

An Embodied Approach to Trauma Recovery:  
*Cutting-edge Research and Practical Tools from Somatic, Sensorimotor  
and Resilience-Informed Therapies*

An Online Conference over 4 evenings

Pat Ogden  
Tony Buckley  
Manuela Mischke-Reeds  
Dr Arielle Schwartz

Zoom Webinars

13 – 16 November 2023, Monday - Thursday

**Times on each day:**

**Day 1:** 13<sup>th</sup> November 2023:

6:00 pm – 9:00 pm, London UK

1:00 pm – 4:00 pm, New York, USA

**Day 2:** 14<sup>th</sup> November 2023:

2:00 pm – 5:00 pm, London UK

9:00 am – 12:00 pm, New York, USA

**Day 3:** 15<sup>th</sup> November 2023:

6:00 pm – 9:00 pm, London UK

1:00 pm – 4:00 pm, New York, USA

**Day 4:** 16<sup>th</sup> November 2023:

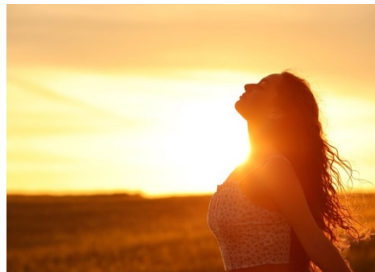
6:00 pm – 9:00 pm, London UK

1:00 pm – 4:00 pm, New York, USA

CPD hours: 12 /CE credits: N/A

Limited number of early bird tickets at £219 only

Regular price: £259



Location: Online streaming only

(all our webinar tickets now include complimentary access to a video recorded version for 1 year)

Join us for an immersive and transformative four-day training programme, featuring renowned speakers Dr Arielle Schwartz, Pat Ogden, Manuela Mischke-Reeds and Tony Buckley. Each day offers a unique perspective on trauma recovery, **weaving together the powers of Applied Polyvagal Theory, Sensorimotor Therapy, Somatic Intelligence and Resilience-Informed approaches**. Therapists have the option to attend each day



separately or join the full four-day programme to enrich their understanding and grow their skillset in Trauma Therapy.

**Day 1 – Healing Dysregulated Defences: A Sensorimotor Perspective on Embodying Trauma Recovery**  
(Speakers: Pat Ogden & Tony Buckley)

On this opening day, we delve into the **crucial role of dysregulated threat-related attention bias in shaping trauma symptoms within the body**. Sensorimotor psychotherapy emphasizes body awareness as an essential part of trauma therapy. This is especially beneficial when symptoms involve physiological distress, affect dysregulation, or dissociation.

Traditional approaches to therapy attend to the cognitive and emotional aspects of clients' lives, while the somatic experience is often left out of the room. As Sensorimotor Psychotherapy 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**. Together, therapist and client interrupt the automaticity of these building blocks by becoming mindful of them. In this way, the client can identify and observe, *rather than identify with*, the effects of past trauma and discover more adaptive actions.

At this practically-oriented workshop, which will be beneficial to therapists across modalities, Pat Ogden and Tony Buckley explore attention to body interventions that promote trauma recovery. Utilizing video clips, clinical examples, and brief experiential exercises, participants in this workshop will delve into these areas of therapeutic interest and explore Sensorimotor Psychotherapy methods.

**Day 2 - Somatic Intelligence and Therapeutic Wisdom: Unlocking Inner Capacities for Empowering Trauma Therapy** (Speaker: Manuela Mischke-Reeds)

Somatic Intelligence is the process of healing the somatic imprint of traumatic events held inside our bodies, which needs to be acknowledged and released for us to find closure and healing.

Our ability to make choices to respond to our current environment is, in a large part, dependent on our ability to be aware of the felt sense of emotions and beliefs held in our body, based on past experiences. Otherwise, we are unable to access automatic patterns held in neural pathways in our brain and body. Without the capacity to be conscious of the felt sense - to feel the feelings and beliefs in our bodies - we stay in automatic mode. When we are more consciously embodied, we have the capacity to make new choices. These new choices build new neural pathways that help us to release those automatic activations that hold us back, to heal the trauma held in our bodies and to live more fully in the present.

