

bringing the body into practice

ADVANCED PRACTICES IN SOMATIC PSYCHOTHERAPY: ATTACHMENT, TRAUMA & THE SOUL

with *lisa mortimore*, PhD

Trauma deeply impacts the integrity of the self, creating a split between psyche, body and spirit. This disembodiment, at the heart of insecure attachment, disrupts healthy development and forges a neurophysiological template that endures throughout the lifespan and across generations. Corresponding affect management strategies and attachment patterns, accompanied by dysregulation of the Autonomic Nervous System (ANS), impacts one's internal working model, perception and identity.

The legacy of trauma wounds the neurophysiological body and causes the soul to descend deep into the underworld. As therapists, we are called to not only to jointly descend into the underworld to accompany, witness and support the return to life, but to facilitate regulation of the ANS and offer reparative relational experiences to shift attachment patterning and aid in the maturation and development of the right brain. In addressing both the psyche's response and the bodily based impact of trauma, an expansion of somatic processing calls for embodied therapists to deepen their capacity and reach for the archetypal and imaginal realms of the sentient world for the restoration of what some define as 'soul sickness' – the split of body, mind and spirit.

This training weaves the interconnected realms of embodied and imaginal somatic and relational psychotherapeutic principles and practices; clinical understandings and application of attachment research, specifically from the Adult Attachment Interview; and research and application of trauma studies.

Over nine days (three clinics) we will delve into the theoretical and conceptual understandings of this diverse interdisciplinary knowledge and develop an embodied understanding for clinical practice through didactic presentation, demonstrations, experiential exercises, and facilitated practice sessions where participants will have opportunities to put the material into practice in a supported learning environment. Each consecutive clinic has process questions to increase one's reflexivity and critical awareness of self as embodied, relational therapist. A web based group consult between clinics further integrates the material into clinical practice.

This advanced practices training is rigorous in both academic and experiential learning and is limited to nine spaces to maximize the depth and richness of experience and learning.

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OVERVIEW OF CURRICULUM

- o Work with archetypes, the sentient world and soul in practice
- o Deepen imaginal and embodied understanding and capacity for processing
- o Explore and understand attachment patterning from conception through adulthood
- o Deepen understanding of attachment and attachment repair through therapeutic relationships
- o Understand the role that therapist attachment plays in clinical practice
- o Strengthen connection to therapist bodily based information in clinical practice
- o Explore vicarious saturation and somatic countertransference
- o Deepen understanding of dissociation and survival self-care systems
- o Work with chronic shame and how to shift shame dynamics
- o Explore collusion, relational ruptures, breaches, enactments and their repair
- o Consider therapist disclosure in relational practice

A graduate degree in a mental health field is required as well as the completion of a two year somatic based training programme for consideration into this small group advanced practices training opportunity.

February 24 - 26 | May 5 - 7 | October 20 - 22, 2017
Victoria, BC

2700.00 (plus gst) before February 1, 2017; 3200.00 (plus gst) thereafter. Payment plans available.

More Info: www.lisamortimore.com

Registration: trainings@lisamortimore.com

250.514.4731



Lisa Mortimore, PhD: My teaching focusses on the embodiment and transformation of self through relationally focussed somatic attachment therapy, affect regulation, and by deepening connections to the sentient world and embodied wisdoms. My doctoral research looked at the links between embodiment, ways of knowing, and eco-activism and continues to inform my clinical and teaching practice. As an educator, I have a strong orientation toward therapist embodiment and evolution; I am well versed in the art of linking academic research and theory to clinical practice; I have a community-building, holistic orientation; and I hold authenticity, humour and integrity paramount in relationship. I have been privileged to train with Dr.'s Sharon Stanley, Peter Levine, Allan Schore, Mary Main, and Erik Hesse. I have taught somatic attachment complex trauma work across Canada and currently teach workshops and a 2 year somatic attachment programme in Victoria, BC.