



Sensorimotor Psychotherapy Institute

Founded by Pat Ogden, Ph.D.

## Level I: Training for The Treatment of Trauma

with **Esther Perez, MA, LMFT, & Rebecca Farca, Ph.D. (c)**

May through October, 2012 in **Edmonton, Alberta**

**Traditional psychotherapy** addresses the cognitive and emotional elements of trauma but lacks techniques that work directly with the physiological elements, despite the fact that trauma profoundly affects the body and that so many symptoms of traumatized individuals are somatically driven, inaccessible in a talking therapy context.

**The Sensorimotor Psychotherapy™** Training for the Treatment of Trauma presents simple body-oriented interventions for tracking, naming and safely exploring trauma-related somatic activation, creating new competencies and restoring a somatic sense of self. Students will learn effective, accessible interventions for identifying and working with disruptive somatic patterns, disturbed cognitive and emotional processing, and the fragmented sense of self experienced by so many traumatized individuals. Techniques are taught within a phase-oriented treatment approach, focusing first on stabilization and symptom reduction. Sensorimotor Psychotherapy can be easily and effectively integrated into psychodynamic, cognitive-behavioral, and EMDR-focused treatments.



**Esther Perez, MA, LMFT**, obtained a B.A. in Psychology and Anthropology from UCLA, an M.A. in Spiritual Psychology from the University of Santa Monica, CA, and has a background in dance and movement. She is trained in Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT) and Sandplay therapy and maintains a

private practice in Los Angeles. Esther provides her services at a local agency specializing in work with neglected, traumatized, and severely emotionally disturbed children and their families. She has been a guest lecturer at the University of Southern California, often presents at local clinics on child mental health issues and therapeutic modalities, and teaches Sensorimotor Psychotherapy internationally.



**Rebecca Farca**, is a PhD Candidate in Clinical Psychology at Santa Barbara Graduate Institute, specializing in Somatic Psychology. She holds a degree in Computer Systems Engineering from the ITESM UEM Institute in Mexico, where she was a professor for from 1984-

1986. Rebeca is certified in Humanist Counseling, Group Processing and Gestalt Psychotherapy from the IHPG Institute in Mexico City and has completed extensive training in CORE Energetics. Formerly in private practice in Mexico City, she currently works in Los Angeles integrating Sensorimotor Psychotherapy with meditation, Reiki, and Aromatherapy. She has lectured in Mexico and California on somatic psychology, and teaches internationally for SPI.

### Details and Registration

**Dates (4 Modules):** 2011

May 25-27

July 22-24

September 21-23

October 19-21

**Location:** Edmonton, AB (venue TBA)

**Fridays:** 9:00am-6:00pm

**Saturdays:** 9:00am-6:00pm

**Sundays:** 9:00am-3:00pm

**Tuition:** \$2,750 USD (**no-interest payment plans available**) \$500 deposit due no later than 30 days prior to the start. Complete an online application to secure a spot in the training.

**Discounts:** 5% discount for early registration, payment in full, **and/or groups of 3 or more.**  
10% graduate student discount. Limited Scholarships available; contact the office for details.  
Combined maximum discount may not exceed 15%

**APPLY ONLINE AT:** [www.sensorimotor.org](http://www.sensorimotor.org)

**Local Contact:** Lynne Kostiuk [aspirations@asafeplacetogrow.ca](mailto:aspirations@asafeplacetogrow.ca) 780-468-1366

**SENSORIMOTOR PSYCHOTHERAPY INSTITUTE**

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# Sensorimotor Psychotherapy Institute

## Level I: Training for The Treatment of Trauma Curriculum

*“Sensorimotor Psychotherapy is a conceptually elegant, powerfully effective body therapy that involves a broad repertoire of somatic interventions specifically designed to help clients tap into the wisdom of their bodies. The SPI Training Program offers ingeniously taught intensive courses for clinicians seeking to deepen their understanding of the body.”*

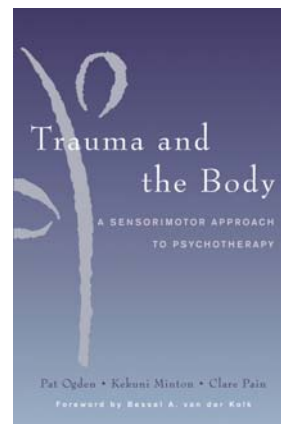
— Martha Stark, M.D., Author of *Working with Resistance and Modes of Therapeutic Action*

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### Curriculum (Level I)

- **Including the Body in Psychotherapy Practice** How to track and name somatic experience and work with physical action.
- **Trauma and the Body** The role of the body in perpetuating PTSD symptoms.
- **Developmental and Attachment Issues** The effects of trauma, attachment failure, and developmental arrests on mind and body.
- **Hierarchical Information Processing** Somatic interventions that expand the capacity to integrate traumatic experience.
- **The Use of Mindfulness** The role of mindfulness in the treatment of trauma and how to teach mindfulness to clients.
- **Self-Regulation** How to stabilize traumatic activation and restore autonomic equilibrium.
- **Somatic Resources** Identification of missing somatic resources and interventions to help clients develop new resources.
- **Boundaries** How trauma affects boundary styles and techniques to restore healthy somatic and psychological boundaries.
- **Orienting and Defensive Responses** Interventions to reinstate effective orienting and defensive responses truncated in the wake of trauma.
- **Treatment of Traumatic Memory** Somatic approaches to overcoming the fear of traumatic memory and interventions to process and integrate memories.
- **Dissociation Interventions** to work with alterations of consciousness and structural dissociation of the personality.



*“Pat Ogden’s outstanding work in sensorimotor psychotherapy focuses not just on the devastating effects of trauma-induced alterations on the mind, but also on the body and brain. Asserting that the body has been left out of the “talking cure,” she offers a scholarly review of very recent advances in the trauma, neurobiology, developmental, and psychodynamic literature that strongly suggests that bodily-based behaviors, affects, and cognitions must be brought to the forefront of the clinical encounter. Amply filled with extremely interesting case material, this gifted therapist’s creative work on somatically-focused treatment is essential reading for clinicians of all schools of psychotherapy.”*

- Allan N. Schore, Ph.D., Dpt. Of Psychiatry and Bibehaviorial Sciences, UCLA David Geffen School of Medicine.

For more information, or to register for a Training or Workshop, please visit our website:  
[www.sensorimotor.org](http://www.sensorimotor.org)

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