

Live, Online, Continuing Education Program

# Integrating Somatic Techniques in Therapy

2nd Edition (2024)

September 17, 24

October 1, 8, 15, 22, 29

November 5, 12, 19, 26

December 3, 10

Integrating Somatic Techniques in Therapy  
has been approved by NBCC for NBCC CE hours.

Sessions approved for NBCC CE hours  
are clearly identified.

Life Architect is solely responsible for all aspects of  
the program.

**NBCC Approval No. SP-4657.**

## CE Hours Policy

Completing the following requirements is necessary to receive NBCC CE hours for the Integrating Somatic Techniques in Therapy 3-month online training.

1. To claim CE hours, you must **purchase the Integrating Somatic Techniques in Therapy 3-month online training by September 24, 2024**. It will not be possible to apply for CE hours after this deadline.
2. After purchasing the training, each participant will be sent a **CE hours Application Form**, the completion of which is necessary to apply for CE hours. After completing the form, you'll receive a confirmation along with a payment link (**a one-time \$50 upfront fee** as an organizational cost).
3. **Once the training begins, the \$50 payment for CE hours is non-refundable**. If you continue the training but decide not to pursue CE hours, you won't receive a refund for that payment.
4. The entire training consists of 13 sessions (one session per week, every Tuesday). Each session lasts 3.5 hours and includes a workshop, a short break, Guided Somatic Explorations, and Practice Circles. **CE hours are awarded only for the workshops**. CE hours are not awarded for Guided Somatic Explorations, Practice Circles, and Case Consultations Calls.
5. Workshop 1 is worth 1.5 CE hours and lasts 1.5 hours. Workshops 2-13 are each worth 2 CE hours and last 2 hours each. **By completing all workshops, you can earn a total of 25.5 CE hours**.
6. **CE hours are awarded only for participation in the online workshop**. We do not offer CE hours for watching the recordings.
7. During the training, **your live presence will be monitored and recorded in the Participant's Record of Attendance**. To receive CE hours for a workshop, you must meet the participation requirements outlined in point no. 7. If these requirements are not met, the workshop will be marked as "incomplete," and you will not be eligible to receive CE hours for that session.
8. **To receive CE hours for a workshop, you must confirm your presence by checking in on Zoom Chat within 10 minutes of the workshop's start**. To check in, send a message with your first and last name as provided in the Application Form. For example: "First Name Last Name - I'm checking in for CE hours." Failure to do so will result in not being awarded CE hours for that workshop.
9. If you cannot check in on Zoom Chat due to technical difficulties, you can alternatively check in within 10 minutes of the workshop's start on a WhatsApp group created for participants.
10. **Disputes will be resolved based on the Zoom attendance list** (a record of participants who joined a Zoom meeting), so please ensure you enter your real name when joining the workshop.
11. You will receive a personalized certificate confirming the CE hours earned within 14 days after the conclusion of the 3-month training. The certificate will be sent to the email address you provided in the Application Form. **The number of CE hours on your certificate will match the number of workshops you fully attended and for which you meet the check-in requirements**.
12. Participants should complete a Training Evaluation Form within one week of the training's completion. This form will be emailed to you at the end of the last workshop.
13. **If you resign from the training**, it will be considered a withdrawal of your intent to receive CE hours. In such cases, the CE hours fee (\$50) will be refunded, and you will no longer be eligible to earn CE hours for any of the workshops.
14. For more information about The National Board for Certified Counselors, Inc. and Affiliates (NBCC), please visit NBCC. **If you are unsure whether your state licensure board accepts NBCC CE hours, please contact them before purchasing**.

# Workshop 1

September 17, 2024

1.5 Hours Total

1.5 CE hours

- 08:00 PT (Los Angeles)
- 11:00 ET (New York)
- 16:00 BST (London)
- 17:00 CEST (Warsaw)

## Introduction to Somatic Therapy

This session introduces the fundamental concepts of somatic therapy and outlines the comprehensive structure of the training, which encompasses three dynamic modules.