**The heart of this workshop lies in working with somatic intelligence as the primary therapeutic focus**. This transformative approach shifts trauma therapy into a **collaborative and explorative process, empowering clients to be active participants in their healing journey**. Moreover, by embracing somatic intelligence, therapists can prevent burnout and maintain sustainable, empowering therapeutic practices.

Join us at this pathbreaking webinar with Manuela Mischke-Reeds to discover the inherent potential of somatic intelligence and embark on a path of generative healing and transformative growth.

**Day 3 - Applied Polyvagal Theory in Somatic Psychology: An Embodied Approach to Trauma Recovery**  
(Speaker: Dr Arielle Schwartz)



The mind alone cannot fully heal the symptoms of stress or trauma. For true healing to occur, the body must be an active participant in the process. Polyvagal theory, a transdiagnostic approach to therapy, offers a powerful framework for addressing the physiological roots that underlie a wide range of physical and mental health conditions. By compassionately understanding and treating imbalances within the autonomic nervous system, therapists and clients can find lasting relief from mood disorders, anxiety, and traumatic stress-related conditions.

While traditional talk therapy often focuses on narrating specific life events or losses, it may not be sufficient to facilitate the rebalancing of the autonomic nervous system. In contrast, **research-based and time-tested somatic tools, along with yoga-based breath, movement, and awareness practices, can swiftly reduce anxiety, obsessive thinking, and feelings of hopelessness.** When integrated with applied polyvagal theory in psychotherapy, these techniques lay a powerful foundation for lasting changes that promote physiological balance and psychological wellness.

Guided by Arielle Schwartz, PhD, CCTP-II, E-RYT, an internationally sought teacher, therapeutic yoga instructor, and a leading voice in PTSD and complex trauma healing, this programme empowers therapists to **incorporate applied polyvagal theory into somatic therapies.**

#### **Day 4 - Somatic Psychology Skills for Childhood Sexual Abuse Trauma: A Resilience Informed Approach** (Speaker: Dr Arielle Schwartz)

The impact of childhood sexual abuse trauma on cognitive, emotional, and physical development is lasting and profound - persisting into adulthood and later - unless proper support and healing is found.

The scars of childhood sexual trauma extend well beyond emotional pain and physical injury—manifesting very often as **unexplained somatic symptoms.** As therapists, we now understand that trauma can register within our bodies on a cellular level. Clients may experience fatigue, nausea, diarrhoea, retching, bile rising, gagging, joint or muscle pain, headaches, and palpitations during the recovery process. While talk therapy is an essential part of trauma recovery; but because the abuse has been a very physical experience; working with the body is essential to integrated healing. Somatic therapy explores how the body expresses deeply painful experiences, applying mind-body healing to aid trauma recovery.

In this engaging and practical discussion, therapists will discover how they can help their clients reclaim their lives from the burdens of childhood trauma by fostering deep compassion and reducing the often accompanying shame. Dr Arielle Schwartz introduces a **Resilience Informed Approach, integrating research on trauma recovery to form a strength-based treatment model that incorporates applied polyvagal theory, EMDR therapy, somatic psychology, parts-work, and time-tested relational psychotherapy.**

#### **Learning Objectives:**

- Provide insights into the attention networks that link various brain-body systems in trauma
- Discuss a variety of attention interventions to be used as somatic resourcing with clients
- Apply intervention skills that encourage safe exploration within limits, supporting clients in trusting their body's trauma phenomenology towards releasing outdated activations
- Explain the five core elements of Somatic Intelligence – Intention, Fluidity, Compassion, Spaciousness, Inquiry. Understanding how each is connected to a different aspect of our nature and elements.
- Discuss the reactive behavioural patterns of our trauma bodies and how to suggest effective tools to create novel and grounded responses
- Discuss how between the stimulus and our response, we can **inquire into the somatic awareness to exercise our conscious choice.** Learning to exercise conscious choices that heal and transform
- Explain how to fine-tune the nervous system moment-by-moment, aiding clients in releasing chronic stress
- Apply rapid stress-reduction techniques and effective nervous system regulation methods



