

Level 3-Sensorimotor Psychotherapy

Advanced Integrative Training in Sensorimotor Psychotherapy

This training is for SP graduates of the L1/Trauma training and L2/Developmental training.

The Advanced Integrative Training in Sensorimotor Psychotherapy consists of three components:

- 1) Skills Consolidation: Trauma (SCT) - Online
- 2) Skills Consolidation: Developmental (SCD) - Online
- 3) Advanced Integrative Training in Sensorimotor Psychotherapy - In Person

Both the Skills Consolidation parts of the course are online, self-directed, self-paced components which support the consolidation of knowledge and skills introduced in the two basic SP courses for trauma and developmental work to prepare the learner for certification in SP. The SCT consists of 13 basic skills units, and SCD consists of 16 basic skills units, that guide the learner from SP Foundations through Essential Skills to the Five Stages of the Process. Building on the basic information and initial practice of skills application from the L1- Trauma and L2-Developmental trainings, the student will see new presentations from Pat Ogden and other SPI Faculty, review clinical application video content, participate in small group discussions, and complete self-directed learning activities using interactive media and provided worksheets to consolidate past learning and refine existing skills for Certification in SP.

The Advanced Integrative Training (AIT) course is presented in a hybrid learning format (in-person with online support), with 108 credit hours provided face to face. Students are provided with short preparation modules via SPI's online learning system to maximize the opportunities for live practice, feedback and integration of SP Foundations during the corresponding face to face meeting modules. The AIT's 6 module format deepens practical application and expands the student's awareness of the following topics:

1. Arousal Modulation and the Body as a Resource (Somatic Resourcing)
2. Orienting and Defensive Responses
3. Current Issue
4. Developmental Memory
5. Expanding Practice
6. Completion

