



De training Sensorimotorpsychotherapie (SP) is ontwikkeld door Pat Ogden van het Sensorimotor Psychotherapy Institute (SPI) in de VS.

Op de site van SPI is in detail alle informatie te vinden over deze behandelingsmethode.

<http://www.sensorimotorpsychotherapy.org>

Inhoud/ Topics Level I

Introduction to Sensorimotor PsychotherapySM

- Foundational theoretical principles
- The importance of the body in trauma and attachment treatment
- Beginning skills of tracking the body, describing what is observed, and naming present moment bodily experience in the form of a contact statement

Introduction to Working with the Body

- The role of the body in perpetuating symptoms of trauma and early attachment failures
- How to work with physical action to harness the wisdom of the body in resolving symptoms

The Role of the Body in Procedural Learning

- Survival resources and responses
- Implicit and explicit memory
- Sensitivity to trigger

Embedded Relational Mindfulness™

- Working in the present moment
- The use of mindfulness within the therapeutic alliance
- Directed mindfulness intervention

Core Sensorimotor Psychotherapy Skills

- Tracking
- Contact statements
- Framing present moment experience
- Mindfulness questions and directives
- Mindful experiments

Hierarchical Information Processing

- Cognitive
- Emotional
- Sensorimotor top-down & bottom-up

Introduction to Phase Oriented Treatment

- Stabilization and symptom reduction (developing resources)
- Working with memory

The Five Stages of the Process

- Container
- Accessing
- Processing
- Transformation
- Integration

Somatic Resources for Stabilization



- The role of the body in addressing Phase One goals of stabilization and symptom reduction
- Analysis of survival and creative resources to identify existing and missing somatic resources and employ interventions to help clients develop new resources
- Orienting and Defensive Responses
- Interventions to reinstate adaptive, innate orienting and animal defensive responses truncated in the wake of trauma
- The therapeutic use of touch and its pitfalls

Boundaries

- How trauma and attachment affect boundary styles and techniques to restore adaptive, flexible somatic and psychological boundaries

Trauma-related Dissociation

- Introduction to structural dissociation
- The role of the body in maintaining dissociative parts and promoting integration

Memory Processing

- Interventions to process and integrate implicit and explicit memories
- Overcoming the fear of traumatic memory
- Finding peritraumatic resources
- Restoring empowering actions

Sensorimotor Sequencing

- Recalibrating the nervous system through somatic approaches for working with involuntary movement and dysregulated arousal at the regulatory boundaries of the window of tolerance

Integration and Resolution

- Introduction to the legacy of attachment and loss
- Primary and secondary emotions
- The cognitive effects of trauma
- Phase three themes of self-development, adaption to normal life, and relationships

Didactic

Lecture

- Theoretical underpinnings of Sensorimotor PsychotherapySM
- Relevant neuroscience and attachment research
- Descriptions of techniques and rationale

Discussion

- Both large and small group discussion offer opportunities to explore topics in depth and ask didactic and technical questions.

Supplementary Reading

- The following two books are suggested to accompany the learning in the training:
 - "Trauma and the Body: A Sensorimotor Approach to Psychotherapy" by Pat Ogden, Kekuni Minton, and Clare Pain,
 - "Sensorimotor Psychotherapy: Interventions for Trauma and Attachment," by Pat Ogden and Janina Fisher

Supplementary Exercises

- Practice exercises, maps, and worksheets may be provided to facilitate clinical understanding and application of course content.

Experiential

Demonstration & Clinical Analysis



- Trainers demonstrate and analyze concepts and skills through role-play, demonstrations with assistants or students, and clinical video sessions.

Experiential Exercises

- Visualizations, and practice vignettes and exercises are designed to give students the opportunity to practice specific Sensorimotor PsychotherapySM approaches and skills.

Clinical Examples and Consultation

- Trainers provide clinical examples to support the integration of the method, and students have opportunities to present clinical cases for feedback on the integration of SP during class discussion.

Feedback

- Trainers observe, give feedback, and support the development of SPI student skills during class exercises.

Peer Partner and Study Group Support

- Students form dyads and groups to practice elements of the SP method.

Informatie over de level I en informatie over aanmelding en toelating is te vinden op bovengenoemde site. Aanmelden kan voor hen die voldoen aan de criteria voor [toelating](#) via het invullen van het aanmeldingsformulier en het schrijven van een (kort) Engels CV

<https://account.sensorimotorpsychotherapy.org/s94700022/detail>

Literature

Ogden, P., Minton, K. & Pain, C. (2006). *Trauma and the body. A sensorimotor approach to psychotherapy.* New York, Norton. (Ned. vertaling 2020 - in press Sensorimotor Psychotherapie, Eeserveen: Uitgeverij Mens)

Ogden, P. & Fisher, J. (2015). *Sensorimotor Psychotherapy: Interventions for Trauma and Attachment.* New York: Norton (Ned. vertaling 2017 Sensorimotor Psychotherapie, interventies voor traumaverwerking en het herstel van gehechtheid. Eeserveen: Uitgeverij Mens!)

EXTRA INFO

Via de site zijn artikelen te vinden: <http://www.sensorimotorpsychotherapy.org/articles.html>

Wie wil horen van collega therapeuten hoe men de training ervaart kan de volgende link aanklikken:
https://www.youtube.com/watch?v=PM_reElsSY0&sns=tw%C2%A0...

Wie een korte introductie wil van Sensorimotor Psychotherapy via beeldmateriaal kan de volgende filmpjes bekijken:

<http://www.youtube.com/watch?v=zm2emBxU9sU>

https://www.youtube.com/watch?v=oG8lEwnVW_s

<https://www.youtube.com/watch?v=5cjrOA0DNhY>

<https://vimeo.com/132817935>

De Nederlandse Vereniging SP heeft een eigen site: www.sensorimotorpsychotherapy.nl

Voor vragen over de training, [toelating](#) en dergelijke kan contact opgenomen worden met Dr. Anneke J.G. Vinke via Training@adoptiepraktijk.nl



Sensorimotor Psychotherapy Institute

...because words are not enough