2-Day Live Online Summit: Integrating the Body in Psychotherapy Online Summit

Live Session Objectives

Coming to Your Senses: Recovering from Trauma by Learning to Safely Inhabit Your Body | Bessel van der Kolk, MD

1. Investigate the impact of trauma on the various parts of the brain, body and nervous system.
2. Articulate ways to restore proper balance between the rational and emotional brains, that can help clients re-establish ownership of their bodies and minds.
3. Propose methods that re-establish connection and synchrony with others to overcome trauma.

The Emergence of a Polyvagal-Informed Therapy: Harnessing Neuroception of Safety in Clinical Treatment | Stephen Porges, PhD

1. Determine how the autonomic nervous system is related to social and defensive behaviors.
2. Appraise the clinical conditions necessary to promote feelings of safety in the client.
3. Theorize why deficits in the Social Engagement System are core features of several psychiatric disorders.

Sensorimotor Psychotherapy: Body Oriented Therapy Techniques for Trauma and Attachment | Pat Ogden, PhD

1. Choose three somatic resources to regulate arousal
2. Determine “bottom up processing” to resolve traumatic memory
3. Distinguish proximity-seeking actions and how they relate to the client experience
4. Integrate embedded relational mindfulness within treatment planning for client sessions

A Mind-Body Approach to Race-Based Traumatic Stress Recovery | Gail Parker, PhD

1. Determine the difference between PTSD and race-based traumatic stress.
2. Practice emotional regulation tools such as restorative yoga.
3. Incorporate restorative yoga as a helpful aid in your treatment planning to help clients cope with race-based traumatic stress.
The Body as a Shared Whole: Using Visualization Techniques to Treat Dissociation | Janina Fisher, PhD

1. Determine signs of disowned parts and their internal conflicts experienced by clients
2. Employ visualization techniques that create a sense of closeness or attunement
3. Practice somatic interventions that foster an increased sense of compassion for dissociated parts

Energy Psychology: A Bodymind Approach for Rapidly Transforming Stress and Trauma | Robert Schwarz, PsyD

1. Propose at least 3 published studies demonstrating the effectiveness of energy psychology techniques
2. Determine at least 2 body based mechanisms that may underlie the effectiveness of energy psychology to reduce the effects of trauma and stress
3. Demonstrate the 4 main steps of emotional freedom techniques (EFT)

Becoming Safely Embodied: Building a Solid, Steady Secure Self | Deirdre Fay, LICSW

1. Construct the Parallel Lives model for tracking traumatic intrusions
2. Evaluate triggers and triggering by observing the client’s body experience
3. Distinguish how fears, blocks, and resistances can be harnessed somatically and used for motivation
4. Evaluate a mindfulness “ancient wisdom” practice that helps build self-structure

From Disorganization to Organization: Working with Somatic Experiencing® | Nancy Napier, LMFT

1. Demonstrate to clients’ methods to track their body’s activation responses that help support both regulation and developing capacity for discomfort.
2. Apply titration to the process of working with client’s trauma responses.
3. Propose ways to clients that help normalize their responses as natural to trauma states.
Collective Trauma: Practical Strategies for Working Somatically in Times of Change | Manuela Mischke Reeds, LMFT

1. Apply three essential somatic tools to apply in their existing practice.
2. Compose a personal trauma narrative within the collective trauma context in order to better relate to clients’ narratives.
3. Determine the larger role that collective trauma plays within our client’s lives.

Trauma and The Moving Body | Amber Elizabeth Gray, PhD

1. Formulate a human rights framework for body-based therapies with survivors of trauma
2. Appraise the theories that are central to polyvagal-informed dance/movement therapy.
3. Practice 3 state-shifting practices to promote grounding, stabilization, enhanced interoception, self-and-co-regulation and self-reciprocity.