



**SENSORIMOTOR  
PSYCHOTHERAPY EUROPE LTD**  
*Professional Training in Somatic Psychology*

## **Level III: Advanced Skills/Certification Training**

Sensorimotorpsychotherapy (SP) has been developed by Dr. Pat Ogden and worldwide training is provided through the Sensorimotor Psychotherapy Institute (SPI) in the USA..

### **About the Program**

The Training Program is designed for legally authorized mental health professionals to integrate and apply Sensorimotor Psychotherapy theory and techniques into clinical practice.

Theoretically grounded in neuroscience and attachment research, the Training Program provides professionals with the foundational skills and principles necessary to include the body in psychotherapy as both a source of information and target for intervention. Participants are taught a mindfulness-based approach to treating emotional and cognitive experience that facilitates access to deeper authentic experience. The Curriculum consists of Three levels of training, that are best explained on SPI's site :

[https://www.sensorimotorpsychotherapy.org/Training\\_program.html](https://www.sensorimotorpsychotherapy.org/Training_program.html)

This training is the **Level III: Advanced Skills/Certification Training**

Level III of the SPI Training Program is a rigorous course designed for Level II graduates who seek to challenge, refine, and integrate their Sensorimotor Psychotherapy skills learned in Levels I and II. Level III students practice precise clinical applications of these skills at each stage of the therapeutic process, working with the themes of both traumatic memory and attachment issues. Emphasis is placed not only on the implementation of skills, but also on understanding the fundamental theory and principles behind each skill.

### **Course Description**

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Comprehensive evaluation by skilled SPI faculty and supportive staff, as well as peer and self-assessment, are integral parts of the Level III learning process. The evaluative nature of the Level III Training sets it apart from previous levels. Students are challenged to identify their own strengths and challenges and to develop strategies for growth and integration of feedback. SPI Trainers support, challenge, hold standards, provide perspective, and guide students through the evaluative learning process. Under the guidance of Trainers, students complete formal self-assessments of their own skills as they learn to track skill acquisition required for Certification.

The Level III Training includes short lectures, exercises, in-vivo skills practice, worksheet skill drills, video recorded practice therapy sessions in the role of practice therapist or practice client, video assessment and transcript analysis, review of homework assignments, demonstrations, and individual feedback from Trainers.



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**Note:**

The assessment of learning via the video recording and reviewing of practice exercises is a cornerstone of the Level III Training. All Level III students are required to video record themselves in the roles of practice therapist and practice client during these exercises, for the purpose of skill acquisition and assessment.

**Venue**

The training venue is in the Centre of Utrecht: *de Fundatie van de Vrijvrouwe van Renswoude* <http://www.fundatievanrenswoude-utrecht.nl> - we train in a beautiful historical building that provides excellent surroundings for learning.

Questions for the Dutch Trainings: Dr. Anneke J.G. Vinke via [Training@adoptiepraktijk.nl](mailto:Training@adoptiepraktijk.nl)