

Let the Body Talk: a unified approach to enhancing embodiment in Trauma Therapy: Video Course

Dr Arielle Schwartz

Video Course
CPD credits: 6/CE credits N/A

Price: £135



Online video access remains available for 1 year from the date you receive the video course.

When clients suppress emotions or trauma related material, they can present somatically. While traditional approaches to therapy attend to the cognitive and emotional aspects of clients' lives, the somatic experience may often remain unattended. As therapists, we may find that modality-specific therapeutic approaches that do not incorporate non-verbal and somatic communications can have **limited effectiveness for clients with somatization symptoms, developmental trauma, dissociative defences, or debilitating feelings of shame**. At the same time, we recognise that therapeutic interventions aimed at enhancing embodiment in trauma therapy can significantly expand the therapeutic experience beyond where words can take a client.

At this unique and therapeutically oriented workshop, Dr Arielle Schwartz, who is well known for her integrative, mind-body approach to Trauma Therapy, specifically explains therapy considerations that allow psychotherapists and counsellors to **address pre-verbal trauma memories, attachment trauma, and somatization symptoms**. She uses Somatic Psychology principles as the starting point and explains how we can effectively integrate these with interventions from a wide range of somatic psychotherapy modalities including **EMDR, Integrative Body Psychotherapy, The Hakomi Method, Body-Mind Psychotherapy, Authentic Movement, Formative Psychology, Focusing, The Moving Cycle, Somatic Experiencing and Sensorimotor Psychotherapy**. She also illustrates the science of embodiment and helps us comprehend why somatic psychology is essential for helping clients work with dysregulated affect and arousal states that accompany trauma.

Through case studies, illustrations and discussions, delegates will be introduced to the underlying principles that comprise a unified approach to somatic psychology as a therapeutic approach for Trauma & PTSD, while a key focus of the workshop will be on how we can integrate body-centred interventions into EMDR therapy. Our learning objectives include:

- describe at least **three principles that are part of the unified approach to somatic psychology**



- recognize the key principles of somatic psychology including awareness, resourcing and self-regulation interventions
- discuss a phase-oriented, evidence-based approach to trauma treatment as a structured approach to therapy
- Explain how **mutual regulation serves as a precursor to self-regulation in treatment**
- Identify how somatic counter transference deepens our understanding of therapist / client relationship
- engage practical mind-body therapy tools to help clients feel resourced and prepared for trauma processing.
- describe how to help clients build affect and sensation tolerance in preparation for trauma processing
- recognize how working within the “Window of Tolerance” can help reduce the likelihood of re-traumatization
- describe how “top-down” and “bottom up” interventions can speed up or slow down the pacing of trauma treatment
- identify how **holding patterns within the body can block the client’s processing** in Desensitization Phase in EMDR Therapy
- practice at least three interventions for working with somatic symptoms in trauma treatment
- understand how to work with pre-verbal memories by attending to somatic sensations
- identify self-care practices for therapists to manage somatic countertransference and vicarious trauma

About the speaker:

Arielle Schwartz, PhD is a licensed clinical psychologist, EMDR Therapy consultant, somatic psychotherapist, and internationally sought-out teacher. She is the author of five books, including *The Complex PTSD Workbook*, *EMDR Therapy and Somatic Psychology*, and *The Post Traumatic Growth Guidebook*. She collaborates with *nscience*, The Maiberger Institute, AGATE Institute, PESI, and Sounds True and is a leading voice in the treatment of PTSD and complex trauma. She specializes in applied polyvagal theory for trauma recovery. Her integrative, mind-body approach to therapy includes relational therapy, parts-work therapy, somatic psychology, EMDR Therapy, and therapeutic yoga for trauma.

Seminar schedule:

Foundations of Somatic Psychology

- The theoretical and scientific bases of somatic psychology
 - Historical Perspectives and Somatic Therapies Today
 - A Unified Approach to Somatic Psychology
 - The Core Principles of Somatic Psychology
- The Science of Embodiment
 - Somatic Intelligence
 - Embodied Self-Awareness and Mindfulness (Experiential)
 - Intercoporeality and Embodied Culture

Trauma and the Body

- The Neurophysiology of Trauma
 - Polyvagal Perspectives: Mobilization and Immobilization
 - Dissociation: Dysregulation, Depersonalization, and Derealization
 - Implicit Memory and Preverbal Traumatization
- Interpersonal neurobiology
 - Co-regulation and Self-Regulation
 - “Window of Tolerance”
 - Top-Down and Bottom-Up Processing Interventions
 - Breath and Nervous System Regulation (Experiential)

Stabilization and Resource Development:

- Phase Based Treatment
- Stabilization and Safety
 - Therapeutic Relationship and Rapport
 - History Taking-Identifying traumatic events and client’s strengths
 - EMDR and Resource Development Installation
 - Containment



- Safe/Calm Place Visualization
- Allies
- Somatic Approaches to Resource Development (Experiential)
 - Grounding
 - Proximity Awareness and Boundary Development
 - Empowerment

Integrative Approach to Trauma Treatment

- Developing Trauma “Targets” with EMDR Therapy and Somatic Psychology
 - Working with Preverbal and Nonverbal Memories
 - Building Targets from a Sensation
 - Build Affect and Sensation Tolerance
- Somatic Interventions to Enhance Embodiment in Trauma Treatment
 - Titration and Pendulation
 - Sequencing and Somatic Re-Patterning
 - Polyvagal Theory in Action: Regulation Strategies for Dissociation
- Integration and Installation of Positive Change
 - Golden Nugget Practice

Therapist Self-Care

- Somatic Approaches to Self-Care for Therapists
 - Somatic Countertransference and Vicarious Traumatization
 - The Burnout Continuum
 - Vicarious Resilience
 - Embodied Self-Care Practices