



Sensorimotor Psychotherapy Institute, LLC

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Title: Sensorimotor Psychotherapy, a training for treatment of trauma with a focus on body and brain.

Trainer: Pat Ogden, PhD. Pat Ogden is the founder and director of the Sensorimotor Psychotherapy Institute. She consults and teaches sensorimotor therapy throughout the world.

Course: Four periods of 3 ½ days, Wednesday, Thursday, Friday and Saturday morning. February 11-14, 2009; April 15-18 2009; September 2-5 2009; October 14-17 2009. Times: 9.30 a.m. to 4.30 p.m. and on Saturday to 12.30.

Location: Vergadercentrum Vredenburg, Vredenburg 19 in Utrecht (5 minutes from the Central Station, next to a parking garage).

Register: anniekthoomes@planet.nl

Price: 2450 euro, inclusion of the training manual, workbook, lunch, coffee and tea.

Accreditation will be asked at the FGzP and NVvP.

Information: www.sensorimotorpsychotherapy.org

Course Description: Level I: Training for the Treatment of Trauma

In this course, students will learn the theoretical model and necessary skills to work with trauma using Sensorimotor Psychotherapy, a body-centered psychotherapy informed by contemporary research neuroscience, attachment, dissociation and trauma theory. In the course of this training, participants will learn to use body-oriented interventions for tracking, naming, and safely exploring trauma-related somatic activation, modulating a dysregulated autonomic nervous system, creating new resources and competencies, processing traumatic memory, and restoring a somatic sense of self and working with dissociative disorders using somatic interventions. Attachment and developmental elements of the trauma survivor's experience will be differentiated from the traumatic and somatic aspects, and we will explore how to work somatically with each element and how to address their inevitable intertwining. Knowledge and use of Sensorimotor Psychotherapy helps therapists provide more precise, effective treatment for traumatized clients and helps prevent pitfalls common in trauma work, such as affect dysregulation, self-destructive acting out, and unworkable traumatic transferences.