



Training in Sensorimotor Psychotherapy for the Treatment of Trauma

**Utrecht, Netherlands
with Pat Ogden, PhD**

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 that so many symptoms of traumatized individuals are somatically driven, often inaccessible in a talking therapy context.

The Sensorimotor Psychotherapy™ Training for the Treatment of Trauma presents simple body-oriented interventions for tracking, naming and safely exploring trauma-related physiological arousal and procedural tendencies, 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 person-centered, psychodynamic, cognitive-behavioral, and EMDR-focused treatments.

Training Details and Registration

Dates: February 10-12, April 21-23, September 8-10, and November 24-26, 2010

Times: 9:00 am – 5:00 pm

Tuition: 2450 Euro inclusion of lunch, coffee and tea

Accreditation: FGzP and NVvP.

Registration: Contact Dr. Anniek Thoomes at anniekthoomes@planet.nl

Pre-requisites: Applicants must be graduate students, clinical interns or licensed in their field and state.

For more information visit

www.sensorimotorpsychotherapy.org

Tuition includes training and course materials. Please apply early, as space is limited.

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