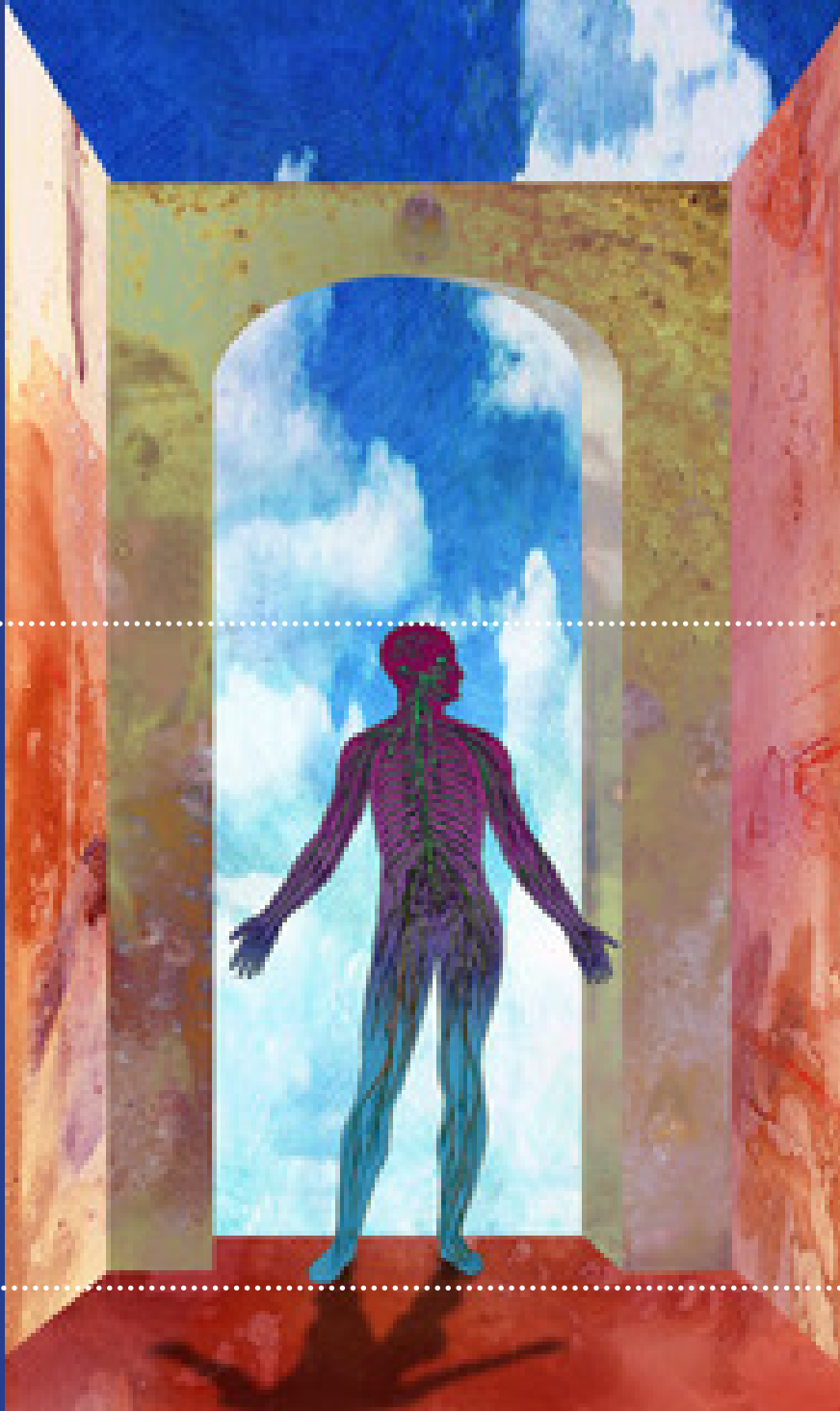


# Somatic Trauma Therapy

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With **Babette Rothschild** MSW

**Bestselling Author of  
The Body Remembers Volumes 1 & 2**



**A three-part 12-Day Professional Training**

For further information contact the organiser of this course:

***Kathrin Stauffer, on 01223 240815 or at [kathrin@stauffer.co.uk](mailto:kathrin@stauffer.co.uk)***

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**The course will be held via Zoom on the following dates:**

**Thu October 19<sup>th</sup> – Sun October 22<sup>nd</sup> 2023;**

**Thu May 9<sup>th</sup> – Sun May 12<sup>th</sup> 2024;**

**Thu October 10<sup>th</sup> – Sun October 13<sup>th</sup> 2024**

**Times: 3.00 pm – 10.00 pm (UK time).**

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**This training is open to:**

**psychotherapists,**

**psychologists,**

**counsellors**

**and other mental health care professionals.**

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**Training modules are conducted with a combination of:**

**lectures,**

**discussions,**

**film,**

**exercises,**

**video and live demonstrations,**

**role-played therapy and**

**client consultations.**

***The course is an interactive event and will NOT be recorded.***

# About the Course

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## Outline and Objectives

This training embraces three major goals:

- First, to make a relevant bridge between trauma theory and trauma therapy practice;
- Second, to make non-touch somatic tools available to the trauma practitioner;
- Third, to equip therapists to distinguish and help clients who
  1. Are not good candidates for processing trauma memories and
  2. Those who are good candidates for processing trauma memories.

