



Trauma informed bodywork

Sensorimotor psychotherapy for stabilization and embodiment of traumatized clients

Course Description

Trauma informed bodywork equips practitioners to better understand the symptoms and issues related to trauma and attachment and to work with clients in a more safe and constructive way. With a neurobiological understanding of the presenting problems of these clients and equipped with resourcing interventions that speak directly to how the issues are driven by the body and the nervous system, students will be able to work with clients with a range of challenges from emotional regulation and stabilization to embodiment and integration.

The Trauma informed bodywork training presents simple, body-oriented interventions for tracking, naming, and safely stabilizing trauma related somatic activation, creating new competencies, and restoring a somatic sense of self. Techniques are taught within a phase-oriented treatment approach, focusing on stabilization and symptom reduction. Sensorimotor Trauma informed bodywork can support easily and effectively psychodynamic, cognitive behavioral, and EMDR-focused treatments.

Course Structure

The Trauma informed bodywork training consists of 18 contact hours in a 3-day module. The module is accompanied by a handout with the slides that are used in the lecture . The didactical means are theoretical instructions, video and live demonstrations as well as practical exercises.

CURRICULUM

Trauma informed bodywork Curriculum Topic Overview - themes covered in the Training

Introduction to Trauma and the Body:

- The importance of the body in trauma and attachment treatment
- Animal Brain
- Modulation Model
- Polyvagal Theory
- Tracking
- Psychoeducation

Resourcing skills to reinforce here and now awareness

- Organization of experience and core organizers

- Proprioceptive/interoceptive awareness
- Embedded relational mindfulness
- Somatic resources for stabilization

Therapist's Somatic Presence and Attunement

- Foundational theoretical principles
- The use of mindfulness within the therapeutic alliance
- Contracting the unconscious: framing
- The relational field and your own bodily sense
- Physical counter transference

Introduction to trauma processing: stuck patterns, involuntary movements and parts

- Tension in the body, stuck patterns
- Identifying and stabilizing involuntary responses in the body
- Complex trauma and awareness of dissociative processes
- Risk issues
- The therapeutic use of touch and its pitfalls
- Restoring empowering actions

Using social engagement and groups for new safe experiences

- How to address attachment related issues
- Interactive regulation
- Trauma informed bodywork in groups
- Techniques to restore adaptive, flexible somatic boundaries
- Panksepp's primal emotions
- Noticing new, healthy experiences

How to savor new experiences

- Stitching and unstitching core organisers
- Transformation
- Integration
- Towards integrated action and greater embodiment

Instructors:

Tony Buckley
BA with Honors in Counseling

Chair of the UK Association of Sensorimotor Psychotherapists

Certificate of Education, Diploma in Gestalt Therapy

Certificate in Advanced Studies Supervision.

Years of experience in therapy and counseling 22; Certified Sensorimotor Psychotherapist & SPI trainer since 2011

Hanneke Kalisvaart

MSc in Human Movement studies, Vrije Universiteit, Amsterdam, the Netherlands

PhD in Psychology, Utrecht University, the Netherlands

Trained in Psychomotor therapy

Years of experience in therapy and counseling 27; Certified Sensorimotor Psychotherapist & SPI trainer since 2020

Students are encouraged to read:

Sensorimotor Psychotherapy: Interventions for Trauma and Attachment, New York, Norton.
(translated 2017 into Dutch by Uitgeverij Mens!)

Dutch association: SPIPA-NL www.sensorimotorpsychotherapy.nl

Program

Day #1:

9:00-10:30	Introduction to Sensorimotor Psychotherapy, Neurological consequences of trauma, Modulation model
10:30-10:45	<i>Break (15 minutes)</i>
10:45-12:30	Tracking, Psychoeducation
12:30-1:30	<i>Lunch (1 hour)</i>
1:30-3:30	Organization of experience and core organizers, Proprioceptive/interoceptive awareness, Embedded relational mindfulness
3:30-3:45	<i>Break (15 minutes)</i>
3:45-5:00	Somatic resources for stabilization

Day #2:

9:00-10:30	Foundational theoretical principles, The use of mindfulness within the therapeutic alliance, Contracting the unconscious: framing
10:30-10:45	<i>Break (15 minutes)</i>
10:45-12:30	The relational field and your own bodily sense, Physical counter transference
12:30-1:30	<i>Lunch (1 hour)</i>
1:30-3:30	Introduction to trauma processing: stuck patterns, involuntary movements and parts, Tension in the body, stuck patterns, Identifying and stabilizing involuntary responses in the body
3:30-3:45	<i>Break (15 minutes)</i>
3:45-5:00	Complex trauma and awareness of dissociative processes, Risk issues, The therapeutic use of touch and its pitfalls, Restoring empowering actions

Day #3:

9:00-10:30	How to address attachment related issues , Interactive regulation, Trauma informed bodywork in groups
10:30-10:45	<i>Break (15 minutes)</i>
10:45-12:30	Panksepp's primal emotions, Techniques to restore adaptive, flexible somatic boundaries, Noticing new, healthy experiences
12:30-1:30	<i>Lunch (1 hour)</i>
1:30-3:30	Stitching and unstitching core organisers, Transformation
3:30-3:45	<i>Break (15 minutes)</i>
3:45-5:00	Integration, Towards integrated action and greater embodiment

Learning objectives Trauma informed bodywork

1. Describe effects of trauma on autonomic arousal and on the body
2. Track somatic indicators of unresolved trauma
3. Utilize mindfulness techniques
4. Utilize contact statements for attunement
5. Identify the core organizers of experience
6. Describe purpose of “resourcing” in trauma treatment
7. Demonstrate different types of somatic resources
8. Identify own bodily senses in relational field
9. Demonstrate interventions for resourcing in a group
10. Define trauma-related boundary styles
11. Utilize boundary skills in treatment
12. Track transformation
13. Embody experiences of mastery

Certificate

In order to get a certificate 90 % of attendance to the training is needed as well as a homework assignment: sending in two worksheets from the book *Sensorimotor Psychotherapy: Interventions for Trauma and Attachment*, that have been filled in with a client.