

LEVEL I

Affect Dysregulation, Survival Defenses, & Traumatic Memory

About the Program

The body's intelligence is a largely untapped resource in psychotherapy. Few educational programs in clinical psychology or counseling emphasize how to draw on the wisdom of the body to support therapeutic change, leaving therapists mostly dependent on the verbal narrative.

The **Level I Training**, first of three in SPI's Training Program, provides participants with foundational Sensorimotor PsychotherapySM skills that can be used to explore the somatic narrative that is arguably more significant than the story told by the words. By tapping into somatic expressions participants can illuminate implicit processes that shape the brain and body and communicate meaning that not only influences the manner in which content is formed and expressed, but may also essentially determine the content itself.

This 80-hour training provides participants with a repertoire of body-oriented interventions for tracking, naming, and safely exploring trauma-related somatic activation, creating new competencies, and restoring a somatic sense of self, as well as effective, accessible interventions for working with disruptive behavioral patterns, disturbed cognitive and emotional processing, and the fragmented sense of self experienced by so many traumatized individuals.



Participants will learn:

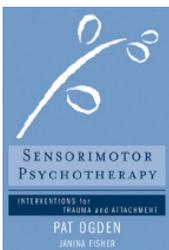
- Foundational theoretical principles of Sensorimotor PsychotherapySM
- To work with physical action to harness the body's wisdom
- The body's role in procedural learning
- Embedded Relational MindfulnessTM for working with present moment experience
- Information processing levels and top-down, bottom-up approaches
- Sensorimotor PsychotherapySM phase oriented treatment model and the five stages of the therapeutic process
- Somatic resources for stabilization
- Interventions to reinstate adaptive orienting habits
- Techniques to restore adaptive, flexible boundaries
- The body's role in maintaining dissociative parts
- Interventions to process and integrate implicit and explicit memories
- To identify and capitalize on pretraumatic resources
- Sensorimotor Sequencing for recalibrating the nervous system when working with traumatic memory

Underpinning Theory

“Sensorimotor Psychotherapy blends theory and technique from cognitive and dynamic therapy with straightforward somatic awareness and movement interventions... that promote empowerment and competency.”

- Dan Siegel, MD, *clinical professor of psychiatry at the UCLA School of Medicine*

Founded by Dr. Pat Ogden, **Sensorimotor PsychotherapySM** is a method of somatic psychology informed by interpersonal neurobiology, neuroscience, and research in trauma and attachment. Sensorimotor PsychotherapySM approaches the body as central in the therapeutic field of awareness and builds upon the body-oriented interventions common to other somatic approaches with unique observational skills, theories, and interventions within a phase-oriented treatment model.



New Publication in the Norton Series on Interpersonal Neurobiology

“Sensorimotor Psychotherapy [by Pat Ogden, PhD, & Janina Fisher, PhD] is a landmark book in the history of body psychotherapy and effectively provides the bridge between traditional psychotherapy and body-oriented therapies... We learn that even when the spoken word fails the body dynamically communicates in a complex social world through gestures, postures, facial expressions, and vocalizations. Sensorimotor Psychotherapy equips the reader, whether clinician or client, with the tools necessary to link the intuitions of the body and the words of the personal narrative.”

—Stephen Porges, PhD, *Professor, Department of Psychiatry, UNC, Chapel Hill, North Carolina; author of The Polyvagal Theory*

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Portland, OR

START DATE
September 23, 2016

EARLY APPLICATION DISCOUNT
DEADLINE

June 24, 2016

www.sensorimotor.org

Course Structure

- Total of 80 Contact hours
- 12 days (average of ~6 contact hours each day)
- 4 modules
- Each module consists of 3 consecutive days
- Modules are an average of 4 - 8 weeks apart

Visit www.sensorimotor.org for exact dates and times.

Who Should Attend?

Candidates legally authorized to practice as a mental health professionals in the following disciplines are encouraged to apply:

- Psychotherapy
- Psychiatry
- Psychology
- Social Work
- Counseling
- Nursing
- Pastoral Counseling
- Dance Therapy
- Marriage and Family Therapy
- Drug and Alcohol Counseling
- Crisis Intervention Counseling
- Rape Crisis Counseling
- Guidance Counseling

For more information on eligibility, contact admissions@sensorimotor.org

Trainers



Ame Cutler, PhD, is a psychologist specializing in the field of transgenerational trauma who brings years of experience in a variety of body-oriented modalities to her work with individuals, couples, and groups, as well as both violent offenders and victims of violent crimes. Also certified in the Hakomi Method, she combines interests in somatic psychology, mindfulness, and indigenous wisdom to assist clients suffering the aftermath of relational trauma in building a safer relationship with their own bodies.



Rebeca Farca, MA, MFT REGISTERED INTERN, has studied Humanist Counseling, Group Processing, and Gestalt Psychotherapy and trained in CORE Energetics in Mexico City, where she held a private practice. Rebeca has also lectured for the US Department of Veteran Affairs on the treatment of trauma with Sensorimotor PsychotherapySM with clients who have experienced military sexual trauma and chronic pain. Rebeca currently works in Los Angeles integrating Sensorimotor PsychotherapySM into the treatment of traumatic and developmental issues.

Tuition Information

Tuition: \$3050 USD

Minimum Deposit: \$500

Application/Deposit Deadline: August 24, 2016

Application Fee: \$25

Payment Plans: Interest-free monthly payment plans available; 3, 6, 9, or 12 months. One time fee applies: \$100

Financial Aid: Limited partial scholarships available for full time employees of non-profit or charity organizations, prior learning experience, and travel. Limited partial work study awards available. Receipt of scholarship negates any additional financial aid or discounts, except for the early application discount and the ability to secure a payment plan.

Discounts:

- Early application; 5%
- Unaffiliated groups of 3-5; 5%
- Unaffiliated groups of 6 or more; 10%
- Affiliated groups of 10 or more employees from the same organization; 20%
- Current graduate (Master's level) students; 5%
- Attendance at a prior SPI sponsored workshop; 5%

Continuing Education Credit: Included in tuition. Co-sponsored by Sensorimotor Psychotherapy Institute® (SPI) and Institute for Continuing Education (ICE). Visit www.sensorimotor.org for specific details about securing credit.

For More Information or to Apply

www.sensorimotor.org

Contact

admissions@sensorimotor.org
(303) 447-3290



Sensorimotor Psychotherapy Institute® (SPI), is a professional educational organization that designs and provides the highest-level trainings and services to serve a global network of mental health practitioners. Seeking to enhance human relationships, our paradigm is substantiated by interpersonal neurobiology and impelled by mindfulness applied in interactive contexts.