

UPCOMING TRAINING

JUNE 15, 2017

Talk is Not Enough

with Maureen Gallagher, PhD

USING SOMATIC INTERVENTIONS TO ENHANCE TREATMENT

In this workshop, we will explore using somatic interventions—those that incorporate bodily awareness—to create a more embodied and effective therapeutic relationship. Somatic Experiencing (SE) heals trauma and other stress disorders by providing clinical tools to resolve where a person is "stuck" in the fight, flight, or freeze responses. These skills are appropriate for a variety of healing professions including mental health, medicine, physical and occupational therapies, bodywork, pastoral care, addiction treatment, first response, education, and others.

The SE approach gently guides clients to develop increasing tolerance for difficult bodily sensations and suppressed emotions. This process completes protective motor responses and the release of thwarted survival energy bound in the body, addressing the root cause of trauma symptoms.

Participants will hear about the model, see a video of Peter Levine's work, and have the opportunity to experience and implement some somatic interventions themselves. **Registrants must be licensed psychotherapists, medical professionals, body workers, educators, or clergy.**

Registration Cost: \$200

Location: Greenwich Center for Hope & Renewal (237 Taconic Road, Greenwich, CT)

Time: 9:30AM to 4:30PM

Register Online: hopeandrenewal.org/training

CE credits through R. Cassidy Seminars are pending.



Maureen Gallagher, PhD, is a Licensed Psychologist in private practice in Montclair, New Jersey and New York City and is Faculty and Case Consultant for the Somatic Experiencing Training Institute, as well as a Certified Emotionally Focused Couples Therapist and Supervisor. Dr. Gallagher is dedicated to the integration of Somatic Experiencing with attachment informed and relational psychotherapy.