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

Live Session Outline

Coming to Your Senses: Recovering from Trauma by Learning to Safely Inhabit Your Body | Bessel van der Kolk, MD
- The imprint of trauma on the brain, body and nervous system
- The keys to overcoming trauma
- Body-based clinical practices

The Emergence of a Polyvagal-Informed Therapy: Harnessing Neuroception of Safety in Clinical Treatment | Stephen Porges, PhD
- Polyvagal Theory
  - The role of autonomic state as an intervening variable mediating trust and calmness or reactivity to threat
  - The importance of acknowledging and honoring the consequences of a neuroception of threat
  - The effect of treat on autonomic state and neuroception
- Strategies to mitigate threat
  - Role of the social engagement system is therapy
  - Harnessing the power of neuroception in therapy

Sensorimotor Psychotherapy: Body Oriented Therapy Techniques for Trauma and Attachment | Pat Ogden, PhD
- The Wisdom of the Body
  - Why the movement and posture is important target of intervention
  - How to use mindfulness to tap the wisdom of the body (embedded relational mindfulness)
  - Discovering resources of the body to stabilize arousal
- Legacies of Trauma and Attachment
  - Use of movement to process traumatic memory
  - Use of movement to support adaptive relationships
A Mind-Body Approach to Race-Based Traumatic Stress Recovery | Gail Parker, PhD

- Race-Based Traumatic Stress: differentiation from PTSD
- High-effort coping
- The physiology of emotion
- Emotional regulation tools
- Restorative Yoga as a helpful tool for clients

The Body as a Shared Whole: Using Visualization Techniques to Treat Dissociation | Janina Fisher, PhD

- Dissociation as a Survival Strategy
- Visualization as a somatic strategy to foster a felt sense attunement
- “Self-Compassion”: welcoming every part of the personality

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

Science and Research of energy psychology

- Brief Review of the outcome research supporting the effectiveness of Energy psychology
- Description of energy psychology used to treat trauma after genocide
- Discussion of body-based mechanisms that may underlie the effectiveness of EP

Description of the basic patterns of energy psychology tools

- Discussion how to use EP tools within a stage oriented, bottom-up trauma informed approach
- Brief review of some of the major EP schools of treatment
- Description of the basic protocols of emotional Freedom Techniques (EFT) and how they are used to process trauma while staying within the window of tolerance.
- Description of a simple EP protocol to help support healthy boundaries

Integrating EP in clinical practice

- How to use EP as a self-regulation tool including video resources for clients
- Differences between self-help versions and clinical versions of EP
- Simple techniques to invite clients to use deeper clinical techniques
- How to integrate one EP technique into treatment planning
- Ethical Guidelines and guidelines how clinicians can get appropriate training
Becoming Safely Embodied: Building a Solid, Steady Secure Self | Deirdre Fay, LICSW

- A step-by-step guide to building inner structure
- Fears, blocks, and resistances transformed into motivation
- The Parallel Lives Model: to create success in tracking traumatic intrusions
- Re-pattern clients’ trauma-related states and experience well-being

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

The importance of embodied presence

- Orienting to the inherent blueprint for health and wholeness
- Reinforcing client wholeness

Cultivating a sense of benevolence in response to understanding trauma’s impact on the body and psyche

Moving from disorganization to organization

Increasing the capacity to be uncomfortable

Elements of Somatic Experiencing®

- Bringing the body into the present
- Orienting to the felt-sense
- Titration
- Slowed-down processing
- Pendulation
- Understanding the threat response cycle
- SIBAM and coupling dynamics
- Deactivation and reorganization
- A return to curiosity and orientation
Collective Trauma: Practical Strategies for Working Somatically in Times of Change | Manuela Mischke Reeds, LMFT

The Interconnected Nature of Trauma

- Trauma is not just an individual story
- The therapist’s job as interconnected to the societal forces
- Seeing ones helping capacity as interdependent

Somatic Intelligence

- Key somatic techniques to reconnect with one’s innate somatic knowledge, through key practices
- Foster emotional resilience for both the clinician and client
- Enhance the capacity for emotional resilience

Trauma and The Moving Body | Amber Elizabeth Gray, PhD

Landing in Our Bodies Practice

Restorative Movement Psychotherapy and Polyvagal-informed Dance/Movement Therapy

Practices for Regulation and Reciprocity

- Grounding and Stabilizing Practice
- Enhancing Interoception Practice