

Somatic Intelligence and Therapeutic Wisdom: *Unlocking Inner Capacities for Empowering Trauma Therapy*

Manuela Mischke-Reeds

Day 2 of An Online Conference

Zoom Webinar

14 November 2023, Tuesday

Times:

2:00 pm – 5:00 pm, London UK

9:00 am – 12:00 pm, New York, USA

CPD hours: 3 /CE credits: N/A

Limited number of early bird tickets at £59 only

Regular price: £69



Location: Online streaming only

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

Somatic Intelligence is the process of healing the somatic memory imprint of traumatic events stored inside our bodies. In the healing process, these somatic imprints need to be acknowledged, released and transformed to find closure and acceptance.

The neural pathways of the evolutionary brain are designed to identify for familiar patterns to learn from our past experiences to both make sense and avoid painful experiences. **We hold the traumatic imprints in our unconscious awareness, learned adaptive survival patterns in our bodies and create limiting belief systems that will prevent touching into the innate healing capacity.** What we refer to as “being out of touch with our bodies” are deeply held beliefs and somatic patterns designed to prevent further harm. Yet it is through safely exploring these imprints and patterns that we can explore how we have been shaped by our traumas and discover how to truly heal within.

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 the associated beliefs and work skillfully to understand this language of the soma (literally the body or cell neuron, i.e., the core of our selves). 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,** heal the trauma held in our bodies and to live more fully in the present.



Somatic intelligence, an innate capacity within all individuals, holds the key to transformative healing. As therapists, we often grapple with the challenge of facilitating this inner wisdom within our clients, feeling uncertain about how to move beyond standard regulating exercises.

In this experiential workshop, we embark on a journey to explore and evoke somatic intelligence, learning how to compassionately follow through with what arises. **Navigating the depths of the moving soma**, we can guide clients to embrace their inner impulses, igniting creativity and aliveness. By delving into co and self-regulation capacities, we can discover what lies beyond, as we engage with the fluid self.

At the same time, throughout the workshop, **we connect with the therapists' wisdom capacity - a fusion of solid grounding and fluidity**, weaving experiential movement practices and small group explorations into the learning process.

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 to discover the inherent potential of somatic intelligence and embark on a path of generative healing and transformative growth.

Learning Objectives:

- 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

About the speaker

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 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>



© nscience UK, 2023 / 24

There is no known commercial support for this program

This course does not qualify for CE credits.

For more information on how to access webinar joining links, handouts and video recordings please visit <https://www.nscience.uk/faqs/>

Questions and requests for information: customerservices@nscience.co.uk

If you have a disability, please contact us in advance of the course so we can accommodate your needs:

customerservices@nscience.co.uk

US: +18337161044

UK/Europe:
+44(0)2070961722

Australia:
+1800861953