Sensorimotor Psychotherapy Institute® Presents:

Trauma and the Body: The Theory and Practice of Sensorimotor Psychotherapy

Los Angeles, CA
October 28, 2016

Abstract

This workshop is designed for psychotherapists, social workers, psychologists, psychiatrists, and allied mental health professionals who want to learn about somatic approaches to the treatment of trauma and attachment-related/developmental trauma.

Sensorimotor Psychotherapy integrates cognitive and somatic interventions in the treatment of trauma and attachment-related/developmental trauma, emphasizing body awareness, practicing new actions and building somatic resources. This approach will be demonstrated through videotaped excerpts of sessions with adults and children so that the audience can observe nuances of movement and watch how the body changes during therapy with real-life issues. With an emphasis on Sensorimotor Psychotherapy's "embedded relational mindfulness," key components of this approach will be illustrated: how to track and make contact with the body; uncoupling trauma-based emotions from body sensations; promoting collaboration between client and therapist; building somatic resources; uncovering limiting beliefs; and developing a somatic sense of self.

“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

Participants will be able to:

1. Describe procedural learning and its relevance to trauma and attachment-related/developmental trauma treatment.
2. Discuss the role of the body in the treatment of trauma and attachment-related/developmental trauma.
3. Explain how physical action can be used to help patients feel empowered and decrease the symptoms of PTSD.
4. Describe the importance of mindfulness in trauma therapy.

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Details

Date(s): October 28, 2016
Times: 9:00am-4:00pm
Location: Mulholland Tennis Club
2555 Crest View Dr.
Los Angeles, CA 90046
Tuition: $165
Contact: SPI Student Services,
studentservices@sensorimotor.org
Local Contact: Bonnie Goldstein, Ph.D,
drbonniegoldstein@gmail.com

Sensorimotor Psychotherapy is conducted within a phase-oriented treatment approach and this presentation will address interventions for all three phases: stabilization and symptom reduction, work with traumatic memory, and re-integration.

Available Discounts:
- 5% early registration discount if payment received by 09/30/2016
- 10% Groups of 3 or more discount
- 15% for Current SPI Students and Alumni
- Contact Financial Aid Services Coordinator at Stephanie.miller@sensorimotor.org, or (303) 447-3290 (ext. 2)
The Training Program

The body’s intelligence is a largely untapped resource in psychotherapy. Few educational programs in clinical psychology or counseling emphasize how to draw on the wisdom of the body to support therapeutic change, leaving therapists mostly dependent on the verbal narrative. Sensorimotor Psychotherapy Institute® offers a Training Program in Affect Regulation, Attachment, and Trauma for allied mental health professionals to build skills in Sensorimotor PsychotherapySM.

The Level I Training, first of three in SPI’s Training Program, provides participants with foundational Sensorimotor PsychotherapySM skills that can be used to explore the somatic narrative that is arguably more significant than the story told by the words. By tapping into somatic expressions participants can illuminate implicit processes that shape the brain and body and communicate meaning that not only influences the manner in which content is formed and expressed, but may also essentially determine the content itself.

A Contemporary Method

Modern research confirms that language, verbal meaning-making, and verbal exchange with others affect implicit processes, and vice versa. The multifaceted language of the body depicts a lifetime of joys, sorrows, and challenges, revealed in patterns of tension, movement, gesture, posture, breath, rhythm, prosody, facial expression, sensation, physiological arousal, gait, and other action sequences. These implicit, automatic physical habits, developed in a context of trauma and attachment inadequacy, can constrain the capacity to make new meaning and respond flexibly to the here and now, often turning the future into a version of the past. In Sensorimotor PsychotherapySM, narrative formulation, interpretation, and “talking about” experience take second place to the mindful observation of moment-by-moment internal experience—cognitive, emotional, and sensorimotor (Kurtz, 1990; Ogden & Minton, 2000; Ogden et al., 2006). As a “body-oriented talking therapy”, Sensorimotor Psychotherapy recognizes and addresses both explicit and implicit realms as essential avenues of therapeutic exploration.

“Sensorimotor Psychotherapy is a conceptually elegant, powerfully effective body therapy that involves a broad repertoire of somatic interventions specifically designed to help clients tap into the wisdom of their bodies. The SPI Training Program offers ingeniously taught intensive course for clinicians seeking to deepen their understanding of the body.”

- Martha Stark, MD, author of Working with Resistance and Modes of Therapeutic Action

Rebeca Farca, MA, MFT REGISTERED INTERN, has studied Humanist Counseling, Group Processing, and Gestalt Psychotherapy and trained in CORE Energetics in Mexico City, where she held a private practice. Rebeca has also lectured for the US Department of Veteran Affairs on the treatment of trauma with Sensorimotor PsychotherapySM with clients who have experienced military sexual trauma and chronic pain. Rebeca currently works in Los Angeles integrating Sensorimotor PsychotherapySM into the treatment of traumatic and developmental issues.

Mason A. Sommers, PhD, is a licensed psychologist with over 34 years of clinical experience. He is also a clinical instructor at the David Geffen School of Medicine, an ambassador for an organ procurement organization, and speaks often on the need for organ and tissue registry and donation. He is past President of the Board of Directors of the Maple Counseling Center. In his private practice, Dr. Sommers combines analytic, psychodynamic, and somatic psychotherapies and specializes in couples and individual psychotherapy.

www.sensorimotor.org

The Institute

Sensorimotor Psychotherapy Institute® is a professional educational organization that designs and provides the highest level trainings and services to serve a global network of mental health practitioners.

Founder

Pat Ogden, PhD, a pioneer in somatic psychology and the Founder and Educational Director of the Sensorimotor PsychotherapySM Institute, an internationally recognized school specializing in somatic–cognitive approaches for the treatment of posttraumatic stress disorder and attachment disturbances. She is co-founder of the Hakomi Institute, a clinician, consultant, international lecturer and trainer, and first author of Trauma and the Body: A Sensorimotor Approach to Psychotherapy. Sensorimotor Psychotherapy: Interventions for Trauma and Attachment, Dr. Ogden’s second book scheduled to be released in April, 2015, is a practical guide to integrate Sensorimotor Psychotherapy interventions into the treatment of trauma and attachment issues. Dr. Ogden is currently developing Sensorimotor PsychotherapySM for children, adolescents and families with colleagues.