Dr. Schroeter will discuss specialized techniques and approaches tailored to diverse therapeutic needs. She will explain the distinct advantages of somatic therapy compared to traditional talk therapy and delve into the importance of trauma-focused care. A key component of this workshop is understanding the 'window of tolerance' in the autonomic nervous system and its significance in managing trauma responses.

Participants will engage in an experiential activity to learn how to assess stress on a body level, providing practical skills applicable in therapy sessions. Dr. Schroeter will also guide participants on how to effectively introduce somatic techniques into their therapy practices. The workshop will conclude with a summary and an open Q&A session, allowing for deeper discussion and clarification of the concepts introduced.

## Learning objectives

After the workshop participants will be able to: define somatic therapy and explain its core principles; distinguish between developmental trauma (Adverse Childhood Experiences, ACE) and acute trauma; explain the concept of the "window of tolerance" in the context of the trauma and stress management; identify and describe various methods to assess stress on a physiological level; explain the importance of a therapist's body awareness in somatic therapy; enhance personal body awareness and use it effectively with clients.

## Teacher:



Vincentia Schroeter

Dr. Vincentia Schroeter is a licensed psychotherapist in the USA, specializing in Bioenergetic Analysis. She was the coordinating trainer of the Southern California Institute for Bioenergetic Analysis (SCIBA) for many years and past editor (2008-2018) of the clinical journal of Bioenergetics.

As a member of the international faculty, she has taught in Europe, South America, Canada, and Asia.

Vin has written three books: *Bend Into Shape, Techniques for Bioenergetic Therapists* (co-author: Barbara Thomson) (2011); *Communication Breakthrough, How Using Brain Science and Listening to Body Cues Can Transform Your Relationships* (2018); and *Tilt: Seeking Balance in Troubled Times* (2021).

# Workshop 2

September 24, 2024

2 Hours Total

2 CE hours

- 08:00 PT (Los Angeles)
- 11:00 ET (New York)
- 16:00 BST (London)
- 17:00 CEST (Warsaw)

## The Neurobiology of Trauma

Dr. Frank Anderson will guide you through the complex landscape of trauma from a neurobiological perspective, focusing on the underlying mechanisms of PTSD and dissociation. Participants will explore the nuances of the body's survival responses—including fight, flight, freeze, and others—and their impact on self-identity and trauma.

During the workshop, two live mini-demonstrations will be presented, showcasing hyperactivated and hypoactivated responses from individuals experiencing extreme emotional reactions. Dr. Anderson will explain the interventions used during these demonstrations, providing insight into their practical applications in therapy.

Participants will take part in an introductory exercise related to self-identity and trauma, which will be further explored in Practice Circles. The workshop will conclude with a summary and an open Q&A session, allowing for deeper discussion and clarification of the concepts introduced.

## Learning objectives

After the workshop participants will be able to: explain how trauma affects brain function and behavior, and identify how these changes manifest in trauma-related disorders; describe the impact of trauma that occurs before language development on long-term attachment and relational patterns; examine the relationship between self-identity and trauma with a focus on fostering empathy and compassion; apply somatic techniques to various trauma therapy models.

## Teacher:



Frank Anderson

Frank Anderson, MD, is a world-renowned trauma expert, Harvard-trained psychiatrist, global speaker, and acclaimed best-selling author of *Transcending Trauma*. Dr. Anderson has a long affiliation with Bessel van der Kolk at the Trauma Research Foundation and is a lead trainer at the IFS Institute under Richard Schwartz.

He is passionate about teaching brain-based psychotherapy and integrating current neuroscience knowledge with cutting-edge models of therapy. Dr. Anderson believes that traumatic events can have a lasting effect on the health and well-being of individuals and that addressing these events will help lead people down a path of hope, love, and forgiveness. He is the director and co-founder of the Trauma Institute ([traumainstitute.com](http://traumainstitute.com)) and Trauma-Informed Media ([trauma-informedmedia.com](http://trauma-informedmedia.com)), organizations that provide educational resources and promote trauma awareness.

