



Traumer og kroppen: Sensorimotorisk psykoterapi i teori og praksis

Tid: 15. juni 2017 Sted: Auditoriet på Solli DPS Osvegen 15, 5228 Nesttun

This workshop is designed for psychotherapists, social workers, psychologists, psychiatrists, and allied professionals who want to learn about somatic approaches to trauma treatment.

Sensorimotor Psychotherapy® integrates cognitive and somatic interventions in the treatment of trauma, emphasizing body awareness, practicing new actions and building somatic resources.

Key components of Sensorimotor Psychotherapy® will be illustrated using videotaped excerpts of sessions with traumatized individuals and brief experiential exercises: uncoupling trauma-based emotions from body sensations; promoting collaboration between client and therapist; teaching mindfulness; building somatic resources; and developing a somatic sense of self. Since clients with complex trauma can be easily triggered by interventions that access the body too quickly, attention will be given to pacing,

boundaries, and safe, gradual re-connection with the body. The videotapes show how to help clients discover and describe how past traumatic experiences are affecting their current bodily experience--which in turn contributes to difficult emotions and beliefs--and also show how to integrate cognitive and somatic interventions to change the meaning of traumatic event(s) and regulate both emotions and arousal.

Sensorimotor Psychotherapy® is conducted within a phase-oriented treatment approach and this presentation will address interventions for all three phases: stabilization and symptom reduction, work with traumatic memory, and re-integration.

Læringsmål

1. Describe procedural learning and its relevance to trauma treatment.
2. Discuss the role of the body in trauma treatment.
3. Explain how physical action can be used to help patients feel empowered and decrease PTSD symptoms.
4. Describe the importance of mindfulness in trauma therapy.

Foreleser



Tony Buckley, holds a BA with honors in counseling, a Certificate of Education, Diploma in Gestalt Therapy, and a Certificate in Advanced Studies Supervision. He has over twenty-four years' experience in private practice, supervision, and management of counselling services, as well as twelve years' experience in adolescent counselling. Tony integrates somatic psychology for the treatment of trauma in the workplace, offers stress and resilience training to UK organizations, and contributed a chapter to the International Handbook on Workplace Trauma called "Healing the Traumatized Organization". Tony teaches in Europe and Australia as a faculty member of Sensorimotor Psychotherapy Institute® (SPI).

Undervisningsform

Seminar- forelesning, praktiske øvelser, videoeksempler.

Målgruppe

Psykologer, leger eller 3-årig helse- og sosialfaglig høyskoleutdanning med relevant klinisk praksis eller videreutdanning.

Varighet

08.30- 16.30, registrering fra 08.00

Kursavgift

800,-

Påmelding

[Bruk denne lenken til RVTS Vest sin nettside](#)

Påmeldingsfrist

10. april 2017

