

## Online Therapy Sessions: Focussing on Somatic Psychology & Parts Work: Video Course

Dr Arielle Schwartz

Video Course  
CPD hours 3 / CE credits: N/A

Price: £65



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

The transition from face-to-face therapy to online therapy sessions during COVID-19 expectedly adds to feelings of disconnection and disembodiment. The challenge can feel especially acute if we are used to relying on somatic signals and conduct parts-work as part of the therapeutic process. Can we **adapt the somatic psychology model to an online setting**, and can we actually **help clients experience safe therapeutic spaces at a distance**?

At this seminar, Dr Arielle Schwartz explains how both therapists and clients can focus on embodiment as a resource during remote psychotherapy. By placing emphasis on nervous system regulation, co-regulation and dual-awareness strategies, she elucidates **the practical changes that we can make to our somatic tool kit and the specific somatic resources that we can draw on**; with a view to enhancing our clients' embodied self-awareness and facilitating grounding. Using illustrative case examples, she explains how we, as therapists, **can increase our own mindful body awareness** – allowing us to close the gap between our verbal and non-verbal communications. Such congruence between words and body language enhances trustworthiness with our clients; even across the distance of the screen.

She also explains the **5-step model of parts work and how this can be applied in an online environment**. The seminar walks us through the process of introducing clients to parts work, helping them to identify parts, anchoring the adult self, differentiating from a part and repairing a missing experience.



#### Learning Objectives:

- Explain how embodiment facilitates co-regulation and serves as a precursor to self-regulation in treatment
- **Practice at least three interventions for working with somatic symptoms in trauma treatment**
- Discuss the role of mindful body awareness in helping clients build affect and sensation tolerance
- Recognize how client's "parts" might get triggered when working remotely
- Learn how to apply the 5-part model of Parts Work in an online setting
- Identify self-care practices for therapists for managing screen time

#### About the speaker

**Arielle Schwartz, PhD** is a licensed clinical psychologist, EMDR Therapy consultant, and certified yoga instructor with a private practice in Boulder, Colorado. She earned her Doctorate in Clinical Psychology at Fielding Graduate University and holds a Master's degree in Somatic Psychology through Naropa University. She is the author of two books *The Complex PTSD Workbook: A Mind-Body Approach to Emotional Control and Becoming Whole* (Althea Press, 2016), *EMDR Therapy and Somatic Psychology: Interventions to Enhance Embodiment in Trauma Treatment* (W. W. Norton, 2018), and *The Post Traumatic Growth Guidebook* (Pesi Publishing, in press). She offers Trainings and Workshops on topics of EMDR Therapy, Somatic Psychology, C-PTSD, and Chronic Pain. She is dedicated to offering informational mental health and wellness updates through her writing, public speaking, social media presence, and blog. Learn more at [www.drarielleschwartz.com](http://www.drarielleschwartz.com)

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