

Somatic Transformation© Multi-day Training Program With Sharon A. Stanley, PhD

Dr. Stanley has educated hundreds of psychotherapists in Canada, the United States, Ireland, and Israel in the principles and practices of Somatic Transformation. She has been practicing as a psychotherapist in Washington State and British Columbia since 1985 and has taught in the graduate departments of the University of Victoria and the University of Washington and for the Foundation of Human Enrichment. Her work has centred on the formation and mentoring of practitioners of psychotherapy. Building upon her doctoral research on empathy with traumatized youth, Dr. Stanley founded Somatic Transformation ©, a trauma model and professional educational curriculum guiding practitioners in assessing relevant research and honing clinical skills to treat physiological, psychological, and spiritual dynamics related to trauma. Her work with Indigenous peoples in Canada, the study of Afro-Brazilian healing practices, and on-going phenomenological research has led to a convergence of scientific research, somatic therapies, and cross-cultural practices to heal “soul wounds.” Based in Bainbridge Island, Washington, Dr. Stanley continues to teach and mentor psychotherapists and further research and develop the practices and principles of Somatic Transformation. For more information www.somatic-transformation.org



An Introduction to Somatic Transformation Healing Trauma In and Through Relationship

Somatic Transformation is both a trauma model and a somatic educational program for mental health practitioners. Radical paradigm shifts, stimulated by diverse research in Interpersonal Neurobiology, are challenging healthcare professionals to focus on restoring regulation of intense affect and the polyvagal nervous system.



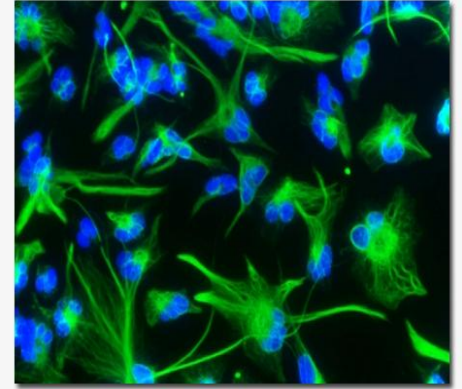
Somatic Transformation is a constructivist, developmental and neurobiological approach to the healing of trauma which assists psychotherapists in their development of a highly creative approach to elicit the wisdom of the body and transformational change. As a phenomenologically based synthesis, Somatic Transformation combines research in the fields of attachment, empathy, brain development, autonomic regulation of the nervous system, trauma studies and ancient practices of healing.

Transformation seeks to restore to traumatized individuals, families and communities the aliveness of embodiment with a deep sense of resilience, calm and meaning. Somatic Transformation focuses on emotional trauma that begins in early years and emerges later in the life-span. Traumas leading to acute and chronic stress, such as medical procedures, falls, accidents, assault, natural disasters, and organized violence are addressed. This innovative approach creates new possibilities for the treatment of anxiety, depression and PTSD.

Overview of Training Program

Course Objectives:

- Understand the basis of attachment trauma and the processes of empathic attunement, resonance and connection
- Weave together theories of the brain, hemispheric characteristics, the autonomic nervous system, and insights from trauma research to enhance
- mind/brain/body/spirit connection
- Understand and utilize the polyvagal theory of neuroception
- Restore intrapersonal, interpersonal and energetic boundaries
- Assist somatic sensory-motor instincts, gestures and movement that have been thwarted and immobilized
- Access innate images, sensations, affect, behavior, cognition, and archetypal symbols for transformation of acute and chronic patterns of stress and trauma
- Integrate dissociated aspects of the self through symbolic word and images



Course Methodology:

This course utilizes didactic lecture and presentation, discussion, demonstration, dialogical reflection and exercises designed to enhance skill development of therapists. Instruction and demonstration will be provided by Sharon Stanley, PhD.

Details of workshop

An Introduction to Somatic Transformation With Sharon Stanley, PhD

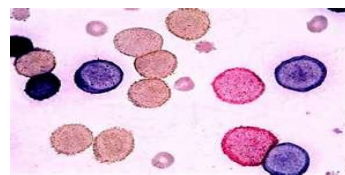
Date: March 7 - 10, 2013

Time: 9:00am - 5:00pm

Venue: To be advised

Fee: HKD7200

HKD6900 (Early bird before Oct13, 2012)



This training opportunity is open to those with a minimum of Master's level training in a mental health discipline, graduate students or equivalent education/experience by permission of instructor

Language

The lecture and workshop will be conducted in English.

Reminder

Remember to dress comfortably so that you can move freely or sit on the floor. You are suggested to walk or move around in your bare feet. If you prefer wearing socks, please put on the non-slip one.

For Enquiry: Phone: 2881-8860

Email: psychology@connexion.com.hk **website:** www.connexion.com.hk

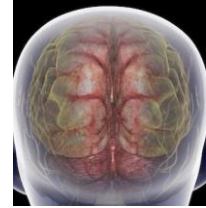
Somatic Transformation© Multi-day Training Program



With Sharon A. Stanley, PhD

Connexion Psychological Practice Ltd.

Registration Form



Date & Fee:

March 7 - 10, 2013

- HKD 7200
- HKD 6900 (Early bird before Oct13, 2012)

Please return the completed form with cheque payable to "**Connexion Psychological Practice Ltd.**" by mail, or in person to the following address:

Suite 1203, Island Beverley, 1 Great George Street, Causeway Bay, H.K.

Title:* Professor Dr. Mr. Mrs. Ms.

First Name: _____

Last Name: _____

Correspondence Address:

Tel: _____

Fax: _____

Email: _____

Organization: _____

Position: _____

(CE & CME points are pending)

Signature: _____ **Date** _____