# Workshop 3

October 1, 2024

2 Hours Total

2 CE hours

- 08:00 PT (Los Angeles)
- 11:00 ET (New York)
- 16:00 BST (London)
- 17:00 CEST (Warsaw)

## Trauma and the body

This workshop, led by Dr. Janina Fisher, delves into the connection between trauma and bodily responses, offering insights into the neurobiological foundations of trauma. Guided by Dr. Fisher's expertise, the workshop combines theoretical knowledge with practical applications through discussions and demonstrations. Participants will acquire tools to integrate body-based techniques into their therapeutic practice, enhancing trauma recovery support.

## Learning objectives

After the workshop participants will be able to: outline an overview of the autonomic nervous system, emphasizing its role in trauma response and recovery; describe the concept of the window of tolerance in relation to the autonomic nervous system and its relevance in maintaining emotional and physiological balance; describe the structure of the brain and its different parts' responses to trauma, providing a foundation for understanding clients' reactions during stressful events; explain the states of hyper-arousal and hypo-arousal common in trauma survivors, including their symptoms and impacts on daily functioning; discuss the significance of non-verbal body memory in storing trauma and its role in somatic therapy; apply techniques for helping clients tap into their bodily sensations as a source of information; compare cognitive (top-down) and somatic (bottom-up) interventions.

## Teacher:

Janina Fisher, Ph.D. is a licensed clinical psychologist and a former instructor, Harvard Medical School. An international expert on the treatment of trauma, she is an Advisory Board member of the Trauma Research Foundation.

Dr. Fisher is the author of *Healing the Fragmented Selves of Trauma Survivors: Overcoming Self-Alienation* (2017), *Transforming the Living Legacy of Trauma: a Workbook for Survivors and Therapists* (2021), and *The Living Legacy Instructional Flip Chart* (2022). She is best known for her work on integrating mindfulness-based and somatic interventions into trauma treatment.



Janina Fisher

# Workshop 4

October 8, 2024

2 Hours Total

2 CE hours

- 08:00 PT (Los Angeles)
- 11:00 ET (New York)
- 16:00 BST (London)
- 17:00 CEST (Warsaw)

## Unlocking the Energy Stored in the Body

This workshop builds on the foundational knowledge established in the first three sessions, aiming to consolidate key teachings from Dr. Fisher and Dr. Anderson. An essential part of this workshop will focus on the role of touch in somatic therapy, discussing ethical considerations and anatomical insights. This segment will help therapists understand the powerful impact of physical interaction within therapeutic boundaries.

A highlight of the session is the experiential learning segment using bioenergetics exercises designed by Dr. Schroeter. There will be opportunities to observe or participate in demonstrations, especially with individuals who might be triggered by such exercises, providing real-time insights into handling intense emotional responses. The session will conclude with an open Q&A segment, allowing participants to ask questions and clarify any doubts, ensuring a thorough understanding of the techniques and concepts discussed.

## Learning objectives

After the workshop participants will be able to: list advanced strategies to effectively address and manage client objections to somatic work; explain the importance of understanding client resistance in fostering a therapeutic environment conducive to somatic healing; discuss the impact of physical interaction within therapeutic boundaries; apply theoretical knowledge to effectively unlock and manage stored body energy through somatic practices.

## Teacher:



Vincentia Schroeter

Dr. Vincentia Schroeter is a licensed psychotherapist in the USA, specializing in Bioenergetic Analysis. She was the coordinating trainer of the Southern California Institute for Bioenergetic Analysis (SCIBA) for many years and past editor (2008-2018) of the clinical journal of Bioenergetics.

As a member of the international faculty, she has taught in Europe, South America, Canada, and Asia.

Vin has written three books: *Bend Into Shape, Techniques for Bioenergetic Therapists* (co-author: Barbara Thomson) (2011); *Communication Breakthrough, How Using Brain Science and Listening to Body Cues Can Transform Your Relationships* (2018); and *Tilt: Seeking Balance in Troubled Times* (2021).

