

## Outline

### The Wisdom of the Body

The body tells the story of the non-conscious "implicit self"

Use dual awareness: mindfulness to reveal the implicit self

Tap into the resources of the body in clinical practice

### The Legacy of Trauma

Symptoms of a traumatized body

Recalibrate a dysregulated nervous system: the window of tolerance

Restore empowering actions to heal traumatic memory

### The Legacy of Attachment

Working with physical signs of attachment failures

Learn the significance of posture and how to work with it

Support relational movement sequences

### Body to Body Conversation

Translate the language of the body in relationships

Resolve couple's (marriage and parent child) impasses

Expand the client's window of tolerance with play

*"Pat Ogden is the undisputed master for teaching clinicians how to work with physical sensations to help people beyond their trauma."*

- Bessel van der Kolk, MD

*"Sensorimotor Psychotherapy is very collaborative, very relational and there is more explicit teaching of skills. ...SP can be used for clients who are not appropriate for EMDR or who can't tolerate the intensity of EMDR trauma processing"*

- Janina Fisher, PhD

*"Pat Ogden is a brilliant and compassionate clinician who brings deep knowledge and wisdom to her unique contributions to caring for others and helping them in the journey to heal. What a gift to the world she is, and to anyone fortunate to be able to study with her"*

- Daniel J. Siegel, MD

## Learning Objectives

1. Determine the significance of the language of the body.
2. Apply relational mindfulness interventions.
3. Explore somatic techniques for stabilization and regulation of arousal.
4. Investigate the significance of the "implicit" self.
5. Communicate why posture is significant in clients' well being.
6. Critique why the "body to body" conversation is often the root of problems in relationships.



### Have a seminar idea? A manuscript to publish?

The nation's top speakers and authors contact us first. If you are interested in becoming a speaker or have a new topic idea, please contact Claire Zelasko at [czelasko@pesi.com](mailto:czelasko@pesi.com) or call 715-855-8194.

### Hassle-Free Cancellation Policy:

If you contact us before the event date, you can exchange for a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

### Live Seminar & Webcast Schedule

(Times listed in Eastern)

**7:30** Registration/Morning Coffee & Tea

**8:00** Program begins

**11:50-1:00** Lunch (on your own)

**4:00** Program ends

For locations and maps, go to [www.pesi.com](http://www.pesi.com), find your event, and click on the seminar title.

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# Sensorimotor Psychotherapy with Pat Ogden, Ph.D.

Body-Oriented Therapy Techniques  
for Trauma and Attachment

Ellicott City, MD  
Friday, October 13, 2017

Live Video Webcast  
Friday, October 13, 2017



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# Sensorimotor Psychotherapy with Pat Ogden, Ph.D.

Body-Oriented Therapy Techniques  
for Trauma and Attachment

- Treat traumatic injury through body awareness and physical action
- Work with attachment disturbances through somatic techniques
- Reduce PTSD symptoms
- Improve relationships, behavior and social functioning



Ellicott City, MD  
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# Sensorimotor Psychotherapy

## with Pat Ogden, Ph.D.

The language of the body and how it communicates is at the core of effectively treating trauma and relationship difficulties and attachment failure.

Pat Ogden, PhD, an originator in the field of somatic therapies, is world-renowned for developing Sensorimotor Psychotherapy (SP). SP is a cutting-edge, bottom-up, body oriented talk therapy, relational mindfulness-based approach to treat emotional and cognitive experiences.

According to Dr. Ogden, as a therapist you are likely to miss out on a wealth of valuable diagnostic and treatment information because you are likely missing what’s in front of you in the therapy session. Citing research, literature, neurobiology, developmental psychology, trauma, and psychodynamic therapy, she will demonstrate that the body has largely been left out of the “talking cure,” and demonstrate that integrating body-focused interventions into our work can provide a more holistic—and effective—approach to the treatment of trauma, attachment, and relational issues – with adults, couples, children, adolescents and groups.

Do not miss this opportunity to spend the day with Dr. Pat Ogden and learn techniques to integrate into your treatment skillset for the treatment of trauma, attachment disturbances, memory and dysregulated arousal.

### Speaker



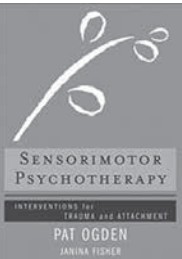
**Pat Ogden, PhD**, is a pioneer in somatic psychology and both founder and education director of Sensorimotor Psychotherapy Institute®, an internationally recognized school specializing in somatic–cognitive approaches for the treatment of post-traumatic stress disorder and attachment disturbances. She is co-founder of the Hakomi Institute, past faculty of Naropa University, a clinician, consultant, international lecturer and trainer, and first author of *Trauma and the Body: A Sensorimotor Approach to Psychotherapy*. Her second book, *Sensorimotor Psychotherapy: Interventions for Trauma and Attachment* (2015) is a practical guide to integrate Sensorimotor Psychotherapy® into the treatment of trauma and attachment issues. Dr. Ogden, with colleagues, is currently developing Sensorimotor Psychotherapy® for children, couples and families.

