

Sensorimotor Psychotherapy Institute

presents

an Introductory 2 day Workshop in Sensorimotor Psychotherapy
with Joseph Gillan, M.A.

Trauma and the Body: The Theory and Practice of Sensorimotor Psychotherapy

Sensorimotor Psychotherapy integrates cognitive and somatic interventions in the treatment of trauma, emphasizing body awareness, practicing new actions, and building somatic resources. This approach will be demonstrated through videotaped excerpts of sessions with clients so that the audience can observe nuances of movement and watch how the body changes during therapy with real-life issues.

Key components of Sensorimotor Psychotherapy will be illustrated: 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.



Lead Trainer Joe Gillan, M.A. received his master's in Transpersonal Psychology from Naropa University in 1997, and is a psychiatric consultant at Good-Samaritan hospital in Lafayette, CO. working both in psychiatric emergency triage and with chronically ill patients. He currently serves on the faculty of Naropa University in the graduate department of Somatic Psychology, leads groups for cancer survivors, and maintains a private practice in Boulder Colorado. Joe has traveled the world conducting trainings and workshops in Sensorimotor Psychotherapy.

DATE • TIME • LOCATION

Dates: Friday night April 9th and Saturday, April 10th, 2010 **Cost:** \$150

Times: Friday, 6:00pm--9:00pm; Saturday, 9:00am-5:00pm

Location: Center for Integrative Health, 45 Lyme Road, Suite 200 Hanover, NH 03755

Local Contact: Kari Gleiser, (603)-643-0066

CEU Information: Continuing Education Credits will be offered by The Institute for Continuing Education. CE materials will be provided on site. Please contact the office for more details.

Registration: To register, fill out the form below and fax to the office @ 303-402-0862, or visit:

www.sensorimotorpsychotherapy.org

REGISTRATION FORM: Please register me for the April 9th-10, 2010 Hanover, NH Workshop with *Joe Gillan, M.A.*

Name: _____ Home/Work Phone: _____

Cell Phone: _____ Email: _____

Mailing Address: _____ City: _____

State: _____ Zip Code: _____

Credit Card Number _____ Expiration Date _____

Please send Registration Form and Payment to: accounting@sensorimotor.org fax: 303-402-0862

Phone: 303-447-3290 Or sign up on SPI's website @ <https://www.sensorimotorpsychotherapy.org/index.html>