

Registration Information

Level 1: Training for the Treatment of Trauma

2009 Dates: February 26-March 1, March 26-29, April 23-26 and May 28-31.

Prerequisites

To qualify, applicants must be graduate students, clinical interns or licensed in their field and state/province.

To apply

Please go to our website

www.sensorimotorpsychotherapy.org/s7900022/detail

Financial Arrangements

\$3500 CDN + GST. Once the applicant has applied and is notified of acceptance by SPI, financial arrangements with Local Organizer must be completed in order to complete the registration process.

Local Organizer: Lynne Kostiuk 780-953-1374

Email: aspirations@asafelacetogrow.ca

Website: www.asafelacetogrow.ca

Level 2: Development, Attachment and Trauma Training

2010 Dates: February 25-28, March 18-21, April 15-18, May 13-16, June 10-13, September 23-26, and October 21-24.

Prerequisites

Completion of the Training for the Treatment of Trauma is a prerequisite for this course. A requirement for acceptance to this training is the recommendation from all the trainers of a student's *Training for the Treatment of Trauma*.

To apply

Please go to our website

www.sensorimotorpsychotherapy.org/s7900022/detail

Financial Arrangements

\$6000 CDN + GST. Once the applicant has applied and is notified of acceptance by SPI, financial arrangements with Local Organizer must be completed in order to complete the registration process.

Local Organizer: Lynne Kostiuk 780-953-1374

Email: aspirations@asafelacetogrow.ca

Website: www.asafelacetogrow.ca

Sensorimotor Psychotherapy™ Institute

The Sensorimotor Psychotherapy Institute (SPI) is an educational organization dedicated to the study and teaching of a body oriented approach to clinical psychotherapy practice. Sensorimotor Psychotherapy™ integrates both cognitive and somatic methods in the treatment of trauma, attachment, and developmental issues. It is taught internationally to psychotherapists and allied professionals who want to include somatic interventions in their clinical work.

Teaching Methods include: Lectures, discussion, video review of trauma sessions, demonstrations, supervision, exercises, practice clients, workbook assignments, and reading assignments from the Sensorimotor Psychotherapy training manual and other sources.

Trainings offered by SPI:

Training for the Treatment of Trauma
Development, Attachment and Trauma
Certification Skills Training
Professional Training for Body Therapists
Conferences
Workshops

**Please visit our website for our
most up-to-date
Sensorimotor news and events at:**

www.sensorimotorpsychotherapy.org

**Sensorimotor Psychotherapy Institute
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Boulder, CO 80308
Tel: 303-447-3290
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Email: office@sensorimotor.org**

**Level 1: A Training in
Sensorimotor Psychotherapy
for the Treatment of Trauma**
February – May 2009

**Level 2: Development,
Attachment and Trauma
Training**
February – October 2010

Edmonton, Alberta

SENSORIMOTOR
PSYCHOTHERAPY



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Sensorimotor Psychotherapy Training for the Treatment of Trauma

Traditional psychotherapy addresses the cognitive and emotional elements of trauma, but lacks techniques that work directly with the physiological elements, despite the fact that trauma profoundly affects the body and many symptoms of traumatized individuals are somatically driven.

The Sensorimotor Psychotherapy™ Training for the Treatment of Trauma presents simple body-oriented interventions for tracking, naming and safely exploring trauma-related somatic activation, creating new competencies and restoring a somatic sense of self. Students will learn effective, accessible interventions for identifying and working with disruptive somatic patterns, disturbed cognitive and emotional processing, and the fragmented sense of self experienced by so many traumatized individuals. Techniques are taught within a phase-oriented treatment approach, focusing first on stabilization and symptom reduction. Sensorimotor Psychotherapy can be easily and effectively integrated into psychodynamic, cognitive-behavioral, and EMDR-focused treatments.

Since re-living of trauma often occurs in the form of physical sensations, which, in turn, precipitate intense trauma-related emotions of terror and helplessness, learning how to manage and uncouple physical sensations from trauma-based emotions has emerged as one of the essential aspects of the effective treatment of PTSD. Pat Ogden (originator of Sensorimotor Psychotherapy™) is the undisputed master for teaching clinicians how to work with physical sensations to help people beyond their trauma. For me, her work has opened up a whole new dimension of effective therapy.

Bessel van der Kolk, M.D.
Author of *Traumatic Stress*

Training for the Treatment of Trauma Curriculum

Developmental vs. Traumatic Issues

Learn the difference between developmental and traumatic issues, how they interface and how they affect the body.

Hierarchical Processing Dynamics

Learn Sensorimotor (body) processing techniques to improve cognitive and emotional processing.

Somatic Resources

Identify missing and needed somatic resources and help clients learn them.

Dissociation

Learn interventions to work with alterations of consciousness and structural dissociation of the personality.

Boundaries

Understand how trauma affects boundary styles and learn techniques to restore healthy boundaries.

Orienting and Defensive Responses

Learn techniques to reinstate effective orienting and defensive responses.

The Use of Mindfulness

Recognize the value of mindfulness in resolving trauma and learn techniques to teach mindfulness to clients.

Self-Regulation

Learn to normalize and stabilize traumatic arousal patterns of hyperarousal, and numbing and freezing by working through the body.

Somatic Sense of Self

Learn techniques to track non-verbal signals to assess and restore a somatic sense of self.

Additional Topics

Trainers will also address the role of body psychology in working with the following topics:

- ◆ Reenactment
- ◆ PTSD symptoms
- ◆ Traumatic memory
- ◆ Emotional and cognitive reframing
- ◆ Factors determining the degree of traumatization
- ◆ Preventing retraumatization

Instructors



Kekuni Minton, Ph.D., is a founding trainer of SPI and a faculty member at Naropa University. His doctoral thesis in clinical psychology focused on somatic relational therapy and he has special interests in meditation and cultural trauma. He was the resident psychotherapist at the Boulder County AIDS Project, and has presented at a variety of conferences internationally.



Jaci Hull, MA, LMFT, is a licensed psychotherapist in private practice for 20 years in Boulder, CO. She is a Certified Hakomi Trainer, serves on the Hakomi Institute Board of Directors, has served as adjunct faculty at Naropa University, and is a co-facilitator of Experiential Couples Psychotherapy with Rob Fisher. She received her degree in Contemplative Psychotherapy from Naropa University. Her post-graduate training includes Family Systems Therapy, EMDR II, BrainSpotting, Group Leadership, and Somatic Trauma Resolution.

Other SPI trainers may also teach in this training.

Development, Attachment and Trauma Training

Sensorimotor Psychotherapy identifies two general kinds of interrelated psychological issues: developmental and traumatic. Developmental issues result from disturbed early attachment relationships that lead to limiting beliefs about oneself and the world. Post traumatic stress disorder results from overwhelming experience that remains unintegrated. Early attachment disturbances can lead to a wide variety of adult relational problems, especially when combined with unresolved trauma. Part II of the Sensorimotor Psychotherapy training program illustrates how traumatic, attachment, and developmental issues influence one another, and how to provide effective treatment given their inevitable intertwining.

See website for curriculum:

http://www.sensorimotorpsychotherapy.org/psychotherapists.html#part_ii