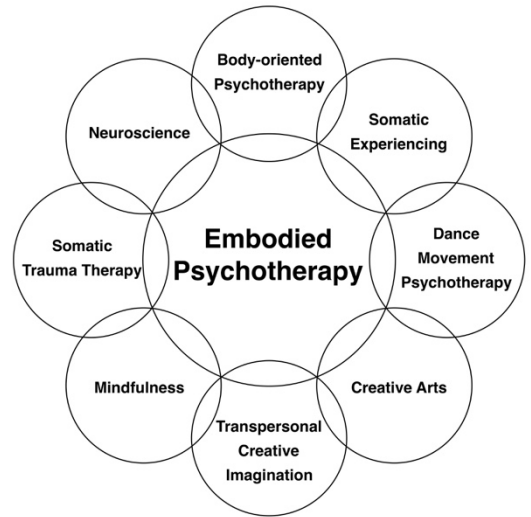


## Certificate in IEP - Integrative Embodied Psychotherapy:

## One-year training for qualified Psychotherapists and Counsellors

*Dance of Soma & Psyche*, our Continued Professional Development course, is post-diploma training for qualified psychotherapists, psychologists and counsellors who wish to work with their clients in a more embodied way and gain confidence in utilising somatic approaches.

This experiential course brings together a number of therapeutic methods, to craft an integrative somatic framework that can be used by both ‘talking’ and body-oriented therapists. It draws on a range of techniques from the practices of body psychotherapy, dance movement psychotherapy, somatic experiencing, somatic trauma therapy, neuroscience, creative arts, and mindfulness, to enhance the repertoire of interventions you can apply in your psychotherapeutic work.



To gain a certificate in Integrative Embodied Psychotherapy, you must be a qualified psychotherapist (including art and drama therapists), counsellor or psychologist.

The certificated training involves attending all four weekend modules (listed below), as well as six 1:1 mentoring session (1 hour face to face or zoom sessions, with one of the course tutors), and a 2000 word written piece on how you have integrated the somatic approaches learnt on the course, into your practice.

## Module 1 – Foundations of Working with the Body

This two-day module will introduce you to working safely with the body in your psychotherapy practice and offer foundations in somatic approaches to working with clients. It is relevant for psychotherapists who are new to working with the body and keen to gain skills in this approach, as well as for practitioners who are familiar with some of these methods, and wish to gain new tools. Through learning experientially, you will explore your own mind-body relationship, the 'dance of soma and psyche', which will give you the confidence to work with your clients in a more embodied way.

The course covers:

- Grounding techniques and finding a 'safe place' in the body
- Learning tools for transforming difficult sensations and emotions that clients hold in their bodies, including working with anxiety and physical pain
- Working with the client's personal boundaries, and the integrity of the body
- Working with the 'problem' and 'solution' through the body
- Using movement to strengthen the mind-body connection

- Working with touch to regulate overwhelming feelings and hyperarousal
- Using creative imagination and elemental visualisations with clients who have difficulty connecting with their bodies

### **Module 2 – Healing Trauma and the ‘Animal’ Body:**

This two-day module explores somatic approaches to healing trauma, drawing on the body's natural resources and capacity for self-healing.

Traumatic symptoms in humans are caused by a 'frozen' residue of energy, that has not been resolved or discharged after a traumatic event. This residue remains trapped in the nervous system, where it causes havoc to our bodies and minds. The key to healing these symptoms lies in being able to mirror the fluid adaptation of animals, as they 'shake out' the immobility response, and return to full mobility and functionality.

This course will cover:

- Stabilising and establishing a sense of safety in the body
- The physiology of fight / flight and freeze
- Working with fear and anxiety
- Working safely to release the fight response – anger and aggression
- Somatic Experiencing techniques for working with trauma
- Working somatically to re-establish and strengthen boundaries after trauma
- Helping clients out of a dissociative state and back into their bodies
- Working with the 'animal' body, using visualisation and movement

### **Module 3 – Attachment Trauma and the Body**

In traumatic attachment - where the parent is the perpetrator - the child is in the impossible situation of needing to seek proximity for survival while at the same time defending against their care giver. In the therapy room, we see this conflict in our clients bodies and how they relate to us – a yearning for closeness while at the same time closeness feels dangerous. This can cause challenges in the therapeutic relationship. If these challenges can be worked through, the therapeutic relationship can offer the client a reparative experience and the opportunity to heal early attachment trauma.

This two-day module will cover:

- Understanding of attachment trauma
- The art of non-verbal attunement from moment to moment
- The use of therapeutic touch in offering the client reparative experiences
- Exploring habitual postures and gestures and how they relate to attachment trauma
- Working with proximity seeking actions to support healing of relational wounds
- Abandonment trauma

Module 3 - Attachment Trauma could not be taken before first completing Module 2 Healing Trauma and the Animal Body

## **Module 4 – The Body as Resource in Psychotherapy**

A two-day module that explores how to utilize the body as a resource in psychotherapy. We now know that working with the body is essential in the healing of trauma, yet in today's society we tend to neglect the innate wisdom of the body, leading us to disconnect from its very source of healing.

This training will enhance the repertoire of somatic interventions that you can apply in your psychotherapeutic work, as well as working with the body creatively.

The course covers:

- Helping clients to connect to resourceful states through the body
- Working with voice and movement to get in touch with and give expression to emotions
- Exploring and strengthening the compassionate part of self through embodiment
- Learning tools for transforming difficult sensations and emotions that clients hold in their bodies, such as sadness, loss and grief.
- A transpersonal approach to healing, using visualisation as a way to connect with the body
- Working somatically with opposite states to utilise the body's natural healing tendencies
- Exploring how your own body can be a resource in your practice

**For more information about the course content, go to:**

**<https://www.embodiedpsychotherapy.org.uk/cpdtraining>**

### **Fee:**

Each weekend module: £225 standard, £195 (early bird)

Mentoring: 6 sessions at £70 each

Essay assessment: £200

**Total: £1520 / Early-bird - £1400**

*(Additional £150 discount is offered if you book & pay for the whole training – full amount paid 1 month before the start of the first module. **Total saving = £270**)*

**Total fee for the whole training: £1250** *(if booked and paid in full)*

The course can also be paid in instalments, before each module and the mentoring sessions can be paid on the day.