



## **Level I: Training for The Treatment of Trauma** **April through October 2012 in Innsbruck, Austria**

**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.



**Kekuni Minton, Ph.D.**, is a founding trainer of SPI, co-author of *Trauma and the Body: A Sensorimotor Approach to Psychotherapy* with Dr. Pat Ogden, and a faculty member at Naropa University. His doctoral thesis in clinical psychology focused on somatic relational therapy and he has special interests in meditation and cultural trauma. Dr. Minton was the resident psychotherapist at the Boulder County AIDS Project, and he trains internationally for SPI.

### **Details & Registration**

**Three Modules:** April 12-15, 2012  
June 28-July 1, 2012  
October 4-7, 2012

**Times:** 9:00am-5:30pm (All Days)

**Location:** Haus der Begegnung  
Rennweg 12  
6020 Innsbruck

**Tuition:** €2250 (€750 per module)

Students are expected to attend all three training modules to complete the course and receive a certificate of completion. Students may attend one module for the price of €800 but will not be eligible to receive a certificate.

**Registration Deadline:** January 5, 2012; upon receipt of payment confirmation.

**Tuition Includes:** An announcement folder, access to online materials and workbooks in English for students and assistants, online access to videos of SP therapy sessions, online access to videos of SPI training sessions, requirement to sign a confidentiality agreement

**Storno:** The storno amounts to 50% of the course fee, and will be independent from any reason. No refund will be due if student withdraws *after* the Storno period.  
Module 1: Students may cancel registration until February 1, 2012  
Module 2 and Module 3: Students may cancel registration no later than the beginning of the module in question (June 28 and October 4, respectively).

**Local Contact:** For registration and financial details/questions, contact **Tanja Randolph**  
[tanja.randolf@uki.at](mailto:tanja.randolf@uki.at)

**Contact SPI:** Contact the Training Coordinator at [trainings@sensorimotor.org](mailto:trainings@sensorimotor.org)  
(303)-447-3290 (ext. 2) for more information.

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

# Sensorimotor Psychotherapy Institute

Founded by Pat Ogden, Ph.D.



**Sensorimotor Psychotherapy Institute** is an educational organization dedicated to the study and teaching of a somatic approach to clinical psychotherapy practice. Sensorimotor Psychotherapy is a body-oriented talking therapy that integrates verbal techniques with body-centered interventions in the treatment of trauma, attachment, and developmental issues.

SPI offers trainings and workshops for psychotherapists and allied professionals in Sensorimotor Psychotherapy and courses for body therapists on somatic resources. The courses taught by SPI are based on principles of mindfulness and mind/body/spirit holism and informed by contemporary research in neuroscience, attachment theory, trauma, and related fields.



**Pat Ogden, Ph.D.**, is a pioneer in somatic psychology having trained in a wide variety of somatic and psychotherapeutic approaches. She has 34 years experience working with individuals and groups in diverse populations. She is first author of the groundbreaking book, *Trauma and the Body: A Sensorimotor Approach to Psychotherapy* and is both founder and director of Sensorimotor Psychotherapy Institute. She is a clinician, consultant, international lecturer and trainer, co-founder of the Hakomi Institute, and on faculty at Naropa University. Currently she is working on her second book, *The Body as Resource: Sensorimotor Interventions for the Treatment of Trauma*.

*“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, MD**, author of *Working with Resistance and Modes of Therapeutic Action*

## Level I: Training for The Treatment of Trauma

Curriculum | 80 to 90 contact hours

### 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.

**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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