Speaker Disclosures:  
Financial: Pat Ogden is in private practice. She receives a speaking honorarium from PESI, Inc.  
Non-financial: Pat Ogden is a member of the American Psychological Association.

**Questions?** Call customer service at 800-844-8260

**Target Audience:**  
Counselors • Psychologists • Social Workers • Marriage and Family Therapists • Addiction Counselors • Psychotherapists • Case Managers  
Nurse Practitioners • Nurses • Psychiatric Nurses

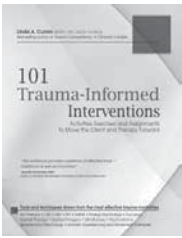
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### Sensorimotor Psychotherapy Interventions for Trauma and Attachment

By Pat Ogden, Ph.D. **Your Speaker!**  
& Janina Fisher, Ph.D.

Written for therapists and clients to explore together in therapy, this book is a practical guide to the language of the body. It begins with a section that orients therapists and clients to the volume and how to use it, followed by an overview of the role of the brain and the use of mindfulness. The last three sections are organized according to a phase approach to therapy, focusing first on developing personal resources, particularly somatic ones; second on utilizing a bottom-up, somatic approach to memory; and third on exploring the impact of attachment on procedural learning, emotional biases, and cognitive distortions. Each chapter is accompanied by a guide to help therapists apply the chapter’s teachings in clinical practice and by worksheets to help clients integrate the material on a personal level.



### 101 Trauma-Informed Interventions: Activities, Exercises and Assignments to Move the Client and Therapy Forward

By Linda Curran, BCPC, LPC, CAC-D, CCDP

Over 100 approaches to effectively deal with trauma, this workbook pulls tools and techniques drawn from the most effective trauma modalities -- all into one concise resource. CBT, DBT, EFT, EMDR, energy psychology, guided imagery, mindfulness, psychodrama, art therapy, movement therapies and more. Equally useful in both group and individual settings.

### LIVE WEBCAST DETAILS

#### Join us on October 13, 2017, for this live, webcast!

Invite your entire office and, like a live seminar, “attend” the webcast at its scheduled time. It’s easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Only \$19.99 per CE Certificate for each additional participant.

**Due to confidentiality issues, only the audio will be heard when client videos are shown.**

### LIVE SEMINAR & WEBCAST CONTINUING EDUCATION CREDIT INFORMATION

*Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see “live seminar schedule” for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.*

*If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepsi@pesi.com](mailto:cepsi@pesi.com) or 800-844-8260 before the event.*

*Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.*

*PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.*

**ADDITION COUNSELORS:** This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

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**DISTRICT OF COLUMBIA COUNSELORS:** This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The District of Columbia Municipal Regulations for Professional Counseling recognizes courses and providers that are approved by the American Psychological Association. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

**MARYLAND COUNSELORS:** This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

**VIRGINIA COUNSELORS:** This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The Virginia Board of Counseling recognizes courses and providers that are approved by the American Psychological Association or NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**NURSE/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS:** This activity meets the criteria for a American Nurses Credentialing Center (ANCC) Activity PESI, Inc. is an approved provider by the American Psychological Association, which is recognized by the ANCC for behavioral health related activities.

This activity qualifies for 6.25 contact hours.

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**SOCIAL WORKERS:** PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), [www.aswb.org](http://www.aswb.org) through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.25 (Clinical) continuing education clock hours for this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

**OTHER PROFESSIONS:** This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



QUESTIONS? Call 800-844-8260 or e-mail us at [info@pesi.com](mailto:info@pesi.com).

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SENSORIMOTOR PSYCHOTHERAPY WITH PAT OGDEN, PH.D.  
BODY-ORIENTED THERAPY TECHNIQUES FOR TRAUMA AND ATTACHMENT

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☐ **\$47.50\*** *Sensorimotor Psychotherapy* book

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Webcast with downloadable seminar manual

☐ **\$179.99** registration (+ tax in MN, PA, WI)

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Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.  
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See below for individual product orders

***Sensorimotor Psychotherapy* book\***

\$47.50 (SAM083860)

***101 Trauma-Informed Interventions* book\***

\$29.99 (PUB045620)

\*Shipping is \$6.95 first item + \$2.00 each add'l item.

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