Traditional psychotherapy addresses the cognitive and emotional elements of trauma but lacks techniques that work directly with the physiological elements, despite the fact that trauma profoundly affects the body and that so many symptoms of traumatized individuals are somatically driven, including affect intolerance, autonomic reactivity, vegetative depressive symptoms, impulsivity, and anxiety. All of these clinical issues are inaccessible or difficult to treat in a talking therapy context without a way to include the bodily symptoms in treatment.

The Sensorimotor Psychotherapy® Level I Training presents simple, body-oriented interventions for tracking, naming, and safely exploring trauma-related, somatic activation, creating new competencies and restoring a somatic sense of self. Students will learn effective, accessible interventions for identifying and working with disruptive somatic patterns, disturbed cognitive and emotional processing, and the fragmented sense of self experienced by so many traumatized individuals. Techniques are taught within a phase-oriented treatment approach, focusing first on stabilization and symptom reduction. Sensorimotor Psychotherapy® can be easily and effectively integrated into psychodynamic, cognitive-behavioral, and EMDR-focused treatments.

### Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Module</th>
<th>Location</th>
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<tr>
<td>1.) 12-14 April 2013</td>
<td>1.</td>
<td>London, UK</td>
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<td>2.) 5-7 July 2013</td>
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<td>3.) 6-8 September 2013</td>
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<td>4.) November 15-17 2013</td>
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<td>(12 days spread over 4 modules)</td>
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### Times

- **Fridays**: 9:30am-5:30pm
- **Saturdays**: 9:00am-5:30pm
- **Sundays**: 9:00am-5:00pm
- **(80 contact hours)**

### Tuition

- £2300 plus a £500 deposit (online application required to provisionally secure seat).

### Discounts

- 5% if payment made in full by **11 April 2013**.
- Tiered (5-15%) for groups of 3 or more (contact Bursar for more info).
- Discounts may be combined for a maximum of 15% off

### Financial Aid

- Limited scholarships for full time non-profit, charity or local government employees.
- Travel discounts also available.
- Contact the SPI Bursar at bursar@sensorimotor.org (303)447-3290 ext. 2 for more information.

### Contact

- **Janina Fisher, Ph.D.**, is a licensed Clinical Psychologist and a faculty member of the Sensorimotor Psychotherapy® Institute. She is a former instructor at the Trauma Center in Boston. She is also past president of the N.E. Society for the Treatment of Trauma and Dissociation, an EMDR Consultant, and a former Instructor, Harvard Medical School. Dr. Fisher is the author of a number of articles on trauma treatment and lectures nationally and internationally. For more information about Dr. Fisher, see [www.janinafisher.com](http://www.janinafisher.com).

- **Kekuni Minton, Ph.D.**, is a founding trainer of SPI, co-author of *Trauma and the Body: A Sensorimotor Approach to Psychotherapy* with Dr. Pat Ogden, EMDR practitioner, and was a faculty member at Naropa University for 11 years. His doctoral thesis in clinical psychology focused on somatic relational therapy and he has special interests in meditation and cultural trauma. Dr. Minton was the resident psychologist at the Boulder County AIDS Project for 3 years, and trains internationally for SPI in the United States, France, Italy, London, Finland, and Spain.

### CPD

Approved by the British Psychological Society Learning Centre for the purposes of Continuing Professional Development (CPD).
Introduction to Sensorimotor Psychotherapy®
The foundational theoretical principles of Sensorimotor Psychotherapy®, the importance of the body in trauma treatment, and beginning skills of tracking the body, describing, and naming sensorimotor experience in the form of a contact "statement".

Core Sensorimotor Skills
Accessing questions and interventions to analyze building blocks of each present moment, mindful questions and directives, and the guidelines of phase-oriented treatment.

Somatic Resources for Stabilization
The role of the body in meeting the Phase One goals of stabilization and symptom reduction, and analysis of survival and creative resources to identify missing somatic resources and employ interventions to help clients develop new resources.

Orienting and Defensive Responses
Interventions to reinstate effective orienting and defensive responses truncated in the wake of trauma, methods for helping clients develop healthy boundaries that are capable of assuring their safety, the potentially therapeutic use of touch and its pitfalls.

Memory Processing: Sensorimotor Sequencing
Somatic approaches to work with dysregulated arousal and overcome the fear of traumatic memory and interventions to process and integrate memories.

Integration and Resolution
Working with primary and secondary emotion, the cognitive effects of trauma, working at the edges of the Window of Tolerance, themes of self-development, adaption to normal life, and relationships in Phase Three work.

Level I: Affect Dysregulation, Survival Defenses, and Traumatic Memory
Curriculum | 80 contact hours

For more information or to register for a Training or Workshop, please visit our website:
www.sensorimotor.org

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