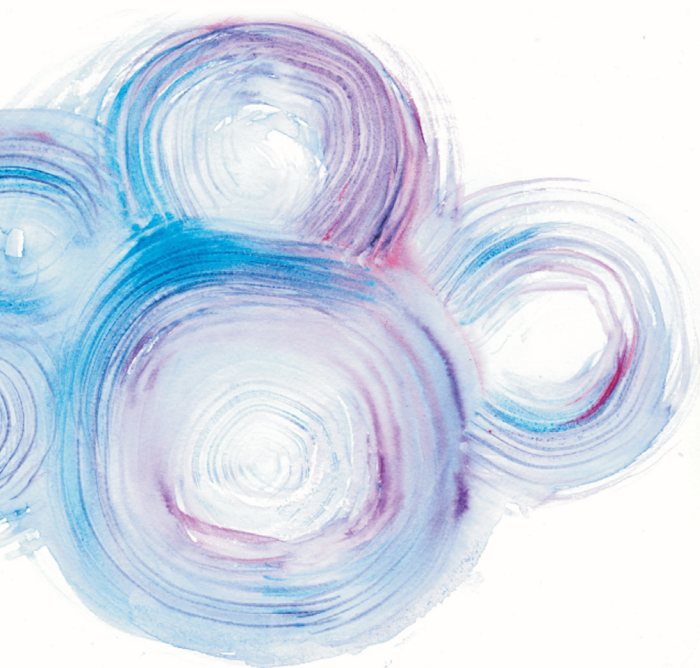


In collaboration with



TRAUMA AND THE BODY: THE THEORY AND PRACTICE OF SENSORIMOTOR PSYCHOTHERAPY®

with Kekuni Minton

ASCONA, 18/19 JUNE 2016

SWITZERLAND



DESCRIPTION

This workshop is designed for psychotherapists, counsellors and body workers, social workers, psychologists, psychiatrists, and allied professionals who want to learn about somatic approaches to trauma treatment. Sensorimotor Psychotherapy® integrates cognitive and somatic interventions in the treatment of trauma, emphasizing body awareness, practicing new actions and building somatic resources.

Key components of Sensorimotor Psychotherapy® will be illustrated using videotaped excerpts of sessions with traumatized individuals and brief experiential exercises: uncoupling trauma-based emotions from body sensations; promoting collaboration between client and therapist; teaching mindfulness; building somatic resources; and developing a somatic sense of self. Since clients with complex trauma can be easily triggered by interventions that access the body too quickly, attention will be given to pacing, boundaries, and safe, gradual re-connection with the body.

The videotapes show how to help clients discover and describe how past traumatic experiences affect their current bodily experience - which in turn contributes to difficult beliefs and emotions - and also show how to integrate cognitive and somatic interventions to change the meaning of traumatic event(s) and regulate both emotions and arousal.

Sensorimotor Psychotherapy® is conducted within a phase-oriented treatment approach and this presentation will address interventions for all three phases: stabilization and symptom reduction, work with traumatic memory, and re-integration.

LEARNING OBJECTIVES

-
- Describe procedural learning and its relevance to trauma treatment.
-
- Discuss the role of the body in trauma treatment.
-
- Explain how physical action can be used to help patients feel empowered and decrease PTSD symptoms.
-
- Describe the importance of mindfulness in trauma therapy.
-

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TRAINER

Kekuni Minton, Ph.D. is a founder and trainer of the Sensorimotor Psychotherapy® Institute (SPI) in Boulder, Colorado. He is co-author with Pat Ogden of "The trauma and the body. Manual Sensorimotor Psychotherapy", published by Institute of Cognitive Sciences. He was a university professor at Naropa University for 11 years. His doctoral thesis in clinical psychology is focused on relational somatic therapy. He is specialised in transcendental meditation, mindfulness practice and cultural trauma. He was responsible for psychotherapeutic intervention at the Boulder County AIDS Project and teaches Sensorimotor Psychotherapy® in 11 countries. He has also trained with the Hakomi method (Ron Kurtz) and in EMDR.



Kekuni Minton

The workshop will be held in English with consecutive translation in Italian.

VENUE AND DATES

ALBERGO MONTE VERITÀ
Strada Collina 84
CH-6612 Ascona - Switzerland
Ph. +41 917854040
info@monteverita.org
www.monteverita.org

JUNE

18

SATURDAY

from 9:00 to 13:00
from 14:30 to 18:00

JUNE

19

SUNDAY

from 9:00 to 13:00
from 14:30 to 17:00

For overnight stays, contact the Hotel directly,
they offer reductions to workshop participants.

COSTS

CH 450.- Fr

CH 410.- Fr

for those who have attended at least one training or a workshop organized by Picosoma or IFCoS.

