

Sensorimotor Psychotherapy: An Introduction: Video Course

Dr Pat Ogden

Video Course

CPD credits: 3/ CE credits: N/A

Price: £75



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

Sensorimotor Psychotherapy (SP) is a therapeutic modality for trauma and attachment issues. SP welcomes the body as an integral source of information which can guide resourcing and the accessing and processing of challenging, traumatic, and developmental experience. It is **a holistic approach that includes somatic, emotional and cognitive processing and integration**. As SP enables clients to discover and change habitual physical and psychological patterns that impede optimal functioning and well-being; this modality renders itself **especially helpful in working with dysregulated activation and other effects of trauma**, as well as the limiting belief systems of developmental issues.

The core principle underlying SP is that the body's intelligence is largely an untapped resource in psychotherapy. Few psychotherapy or counselling methods incorporate the body's healing potential to support therapeutic change, leaving therapists dependent on the client's verbal narrative. Yet **the story told through gesture, posture, tone of voice, facial expressions, gaze, and movement is more significant and more accurate than the story told by the words**. And this "*somatic narrative*" implicitly conveys early experiences encoded in the brain and body long before the acquisition of language. To omit drawing upon the wisdom of the body deprives clients of a much-needed avenue of self-knowledge and change.

Although SP incorporates body-oriented interventions common to other somatic psychology approaches – **it is its own unique methodology in the way that it combines somatic psychology theory and practice with interpersonal neurobiology, neuroscience, trauma and attachment research**. Dr Ogden's approach for this webinar is that the techniques that underpin SP can be adapted by therapists in conjunction with their primary modalities – to support the unique needs of each client and the dynamics of the therapeutic dyad. At the webinar, she uses lecture, case examples, and brief experiential exercises to demonstrate how we can actively



incorporate the body to change the physical actions and reactions that keep clients stuck in the past and support a more unified approach to the treatment of the effects of trauma and attachment.

Understanding the need that **adapting Sensorimotor Psychotherapy to an online format** presents particular challenges and opportunities, this webinar will also address these difficulties including managing office set-up, use of props, tips to maintain an emotional connection and special considerations in working with posture and movement in a telehealth format.

About the speaker

Pat Ogden, PhD, (she/her), is a pioneer in somatic psychology, the creator of the Sensorimotor Psychotherapy method, and founder of the Sensorimotor Psychotherapy Institute (sensorimotor.org). Dr Ogden is a clinician, consultant and international lecturer. She is the first author of two groundbreaking books in somatic psychology: *Trauma and the Body: A Sensorimotor Approach to Psychotherapy* and *Sensorimotor Psychotherapy: Interventions for Trauma and Attachment* (2015). Her third book, *The Pocket Guide to Sensorimotor Psychotherapy in Context*, advocates for an anti-racist perspective in psychotherapy practice, and will be released in summer 2021. Her current interests include couple therapy, child and family therapy, social justice, diversity, inclusion, consciousness, and the philosophical/spiritual principles that underlie her work.