These goals underlie the principles addressed in both Volumes 1 and 2 of *The Body Remembers*, putting into direct practice the principles, theory and tools presented in those books as well as many others.

This training is grounded in the belief that the therapist working with trauma must become familiar with many theories, techniques and treatment models to ensure that therapy will always be tailored to the needs of the individual client.

Therefore, the training is designed to enhance, not replace, skills and knowledge already held by the professional participants. In the past, practitioners from many disciplines – psychoanalysis, psychodynamic, EMDR, cognitive behavioural, mindfulness, hypnosis, Gestalt, body psychotherapy and TA among others – have all found this training to be a complement not a conflict.

Workshop modules are conducted with a combination of ***lectures, discussions, film, exercises, video and live demonstrations, role-played therapy practices and client consultations.***

Relevant handouts supplementing the required texts will be provided as well as a **Certificate of Attendance for a total of 84 hours.**

A second year, for those wishing to become Certified in Somatic Trauma Therapy, is available by application.

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## Course content:

In order to reduce the risks of trauma therapy, Pierre Janet's phase-oriented treatment structure, as well as a distinction between trauma recovery and trauma memory resolution, provide the foundation of the entire training. The importance of making and learning from mistakes is always emphasised, facilitating a safer and more supportive learning environment. Each 4-day module builds on the previous one for continuity of knowledge and skills.

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## Course Details

### Part 1:

Focuses on Stabilisation and Safety. Theoretical material includes: treatment planning; psychology of stress and trauma (including the role of dissociation); physiology of stress and trauma (including how to facilitate clear thinking and integration); autonomic and sensory nervous system branches and their application to principles of stabilisation; defining types of trauma clients; “putting on the brakes” for containment and safety; applications of mindfulness and regulating hyperarousal. Expertise with basic body awareness, mindfulness, muscle toning, boundaries and the use of resources will provide the basis for direct practice during this module.

### Part 2:

Peter Levine’s SIBAM model is featured as a multifaceted tool that can be used to enhance stabilisation as well as to increase association and resolution of trauma memories. The model will be taught in steps, culminating in practice sessions with role-played clients. Addressing issues of self-care, including avoiding risks of vicarious trauma and compassion fatigue and learning to consciously adjust resonance and empathy will round out these 4 days.

### Part 3:

The Bodydynamic “running technique” will be introduced as an imaginal, mind/body integrative procedure for reawakening the flight reflex and reducing hyperarousal. Graduated training in the model will make it accessible to therapists for their clients with applications in both Phase 1 and Phase 2. Participants will also be supervised in making relevant choices of techniques both during triad role-plays and during client consultation. Integration of both theoretical and practical material from all three workshops will be included, reinforcing the bridge between theory and practice, training and actual work place situations. Treatment planning will be further discussed and practiced.

## REQUIRED READING (books not included in tuition, pre-reading recommended):

- Herman, J.L. (1992) *Trauma and Recovery*. New York: Basic Books
- Levine, P. (1997) *Waking the Tiger*. Berkeley: North Atlantic Books
- Levine, P. (2012) *In an Unspoken Voice*. Berkeley: North Atlantic Books
- Lott, D.A. (1999) *In Session*. New York: WH Freeman & Co.
- Rothschild, B. (2000) *The Body Remembers: the Psychophysiology of Trauma and Trauma Treatment*. New York: W.W. Norton
- Rothschild, B. (2003) *The Body Remembers CASEBOOK*. New York: W.W. Norton.
- Rothschild, B. (2005) *Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma*. New York: W.W. Norton.
- Rothschild, B. (2010) *8 Keys to Safe Trauma Recovery*. New York: W.W. Norton.
- Rothschild, B. (2017) *The Body Remembers Volume 2: Revolutionizing Trauma Treatment*. New York: W.W. Norton.
- Van der Kolk, B.A., McFarlane, A.C., & Weisaeth, L. (1996). (Eds.). *Traumatic Stress*. New York: Guilford.
- Watters, E. (2010) *Crazy like us: the Globalization of the American Psyche*. New York: Free Press.

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## About Babette Rothschild

BABETTE ROTHSCHILD, MSW, has been a practitioner since 1976 and a teacher and trainer since 1992. She is the author of six books (translated into more than a dozen languages including Danish, German, French, Spanish, and Japanese), all published by W.W. Norton.

