

Somatic Psychology Skills for Childhood Sexual Abuse Trauma: *A Resilience Informed Approach*

Dr Arielle Schwartz

Day 4 of An Online Conference

Zoom Webinar

16 November 2023, Thursday

Times:

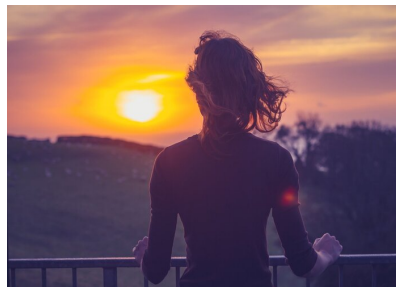
6:00 pm – 9:00 pm, London UK

1:00 pm – 4:00 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)

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, diarrhea, 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.**

Clients who have endured childhood sexual abuse trauma are more susceptible to fragmentation, and it is crucial for clinicians to be adept at recognizing and addressing dissociative symptoms. Merely addressing the



verbal or narrative aspect of memories may bring change to the story but does not adequately tackle the disturbing sensations that dominate and disrupt clients' lives. **Somatic psychology, on the other hand, acknowledges the significance of working with the felt sense of the body to access implicit memories.** By assisting clients in sensing the affective components of body posture, gestures, breathing patterns, and movement impulses with interoceptive awareness, somatic psychology provides a powerful pathway to healing.

In this engaging and informative online course with Dr Arielle Schwartz, therapists will:

- Understand how mutual regulation serves as a precursor to self-regulation in trauma treatment, paving the way for healing and resilience
- Recognize emotional and physiological dysregulation and gain insight into the symptoms of dissociation that require targeted therapeutic attention
- **Learn 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
- Acquire expertise in working with **somatic sensations through titration and pendulation techniques, promoting embodiment and integrated healing**

Webinar Schedule:

6.00 pm: Treating Fragmentation and Dissociation in Therapy

- Explore the impact of Developmental Trauma on the mind and body, unravelling the complexities of childhood sexual abuse trauma
- Understand the dynamics of **Betrayal Trauma within the context of sexual abuse** trauma, recognizing its profound effects
- Learn to assess for dissociation, identifying fragmentation as a crucial aspect of the therapeutic process
- **Skill: Build Affect and Sensation Tolerance,** creating a foundation for processing trauma and regulating emotions
- Skill: Titration and Pendulation, providing clients with tools to navigate overwhelming emotions and sensations
- **Skill: Build Allies for a Part,** cultivating a sense of internal support and safety.
- Skill: Repair and Rescue Scenarios, guiding clients through healing experiences to reclaim lost parts of the self
- Skill: Somatic Interventions to Enhance Embodiment in Trauma Treatment, employing somatic approaches for profound healing

7:30-7:45 pm: Break

7:45 pm: Clinical Session Demonstration

- **Observe a video session of Dr Schwartz working with a client,** gaining valuable insights into practical applications
- Engage in Discussion and Q&A, deepening understanding and knowledge through shared insights

9:00pm: Close

This transformative course offers therapists a resilience-informed approach to childhood sexual abuse trauma, empowering both practitioners and clients on their path to healing and recovery. Join us to embark on this journey of compassion, understanding, and somatic wisdom for trauma resilience.



Learning Objectives:

- **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**

About the speaker

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.

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There is no known commercial support for this program

[This course does not qualify for CE credits.](#)

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