- Teach clients natural ways to stimulate their vagus nerve, enhancing physical and emotional health
- **Apply effective interventions to help clients navigate shame and develop self-compassion for their most wounded parts**, fostering a sense of safety and acceptance
- Gain practical skills and techniques for working with somatic symptoms in trauma treatment, empowering clients on their healing journey
- Discuss working with **somatic sensations through titration and pendulation techniques, promoting embodiment and integrated healing**

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### About the speakers

**Tony Buckley, BA**, is a BACP registered therapist who holds a BA Hons degree in Counselling, a Diploma in Supervision and Certificate of Education and Further Education. Tony has studied Cranio-Sacral Focused Anatomy and is currently studying towards a Masters in Neuroscience at Kings College London. Tony has accrued over 30 years' experience in the therapeutic field including activities such as teaching, supervision, private practice, and managing teams of counsellors in both a university setting and an adolescent counselling service within the voluntary sector. Former professional roles included seven years spent as manager of the Counselling and Trauma Service for Transport for London (London Underground), which offers a time-limited trauma treatment service, psychoeducation, stress reduction groups and response support following critical incidents. Tony has been teaching Sensorimotor Psychotherapy internationally for over 12 years, delivering all 3 levels of the method in Ireland, Norway, UK, Netherlands, Finland and Australia. In addition to teaching therapists Tony likes to find some time to write and has contributed several articles in the somatic psychology field and co-written a chapter titled *Healing the Traumatized Organization* in the 2012 Wiley-Blackwell book called *International Handbook of Workplace Trauma Support*.

**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](http://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.

**Manuela Mischke-Reeds** is an international teacher of somatic psychology, a founder of Hakomi Institute of California. She is the founder of non-profit Embodwise a learning platform that brings together the wisdom teachings for the body. She has developed the Innate Somatic Intelligence Trauma Therapy Approach (ISITTA), an in-depth training program for therapists and practitioners.

Manuela has 25+ years of clinical experience with trauma clients, coaching executives, first responders and team leadership coaching. She lectures and trains professionals on the topics of mindfulness-somatic psychology, trauma health and wellbeing, and compassionate leadership.

She serves as the Chief Mental Health Officer at [Abroad.io](http://Abroad.io) helping organization integrate Trauma-informed practices for Human transformation at the workplace and collaborates with global indigenous leaders to help preserve ancient wisdom to inspire compassionate action.

Manuela is the author of several books, including *125 Somatic Psychotherapy Tools for Trauma and Stress* (PESI 2018), *8 Keys to Practicing Mindfulness: Practical Strategies for Emotional Health and Well Being* (W.W.Norton 2015). Visit Manuela's website to find out more about her work:

<https://manuelamischkereeds.com>



**Arielle Schwartz, PhD**, is a licensed clinical psychologist, EMDR Therapy consultant, somatic psychotherapist, and Registered-Experienced Yoga Teacher (R-EYT) 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 six books on trauma recovery. She is an internationally sought out teacher in collaboration with the Polyvagal Institute, AGATE Institute, PESI & PESI UK, Sounds True, Psicologia Italia, Leading Edge Seminars, The Embody Lab, EMDR Integrative, nscience, and the Integrative Psychiatry Institute. Her presentation topics include somatic psychology, EMDR Therapy, complex PTSD, attachment trauma, and treating chronic pain and illness. She is an R-EYT offering courses on applied polyvagal theory in therapeutic yoga for trauma recovery. Her integrative, mind-body approach to therapy includes relational therapy, parts-work therapy, somatic psychology, EMDR Therapy, and yoga therapy.

**There is no known commercial support for this program**

**This course does not qualify for CE credits.**

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