# Workshop 5

October 15, 2024

2 Hours Total

2 CE hours

- 08:00 PT (Los Angeles)
- 11:00 ET (New York)
- 16:00 BST (London)
- 17:00 CEST (Warsaw)

## Polyvagal Theory in Practice:

### Tools for Enhancing Therapeutic Outcomes

This session will explore how understanding the nervous system can significantly enhance therapeutic outcomes, particularly for clients dealing with emotions and trauma. Deb Dana will start with an introduction to Polyvagal Theory, emphasizing the nervous system's crucial role in shaping our experiences of safety and threat. She will discuss the three organizing principles of the theory, providing a foundational understanding for the rest of the session. The workshop will include a detailed overview of the nervous system, helping participants appreciate its complexity and its pivotal role in emotional regulation and trauma response. This understanding is key to effectively applying Polyvagal Theory in therapeutic practices. A live demonstration will provide a real-time example of how Polyvagal Theory can be integrated into therapeutic practice, offering participants a clear, practical perspective on the approaches discussed. The workshop will conclude with a Q&A session, allowing for interactive discussion where participants can ask questions, seek clarification, and share their insights based on the day's learning.

## Learning objectives

After the workshop participants will be able to: discuss the basics of polyvagal theory and the neuropsychological understanding of the vagus nerve's role in emotion regulation, social connection, and fear response; identify three nervous system states—ventral vagal, sympathetic, and dorsal vagal—and their activation in a particular order; describe the principle of neuroception and identify how neuroception determines whether we are in states of ventral vagal, sympathetic, or dorsal vagal depending on our environment; differentiate the landscape of the nervous system and identify how to incorporate a polyvagal lens regardless of approach / modality; recognize the impact of internal physiological response on cognitive processing and problem solving and understand the ways external stimuli impact autonomic states.

## Teacher:



Deb Dana

Deb Dana, LCSW is a clinician, consultant, and author specializing in complex trauma. Her work is focused on using the lens of Polyvagal Theory to understand and resolve the impact of trauma and creating ways of working that honor the role of the autonomic nervous system.

She is a founding member of the Polyvagal Institute, consultant to Khiron Clinics, and an advisor to Unyte. Deb is the developer of the signature Rhythm of Regulation Clinical Training Series and is well known for translating Polyvagal Theory into a language and application that is both understandable and accessible for clinicians and curious people alike.

Deb's clinical work published with W.W. Norton includes *The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation*, *Polyvagal Exercises for Safety and Connection: 50 Client Centered Practices*, the Polyvagal Flip Chart, the Polyvagal Card Deck, and *Polyvagal Practices: Anchoring the Self in Safety*. She partners with Sounds True to bring her polyvagal perspective to a general audience through the audio program *Befriending Your Nervous System: Looking Through the Lens of Polyvagal Theory* and her print book *Anchored: How to Befriend Your Nervous System Using Polyvagal Theory*.

# Workshop 6

October 22, 2024

2 Hours Total

2 CE hours

- 08:00 PT (Los Angeles)
- 11:00 ET (New York)
- 16:00 BST (London)
- 17:00 CEST (Warsaw)

## Polyvagal-informed IFS Therapy

This workshop, led by Dr. Alexia Rothman, delves into the integration of Polyvagal Theory (PVT) with Internal Family Systems (IFS) Therapy, offering a nuanced approach to treating complex trauma. The session will explore the synergistic relationship between these two frameworks and demonstrate how they can be combined to enhance therapeutic effectiveness. Through didactic presentations complemented by the observation and discussion of real video examples, the workshop will demonstrate practical methods to seamlessly integrate IFS and PVT in treatment settings. This will include specific interventions and techniques that facilitate a holistic therapeutic process.

## Learning objectives

After the workshop participants will be able to: explain the nervous system's role in emotional and psychological responses; describe how PVT can assist in healing various parts within the IFS framework; identify how an understanding of PVT can help therapists implement IFS more safely and effectively, particularly when working with clients who have experienced complex trauma; engage with parts of the self that are non-verbal (stuck in preverbal stages of development such as early childhood); manage states of hyperarousal and shutdown that can emerge during therapy.

## Teacher:



Alexia Rothman

Dr. Alexia Rothman is a clinical psychologist in private practice in Atlanta, GA, since 2004. She is a Certified Internal Family Systems therapist, an international speaker and educator on the IFS model, and an IFSI-approved professional consultant. Dr. Rothman has received extensive training in IFS, primarily from Dr. Richard Schwartz.

