

bringing the body into practice

SOMATIC ATTACHMENT PSYCHOTHERAPY 2 YEAR TRAINING FOR HEALING COMPLEX TRAUMA

with *lisa mortimore*, PhD

Early relational experiences forge a neurophysiological and psychological template of self, often creating insecure attachment which distorts the development of self and impacts relational functioning throughout the lifespan. Corresponding affect management strategies and attachment patterns, accompanied by dysregulation of the Autonomic Nervous System (ANS), impact one's self perceptions, world, and identity. This legacy of trauma deeply impacts the integrity of the self, creating a split between psyche, body and spirit. Therapists are called to facilitate shifting of affect management strategies, attachment patterning, and support the maturation and development of complex right brain functioning to heal relational/complex trauma, insecure attachment, PTSD, and chronic shame rather than merely working with symptom reduction. This training responds to this call and offers an immersive educational experience to deepen embodiment and capacity as therapist.

Throughout 6, 4 day modules we delve into the theoretical and conceptual understandings of: 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; emergent neuroscience research; trauma studies; embodiment studies and practices, and; earth-based wisdoms. Materials are presented using interactive lecture, discussions, demonstrations, experiential exercises, and practice sessions where participants will have opportunities to put the material into practice in a supported learning environment. A group consult to further integrate the material into clinical practice is another component of each module and a webinar is offered between modules to further deepen practice, understanding and integration.

This training requires a graduate degree in a mental health discipline. It is rigorous in both academic and experiential learning and is limited to twenty-one spaces to maximize depth and richness.

Year One Dates: Feb 8 - 11, 2018 | May 31 - June 3, 2018 | September 20 - 23, 2018
Year Two: TBA

Early Bird Registration before January 17, 2018: \$945 includes gst per module;
After January 17, 2018: \$1050 first module
The Parkside Hotel | 810 Humboldt St, Victoria, BC
More Info: www.lisamortimore.com
Registration: trainings@lisamortimore.com
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OVERVIEW OF TRAINING PROGRAMME

Year One:

- o Increase embodiment and deepen personal and therapeutic ways of knowing
- o Understand and embody the relational importance of empathy, attunement, resonance, and connection
- o Create an living understanding that weaves together embodiment, eco-consciousness, attachment and trauma research, and understandings from the neuroscience community
- o Understand the intersection of the Autonomic Nervous System (ANS), the brain, attachment and complex trauma
- o Utilise The Polyvagal Theory, neuroception, the window of arousal, and dimensions of trauma to recognise and work with complex trauma
- o Recognize the physiological underpinnings of psychological presentations
- o Recognize and utilise somatic skills to address attachment, incident, and complex trauma
- o Work to restore energetic boundaries and innate defensive and protective strategies that have been thwarted and immobilized by relational and incident trauma
- o Explore right hemispheric processes such as sensation, sensory motor, emotion, image and imagination, symbolic and archetypal information, and meaning making to work with organisation, regulation and resolution of trauma
- o Identify and understand different attachment patterning and life-span development
- o Explore therapist attachment patterning and implications for practice

Year Two:

- o Deepen understanding of attachment and attachment repair through therapeutic relationships
- o Explore vicarious saturation, traumatization and somatic countertransference
- o Work with therapist self-disclosure
- o Recognize and work with patterns of dissociation, dissociative gaps, and survival self-care systems
- o Increase and expand understanding of shame, chronic shame and how to shift shame dynamics
- o Explore collusion, relational ruptures, breaches, enactments, and their repair
- o Understand addictions and mental health issues through a somatic, affect regulation and trauma lens
- o Work with sexualised assaults/violence in childhood and adulthood
- o Contextualise and work with intergenerational trauma
- o Understand and work with medical trauma, motor vehicle accidents, disasters, and extreme violence
- o Integrate select Adult Attachment Interview questions for clinical practice application



Lisa Mortimore, PhD, RCC

My teaching and clinical practice focusses on the embodiment and transformation of self through relationally focussed somatic attachment therapy, affect regulation, and by deepening connections to nature 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 direct clinical practice; I have a community-building, holistic orientation; and I hold authenticity, humour and integrity paramount in relationship. I have had the privilege of training with Dr.'s Sharon Stanley, Allan Schore, Mary Main, Erik Hesse, and Peter Levine. I have taught somatic attachment complex trauma work across Canada and currently teach workshops, a 2 year somatic attachment programme and an advanced practices somatic programme in Victoria, BC. www.lisamortimore.com