%
- Affiliated groups of 10 or more employees from the same organization; 20%
- Current graduate (Master’s level) students; 5%

Financial Aid: Limited partial scholarships available for full time employees of non-profit or charity organizations, prior learning experience, and travel. Limited partial work study awards available. Receipt of scholarship negates any additional financial aid or discounts, except for the early application discount and the ability to secure a payment plan.

For More Information or to Apply
www.sensorimotor.org

Sensorimotor Psychotherapy Institute® (SPI), is a professional educational organization that designs and provides the highest-level trainings and services to serve a global network of mental health practitioners. Seeking to enhance human relationships, our paradigm is substantiated by interpersonal neurobiology and impelled by mindfulness applied in interactive contexts.