She has served on staff for multiple Level 1, 2, and 3 experiential IFS trainings, and she offers workshops on the IFS model throughout the U.S. and internationally. She co-hosted the IFS-informed podcast miniseries, Explorations in Psychotherapy, and co-hosts the IFS podcast, IFS Masters.

Dr. Rothman is a United States Presidential Scholar who graduated summa cum laude from Emory University as a Robert W. Woodruff Scholar. She received her Ph.D. in Clinical Psychology from the University of California, Los Angeles (UCLA), where she was an Edwin W. Pauley Fellow and a National Science Foundation Graduate Research Fellow. She has held adjunct faculty positions at Emory University and Agnes Scott College.

# Workshop 7

October 29, 2024

2 Hours Total

2 CE hours

- 08:00 PT (Los Angeles)
- 11:00 ET (New York)
- 15:00 GMT (London)
- 16:00 CET (Warsaw)

## Embodied Transformation in Sensorimotor Psychotherapy: Inviting the Body into Practice

Jacqueline Compton will delve into the foundational aspects of Sensorimotor Psychotherapy, emphasizing how this approach utilizes the body as a primary entry point in the healing process. By focusing on the body, participants will learn to access deep-seated emotional responses and begin the process of transformation from within. Key aspects of the workshop include developing somatic inquiry skills, understanding bottom-up processing, and cultivating presence and deepening self-reflection.

Throughout the workshop, participants will engage in various experiential activities designed for the whole group. These activities will not only demonstrate the practical application of Sensorimotor Psychotherapy techniques but also allow participants to experience firsthand the transformative potential of engaging the body in therapeutic work. The session will conclude with an open Q&A segment, allowing participants to ask questions and clarify any doubts, ensuring a thorough understanding of the techniques and concepts discussed.

## Learning objectives

After the workshop participants will be able to: describe the foundational aspects of Sensorimotor Psychotherapy and its emphasis on utilizing the body as a primary entry point in the healing process; apply skills of somatic inquiry to explore and understand clients' embodied experiences; explain bottom-up processing which combines sensory experiences with cognitive processes for holistic healing; address common challenges related to bodily awareness and connection.

## Teacher:



Jacqueline Compton

Jacque Compton (she/they) RP, RCAT, is a trauma therapist, educator, clinical consultant, and poet. She is an art therapist, a certified advanced practitioner in sensorimotor psychotherapy, and an SPI-approved clinical consultant.

Jacque is a faculty member and clinical supervisor at the Toronto Art Therapy Institute, where she teaches courses on trauma-informed practice, embodiment, anti-oppressive practice, and cultural humility in art therapy. She is also a trainer with the Sensorimotor Psychotherapy Institute.

With over 16 years of clinical experience, she continues developing a trauma-focused, decolonizing practice incorporating art-based and somatic-based approaches.

Her approach is deeply rooted in anti-oppressive, anti-racist, decolonizing, feminist, and trauma-informed practices. Jacque believes in the embodiment of practices beyond the therapeutic relationship and welcomes others to experience the beauty of being in a relationship with themselves, others, and the world around them with and through the wisdom of body.

# Workshop 8

November 5, 2024

2 Hours Total

2 CE hours

Workshop: Dr. Vincentia Schroeter solo (30min)

Interview: Dr. Vincentia Schroeter + Dr. Gabor Maté (1h 30 min)

- 08:00 PT (Los Angeles)
- 11:00 ET (New York)
- 16:00 GMT (London)
- 17:00 CET (Warsaw)

## When The Body Says No

This workshop is structured into two parts, beginning with a 30-minute presentation by Dr. Vincentia Schroeter, followed by an interview with Dr. Gabor Maté discussing his pivotal work in "When the Body Says No."

Dr. Schroeter will start with a foundational presentation on the intersection of biology and stress, and how relationships impact our physiological state. Her talk will cover the biology of stress and the principles of somatic therapy, illustrating how this modality engages the body in the healing process, particularly concerning stress and trauma.

