



# Training in Sensorimotor Psychotherapy for the Treatment of Trauma

Ashland-Medford OR, May—October 2010  
with Pat Ogden, PhD and Kekuni Minton, Ph.D.

**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, often 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 physiological arousal and procedural tendencies, 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.



**Pat Ogden, Ph.D.**, is the founder and director of the Sensorimotor Psychotherapy Institute, an internationally recognized school that specializes in training psychotherapists in somatic/cognitive approaches for the treatment of trauma, developmental and attachment issues. She is a co-founder of the Hakomi Institute, served on the faculty of The Naropa University in the Somatic Psychology and Contemplative Psychology departments from 1985 to 2005, and lectures internationally. She is the first author of the groundbreaking book, *Trauma and the Body: A Sensorimotor Approach to Psychotherapy*, which was published in the fall of 2006 in the interpersonal neurobiology series of W.W.Norton and is in its second printing.



**Kekuni Minton, Ph.D.**, is a founding trainer of SPI 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. He was the resident psychotherapist at the Boulder County AIDS Project, and has presented at a variety of conferences internationally.

## Training Details and Registration

**Dates 2010:** May 20-23, July 15-18, August 19-22, September 30-October 3. Thursday 5:00pm-8:15pm, Friday and Saturday 9:00am - 5:45pm, Sunday 9:30am - 1:15pm

**Tuition:** \$2500 (installment plans available). Approximately 82 CE hours

Deposit due upon acceptance to program to hold your place in the training.

**Discounts:** 5% discount for Early Registration (with \$500 deposit).

5% discount for payment in full. Group discounts available. Contact the office for details.

**Pre-requisites:** Applicants must be graduate students, clinical interns, or licensed in their field and state.

To apply or for more information visit:

[www.sensorimotorpsychotherapy.org](http://www.sensorimotorpsychotherapy.org)

Tuition includes training and course materials. Please apply early, as space is limited. MC and Visa accepted. Installment Payment Plans available. Limited work study opportunities available.

## Continuing Education

Continuing education credit is co-sponsored by The Sensorimotor Psychotherapy Institute and The Institute for Continuing Education. Credit is awarded on a session-by-session basis, with full attendance required for the sessions attended. Partial session credit is not available. The processing fee is \$50.00 per person and covers all scheduled sessions of the Course. Application forms and other information will be available at the initial Course session. If you have questions regarding continuing education or for a listing of learning objectives, please contact The Institute at: 251-990-5030; FAX: 251-990-2665.

Credit is offered for the professional disciplines of psychology, social work, counseling, marriage/family therapy. You may view complete continuing education information on our website at [www.sensorimotor.org/ceu.html](http://www.sensorimotor.org/ceu.html)

**CE Credit Disclaimer:** Participants are responsible for checking with their local licensing/certification board to verify acceptance of the CE credit being offered.

### SENSORIMOTOR PSYCHOTHERAPY INSTITUTE

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