

bringing the body into practice

SOMATIC ATTACHMENT PSYCHOTHERAPY

2 YEAR TRAINING

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. The 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 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 the 6, 4 day clinics we delve into the theoretical and conceptual understandings of: the interconnected realms of embodied and imaginal somatic and interpersonal/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 coached 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 clinic and a web consult is offered between clinics to further deepen practice, understanding and integration.

This training requires a graduate degree(s) in a mental health discipline. It is rigorous academically and experientially and limited to twenty-one therapists to maximize depth and richness..

Year One Dates: February 6 - 9, 2020 | May 28 - 31, 2020 | September 24 - 27, 2020

Year Two: 2021 dates TBA

Victoria, BC

Earlybird Registration before January 7, 2020 \$995 including gst per clinic;

After January 7, 2020: \$1095 first clinic

bringing the body into practice

OVERVIEW OF TRAINING PROGRAMME

Year One:

- Increase embodiment and deepen personal and therapeutic ways of knowing
- Understand and embody the relational importance of empathy, attunement, resonance, and connection
- Create a living understanding that weaves together: attachment and attachment repair, trauma research, interpersonal neurobiology, affect regulation, relational practice, embodiment, and eco-consciousness
- Understand the intersection of the autonomic nervous system, brain, attachment and complex trauma
- Utilise The Polyvagal Theory, neuroception and window of arousal to recognise and apply in clinical practice
- Recognise the physiological underpinnings of psychological presentations
- Recognise and utilise somatic skills to work with traumatic material
- Work to restore energetic boundaries and innate defensive and protective strategies that have been thwarted and immobilised by relational and incident trauma
- Explore and apply right hemispheric processing (sensation, sensory motor, emotion, image/imagination, symbolic/archetypal) to work with organisation, regulation, and resolution of traumatic material
- Identify and understand different attachment patterning and lifespan development
- Explore therapist attachment patterning and implications for practice
- Explore the sentient world for attachment regulation, resource, and repair

Year Two:

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



Lisa Mortimore, PhD www.lisamortimore.com

My teaching and clinical practice focus 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. 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 had the privilege of training with Dr.'s Sharon Stanley, Allan Schore, Mary Main, Erik Hesse, Peter Levine, and with the William Alanson White Institute. I have taught somatic attachment psychotherapy across Canada and currently offer workshops, trainings, and retreats/intensives for therapists in Victoria, BC.