In the second half of the workshop, Dr. Schroeter and Dr. Gabor Maté will delve deep into the themes of Maté's book "When the Body Says No," exploring the critical links between emotional stress, repression, and the manifestation of physical illness. Dr. Maté will share insights from his extensive research and clinical experience.

## Learning objectives

After the workshop participants will be able to : discuss how chronic stress affects the body and the role of the nervous system in managing stress; list the 7 A's of healing and discuss their relevance in somatic therapy; identify strategies for recognizing patterns of stress and repression that compromise health; outline the role of awareness, compassion, and understanding in healing and maintaining wellness.

## Teacher:



Gabor Maté

Gabor Maté (pronounced GAH-bor MAH-tay) is a retired physician who, after 20 years of family practice and palliative care experience, worked for over a decade in Vancouver's Downtown East Side with patients challenged by drug addiction and mental illness.

The bestselling author of four books published in thirty languages, Gabor is an internationally renowned speaker highly sought after for his expertise on addiction, trauma, childhood development, and the relationship of stress and illness. His book on addiction received the Hubert Evans Prize for literary non-fiction. For his ground-breaking medical work and writing he has been awarded the Order of Canada, his country's highest civilian distinction, and the Civic Merit Award from his hometown, Vancouver.

His books include *In the Realm of Hungry Ghosts: Close Encounters with Addiction*; *When the Body Says No*; *The Cost of Hidden Stress*; *Scattered Minds: The Origins and Healing of Attention Deficit Disorder*; and (with Gordon Neufeld) *Hold on to Your Kids: Why Parents Need to Matter More Than Peers*; the International Best-Seller, *The Myth of Normal: Trauma, Illness and Healing in a Toxic Culture*.

# Workshop 9

November 11, 2024

2 Hours Total

2 CE hours

- 08:00 PT (Los Angeles)
- 11:00 ET (New York)
- 16:00 GMT (London)
- 17:00 CET (Warsaw)

## Somatic Experiencing: Unlocking Capacity for Healing Trauma

This workshop presents an in-depth exploration of Somatic Experiencing (SE), a body-oriented therapeutic approach focused on relieving and resolving the symptoms of trauma. Led by Dr. Liana Netto, the session will cover the fundamental principles of SE, providing therapists with practical tools and strategies to enhance the healing process for trauma survivors.

### Learning objectives

After the workshop participants will be able to: describe the foundational elements of Somatic Experiencing (SE), including its core principles and distinctive approach compared to other trauma therapies; explain the natural arc of the nervous system's response to stress and trauma, and how SE aims to restore balance to these responses; outline the concept of healthy aggression as a therapeutic tool, enabling clients to access and express pent-up survival energies in a controlled manner; utilize a timeline as a practical tool to process trauma, especially shock trauma, helping clients map out their traumatic experiences and systematically work through them; apply techniques that assist clients in regulating and resolving the typical trauma reactions;

### Teacher:



Liana Netto

Clinical psychologist with an emphasis on somatic approach and Jungian analytical psychology, PhD in Medicine and Health. Teaches and supervises authorial workshops and Somatic Experiencing courses nationally and internationally. Author of the books *Psychotherapeutic Practices and Resilience* (2012) and *Extended Dialogues with Somatic Experiencing* (2015). Coordinator and supervisor, since 2011, of *Desenvolve: Social Project and Clinical-school*, dedicated to freely serving the vulnerable population of Bahia-Brazil, with brief psychotherapy sessions.

# Workshop 10

November 19, 2024

2 Hours Total

2 CE hours

- 08:00 PT (Los Angeles)
- 11:00 ET (New York)
- 16:00 GMT (London)
- 17:00 CET (Warsaw)

## Integrating Biodynamic Breathwork Trauma Release into Counseling

This session is designed to equip therapists and counselors with the knowledge and skills needed to incorporate breathwork into their therapeutic practices, specifically for trauma release. Giten Tonkov will begin the workshop with an educational segment explaining the fundamentals of Biodynamic Breathwork. This will include an overview of Biodynamic Breathwork, methods for identifying and tracking bodily sensations, and the specific language that can be used to articulate these experiences—crucial for staying present and engaged during therapeutic sessions.

