Divided Mind, Divided Body:
Sensorimotor Psychotherapy® for working with Trauma-Related Dissociation

AUGUST 30TH-SEPTEMBER 1ST, 2013
TORONTO, ON

Survivors commonly present trauma-related physical symptoms, such as bodily anesthesia, analgesia, and motor inhibitions. These often-neglected somatoform dissociative symptoms can be distinguished from psychological dissociative symptoms such as amnesia and intrusive images. Dissociative symptoms can be further classified as relating to, and alternating between, avoiding or re-experiencing the trauma. This biphasic pattern has its roots in structural dissociation of the personality, which typically develops along evolutionarily prepared psychobiological action systems. The parts of the personality involving actions systems dedicated to daily functioning attempt to avoid reminders of the trauma in order to complete life tasks, while the parts involving action systems dedicated to survival of the individual, especially under threat to bodily integrity, are fixated in traumatic memories. Instead of traditional treatment that has been rather exclusively directed toward the patient's cognitive and emotional functioning, and toward psychological symptoms, Sensorimotor Psychotherapy offers a body-oriented approach that addresses somatoform symptoms, and how to utilize the body to support integration. The presenter will address the importance of understanding and treating the entire dissociative system of the patient and to improve cooperation and communication among all parts.

**Learning Objectives**

1) Participants will recall the Structural Dissociation model presented to them in the SPI Level I and/or Level II Trainings and learn to further employ this model in their clinical practice.

2) Participants will acquire interventions designed to interactively regulate their patients, and increase their patients' capacity for Mindfulness and Compassion toward the dysregulated parts of themselves.

3) Participants will improve their ability to utilize Somatic Resource techniques to support the integration between parts, and acquire a deeper understanding as to why different parts of the self typically experience very different reactions to any given intervention.

Interventions will be taught through power point lecture, video illustrations, demonstrations, and experiential exercises. Upon registration, participants will receive a paper, *Integrating Body and Mind: Sensorimotor Psychotherapy Theory and Treatment of Dissociation, Defense and Dysregulation* (in press) by Pat Ogden and Janina Fisher, to review prior to the workshop.

**THIS WORKSHOP IS A SPECIAL 3-DAY COURSE OPEN ONLY TO LEVEL II and LEVEL III GRADUATES**

<table>
<thead>
<tr>
<th>DATES</th>
<th>TIMES</th>
<th>LOCATION</th>
</tr>
</thead>
</table>
| August 30th-September 1st, 2013 | Friday: 9:00am-5:30pm  
Saturday: 9:00am-5:30pm  
Sunday: 9:00am-3:00pm | The Inner Garden  
401 Richmond St. W. Suite #384  
Toronto, ON M5V 3A8 |

**Tuition:** $450.00 USD

**Discounts:** 10% if registered by July 5th, 2013.  
5% for groups of 3 or more.

*Minimum Enrollment: 22 students-must be met by August 2nd, 2013 for this workshop to take place as scheduled.

**Prerequisites:** Attendee must be a graduate of Level II: Attachment, Development and Trauma Training.

**Contact:** Kara Murray, (303) 447-3290 (ext. 1), studentservices@sensorimotor.org.

**Local Contact:** Kim Shilson, (647) 404-5568, klynn65@yahoo.com.

**APPLY ONLINE:** www.sensorimotor.org