

# FOKUS PÅ TRAUMER

## Forståelse og behandling av PTSD og komplekse traumer

TRONDHEIM 6. – 7. mars 2014

Royal Garden, Trondheim



II: Mikail 2005

## 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.

Key components of Sensorimotor Psychotherapy® will be illustrated using videotaped excerpts of sessions with traumatized individuals and brief experiential exercises: 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.

#### Learning Objectives

1. Describe procedural learning and its relevance to trauma treatment.
2. Discuss the role of the body in trauma treatment.
3. Explain how physical action can be used to help patients feel empowered and decrease PTSD symptoms.
4. Describe the importance of mindfulness in trauma therapy.



**TONY BUCKLEY**, holds a Bachelor of Arts degree with Honors in Counselling and is a certified Sensorimotor Psychotherapist, an experienced teacher and supervisor. Tony has also earned a Certificate of Education, Diploma in Gestalt Therapy and a Certificate in Advanced Studies Supervision. He is the manager of the Counselling and Trauma Service for Transport for London (London Underground) which offers a time-limited trauma service. He is on the teaching faculty of the Sensorimotor Psychotherapy Institute and is the chair of the UK Association of Sensorimotor Psychotherapists. Tony has over 20 years experience in the therapeutic field which includes private practice, managing a university counselling service and 12 years in the field of adolescent counselling.



## Program 6. mars

08.00 – 08.30 Registration

08.30 – 09.45 Physiology of trauma

09.45 – 10.00 *Break*

10.00 – 11.00 Implicit versus explicit memory

11.00 – 11.45 Procedural memory, action systems and habitual tendencies

11.45 – 12.45 *Lunch*

12.45 – 13.45 Autonomic dysregulation and the perception of threat

13.45 – 14.00 *Break*

14.00 – 14.45 Introduction to Sensorimotor Psychotherapy

14.45 – 15.00 *Break*

15.00 – 16.30 Mindfulness and the organization of experience



## Program 7. mars

08.00 – 08.30 Registration

08.30 – 09.15 Traumatic Attachment and the therapeutic alliance

09.15 – 10.00 Working with sensation, impulse and movement.

10.00 – 10.15 *Break*

10.15 – 11.45 A psychology of action: incomplete v completed acts of triumph

11.45 – 12.45 *Lunch*

12.45 – 13.30 Addressing trauma symptoms with somatic resources:  
survival v creative resources, movement as resource

13.30 – 14.45 Resources that support auto versus interactive regulation.

14.45 – 15.00 *Break*

14.00 – 15.30 Somatic Integration: knowing that the trauma is over v feeling  
in the body that it is over

**PROGRAMMET VIL BLI SØKT GODKJENT TIL DIVERSE SPESIALISTUTDANNINGER**