Following the didactic portion, participants will engage in a guided experiential session. This practical component allows participants to apply the discussed techniques, focusing on how to use breathwork to access and release stored trauma in the body. The workshop will conclude with a sharing session and a Q&A, where participants can discuss their experiences and insights gained during the experiential learning.

## Learning objectives

After the workshop participants will be able to: explain the fundamentals of Biodynamic Breathwork, including the six core elements and supporting principles; utilize techniques such as “felt sense”; apply the concepts of pendulation and titration in therapy to help clients manage emotional experiences without becoming overwhelmed; identify and track bodily sensations and use specific language to articulate these experiences, enhancing presence and engagement during therapeutic sessions; conduct guided breathwork sessions to access and release stored trauma in the body.

## Teacher:



Giten Tonkov

Founder & Director, BioDynamic Breathwork & Trauma Release Institute, Co-Founder & Director of the Integral Body Institute in Poland, Lead Facilitator BBTRI Trainings.

Developer of the BioDynamic Breath & Trauma Release System®, Giten shares a mastery of body-oriented therapies that has evolved from over 20 years of learning, exploration, and work with countless clients and groups around the world. His passion for life, humility, and love for people has inspired his own personal journey and the creation of his “6-Element” approach to healing. Giten continually leads practitioner trainings and experiential workshops with his unique blend of creativity, depth and playfulness, while growing the BioDynamic Breath & Trauma Release Institute and its global community of friends and colleagues.

Giten is a Licensed Massage Therapist since 1994 (Swedish Institute of Massage Therapy, New York), and certified Breath & Body Oriented Therapist since 2001 (Diamond Breath School, Miasto Meditation Institute, Italy), as well as a former Osho Multiversity Therapist (OSHO Meditation Resort, Pune, India). He was born in Ukraine and lived in New York for 24 years, before finding his current home in the Santa Cruz Mountains, California.

# Workshop 11

November 26, 2024

2 Hours Total

2 CE hours

- 08:00 PT (Los Angeles)
- 11:00 ET (New York)
- 16:00 GMT (London)
- 17:00 CET (Warsaw)

## Integrating Somatic Approaches in Trauma Treatment: Techniques and Preparation Strategies

This workshop, led by Linda Thai, focuses on the practical integration of somatic therapy techniques within therapeutic settings. It will address a variety of key issues including how to regulate the nervous system using somatic methods, the application of these techniques in different phases of trauma treatment, and the adaptation required for online therapy environments.

### Learning objectives

After the workshop participants will be able to: describe somatic techniques to regulate the nervous system; incorporate somatic techniques into therapy sessions, including specific first interventions and language that encourages client participation and openness; implement a phased approach to somatic trauma therapy, respecting the client's pace and readiness to engage in body-based work; identify clients who may not be ready for somatic interventions and know how to approach therapy with these individuals; introduce somatic techniques to clients who are resistant or disconnected from their bodies, with practical tips for overcoming these barriers; use mindfulness in somatic therapy to help clients remain present and aware of trauma symptoms without becoming overwhelmed; differentiate between online and in-person somatic therapy, addressing unique challenges and adaptations necessary for effective remote therapy.

### Teacher:



Linda Thai LMSW (she, her) is a trauma therapist who specializes in cutting-edge brain- and body-based modalities for the healing of complex developmental trauma. As an educator and consultant, she is gifted with the capacity to contextualize, synthesize, and communicate complex and nuanced issues pertaining to trauma, attachment, and the nervous system, including the impact of oppressive systems on identity, mental health, and well-being.

Linda is passionate about breaking the cycle of historical and intergenerational trauma at the individual and community levels and deeply believes in the healing power of coming together in a community to grieve. Born in Vietnam, raised in Australia, and now living in Alaska, Linda is a former child refugee who is not only redefining what it means to be Vietnamese, to be Australian, and to be a United States-ian... she is redefining what it means to be wounded and whole and a healer.