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REGISTRATION

The registration will become effective only following the sending of the registration form along with a copy of the payment through bank transfer. **Send the registration form and copy of the bank transfer by email psicosoma@ifcos.ch or fax +41 91 840 93 34**

Check availability of places before enrolling

Registration deadline: 3rd June 2016

Bank details IFCoS

Banca BPS (SUISSE) SA

IBAN CH91082520227725C000C | Swift POSOCH22XXX - Clearing 8252

in favor of IFCoS Alaya Foundation - Viale Officina 8 - 6500 Bellinzona (Svizzera)

Reason: **Workshop June 2016**

AT THE END OF THE COURSE A CERTIFICATE OF ATTENDANCE WILL BE HANDED TO PARTICIPANTS.

Organizational informations:

IFCoS Istituto di Formazione per la Comunicazione Specialistica

Viale Officina, 8 - 6500 Bellinzona - Switzerland

Phone +41 91 840 93 35 - Fax +41 91 840 93 34

www.ifcos.ch - psicosoma@ifcos.ch

In collaboration with

Psicosoma di Michele Giannantonio, di Maria Puliatti & C., S.a.s.

Via Edoardo Bianchi 18 - 20090 - Segrate (MI) - Italy

www.psicosoma.eu - info@psicosoma.eu

Sensorimotor Psychotherapy Institute, Colorado, USA

www.sensorimotorpsychotherapy.org



PSICOSOMA
Formazione in Psicoterapia Integrata



IFCoS
Istituto di Formazione per la
Comunicazione Specialistica

In collaboration with



**SENSORIMOTOR
PSYCHOTHERAPY INSTITUTE**
Professional Training in Somatic Psychology

TRAUMA AND THE BODY: THE THEORY AND PRACTICE OF SENSORIMOTOR PSYCHOTHERAPY®

REGISTRATION FORM

1 / 2

Name

Surname

write your name and surname exactly as you want it to appear on the certificate

Address

N.

City

State

District/Canton

Post code

Tax Code

Italian members only

Profession

Mobile

Email

You want to reserve lunch in Hotel?

YES

NO

Valid only for the 18 and 19 June 2016 - the cost of each meal 40.- Fr (including water and coffee). For your information, the hotel cannot cater for individual orders last minute, so please reserve your lunch in order to remain in the lunch time-slot.

I want to reserve the lunch for this date

18.6.2016

19.6.2016

Select one or two dates

Intolerance and/or food allergies:

CONTINUE TO THE NEXT PAGE



PSICOSOMA
Formazione in Psicoterapia Integrata



IFCoS
Istituto di Formazione per la
Comunicazione Specialistica

In collaboration with



**SENSORIMOTOR
PSYCHOTHERAPY INSTITUTE**
Professional Training in Somatic Psychology

TRAUMA AND THE BODY: THE THEORY AND PRACTICE OF SENSORIMOTOR PSYCHOTHERAPY®

REGISTRATION FORM

2 / 2

The registration will become effective only after sending the following documents by e-mail: **psicosoma@ifcos.ch** or fax: **+41 91 840 9334**

copy of this registration form carefully and fully completed;
copy of the bank certifying the payment.

I REQUEST:

To be enrolled in the workshop "Trauma and the Body: The Theory and Practice of Sensorimotor Psychotherapy®" to be held on the following dates: **June 18 to 19, 2016**, Albergo Monte Verità, Strada Collina 84 CH-6612 Ascona - Switzerland (www.monteverta.org - Ph. +41 917854040).

Bank details IFCoS

Banca BPS (SUISSE) SA

IBAN CH91082520227725C000C | Swift POSOCH22XXX - Clearing 8252

in favor of IFCoS Alaya Foundation - Viale Officina 8 - 6500 Bellinzona (Switzerland)

Reason: **Workshop June 2016**

CH 450.- Fr

CH 410.- Fr

for those who have attended at least one training or a workshop organized by Psicosoma or IFCoS

I HAVE BEEN INFORMED THAT:

The workshop will not take place or the date may be shifted if the minimum amount of registrations has not been reached or in the case of unforeseen events (e.g illness of the speaker). If the workshop is cancelled IFCoS agrees to immediately return the full amount paid at the time of registration. In the case of cancellation of my registration within one week of the workshop I will be refunded with a penalty of 100.- Fr. (administrative charges). In case the maximum number of participants is already reached my registration cannot be accepted. In this case IFCoS agrees to immediately return the enrollment fee, as soon as your IBAN is received which is required for the operation.

DATE

SIGNATURE

Inform you that the Legislative Decree 196/03 for the required data will only be used for institutional purposes provided for in the Statute of Psicosoma society and interested parties can make use of the provisions of art. 7,8,9,10. The / the undersigned expressly authorizes the Psicosoma s.a.s. Company and IFCoS Foundation Alaya to the processing of personal data pursuant to Legislative Decree no. 196/03.

I AGREE (please sign here)