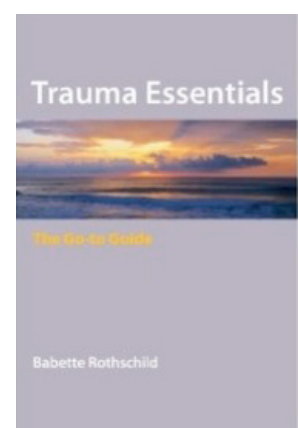
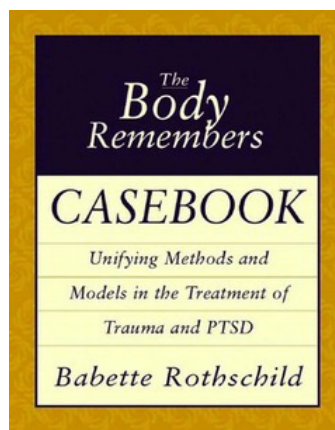
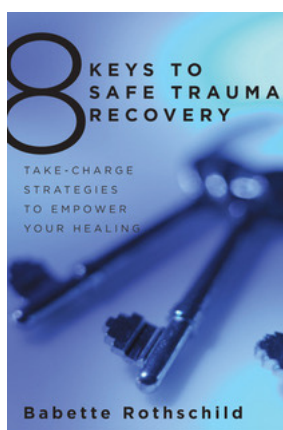
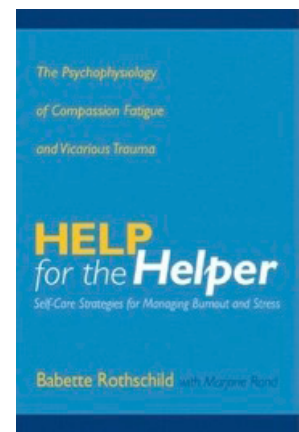
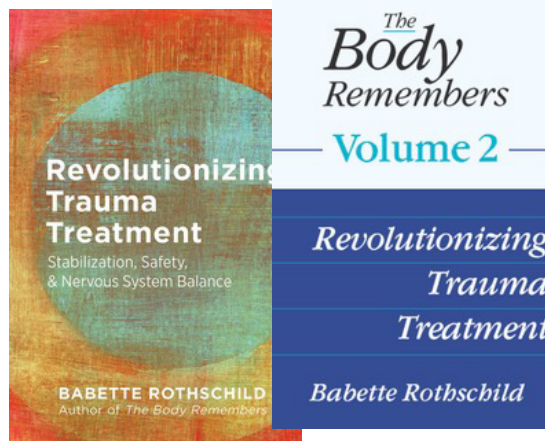
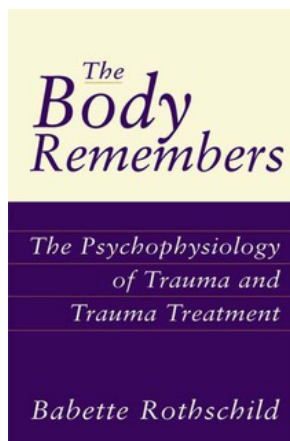


Her newest, *Revolutionizing Trauma Treatment*; her classic bestseller, *The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment*; *The Body Remembers CASEBOOK: Unifying Methods and Models in the Treatment of Trauma and PTSD*; *Help for the Helper – The Psychophysiology of Compassion Fatigue and Vicarious Trauma*; *8 Keys to Safe Trauma Recovery*; and *Trauma Essentials: the Go-To Guide*.

She is also the Series Editor of the WW Norton 8 Keys to Mental Health series (12 titles and growing!).

After living and working for 12 years in Copenhagen, Denmark, she returned to her native Los Angeles. There she is writing her next books while she continues to lecture, train and supervise professional psychotherapists worldwide.

Please click here:  
<https://www.somatictraumatherapy.com>  
to visit her Website for more information.



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## Booking Information

You can register for this course online at:

<http://www.somatictraumatherapy-london.com>

### **The total fee for the course is £2,000**

The fee is payable as

£500 deposit plus 10 x £150 in monthly instalments starting one month before the start of the course

#### NOTE:

In order to secure your place in the group you need to pay the deposit. The group is limited to 24 participants so until we receive your deposit we cannot guarantee your place.

The deposit is best paid through the website.

If you are unable to register online, it is possible to book by telephone.

Your place will be held for one week and secured once your deposit has been received. All deposits are non-refundable.

Please see our Website for full Terms and Conditions.

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## PLEASE NOTE:

*The course is a continuous series of 12 days.*

*By booking your place, you make a commitment to complete ALL 12 DAYS with the same group.*

*Changing between different groups is not usually possible and will attract an extra administration charge.*

*Please make sure that you are available on all 12 days BEFORE booking.*

*If you cannot attend Part 2 or 3, we will be unable to fill your place.*

*You will need to pay ALL fees on schedule, even if unforeseen circumstances prevent you from attending part of the training.*

For further information contact the organiser of this course,

***Kathrin Stauffer, on 01223 240815 or at [kathrin@stauffer.co.uk](mailto:kathrin@stauffer.co.uk)***