# Workshop 12

December 3, 2024

2 Hours Total

2 CE hours

Interview: Dr. Vincentia Schroeter + Dr. Bessel van der Kolk (1h)  
Interview: Dr. Vincentia Schroeter + Dr. Peter Levine (1h)

- 08:00 PT (Los Angeles)
- 11:00 ET (New York)
- 16:00 GMT (London)
- 17:00 CET (Warsaw)

## Q&A with Somatic Therapy Masters

This interactive workshop, hosted by Vincentia Schroeter, features in-depth interviews with Dr. Bessel van der Kolk and Dr. Peter Levine, each a pioneer in their own right. Prior to the workshop, participants will be invited to submit their questions, which will guide the direction of the interviews. This ensures that the content is highly tailored and immediately applicable to the needs of the attendees.

The first hour of the workshop will feature an interview with Dr. Bessel van der Kolk, renowned for his groundbreaking work in understanding and treating traumatic stress. Participants will have the chance to ask questions directly, allowing for a deep dive into topics that matter most to them, whether it's about the latest research in trauma therapy, specific treatment methodologies, or practical applications in various therapeutic settings.

The second hour of the workshop will feature an interview with Dr. Peter Levine, the developer of Somatic Experiencing. This segment offers another hour of discussion focused on Levine's approach to healing trauma through body awareness and the mobilization of somatic resources. Participants are encouraged to bring forward their queries and scenarios to be addressed by DR. Levine, providing a rare opportunity to gain insights directly from his extensive experience.

## Learning objectives

After the workshop participants will be able to: discuss the latest research in trauma therapy; contrast different approaches to healing trauma using somatic techniques; summarize key concepts and techniques in somatic therapy.

## Teachers:



Peter Levine

Peter A. Levine, Ph.D., is the developer of Somatic Experiencing®, a naturalistic and neurobiological approach to healing trauma. He holds doctorates in both Biophysics and Psychology. He is the Founder and President of the Ergos Institute for Somatic Education and the Founder and Advisor for Somatic Experiencing International. Dr. Levine is the author of several best-selling books on trauma, including *Waking the Tiger*, *Healing Trauma* (published in over 29 languages), and his most recent book, *An Autobiography Trauma: A Healing Journey*. He has received Lifetime Achievement awards from Psychotherapy Networker and from the US Association for Body-Oriented Psychotherapy. He continues to teach trauma healing workshops internationally. Learn more at [somaticexperiencing.com](http://somaticexperiencing.com).



Bessel van der Kolk

Bessel A. van der Kolk M.D. is a pioneer clinician, researcher, and teacher in the area of posttraumatic stress. His work uniquely integrates developmental, neurobiological, psychodynamic, somatic, and interpersonal aspects of the impact of trauma and its treatment.

He is the founder of the Trauma Center (now the Trauma Research Foundation) in Boston, MA; past President of the International Society for Traumatic Stress Studies, Professor of Psychiatry at Boston University Medical School, and Principal Investigator Boston site of MAPS-sponsored MDMA-assisted psychotherapy study. He regularly teaches at universities and hospitals around the world. Visit [traumaresearchfoundation.org](http://traumaresearchfoundation.org) and [besselvanderkolk.com](http://besselvanderkolk.com) for more information.

# Workshop 13

December 10, 2024

2 Hours Total

2 CE hours

- 08:00 PT (Los Angeles)
- 11:00 ET (New York)
- 16:00 GMT(London)
- 17:00 CET (Warsaw)

## Integration & Next Steps

The final workshop in our series is designed to encapsulate and reflect on the learnings from the entire training. Practical tips will be provided on how to gradually incorporate new methods into practice and stay grounded in core somatic principles. A significant part of the workshop will be dedicated to discussing how to select the appropriate somatic tools for specific clients and situations. Dr. Schroeter will provide guidance on effectively matching therapeutic techniques with client needs, ensuring that therapists feel confident in tailoring their approach. Participants will learn the essential DOs and DON'Ts of somatic therapy, which will serve as a quick-reference guide for maintaining ethical, effective, and sensitive practice. These guidelines will help prevent common pitfalls and enhance the therapeutic relationship.

## Learning objectives

After the workshop participants will be able to: describe different somatic tools; select appropriate somatic tools for specific clients and situations ensuring a tailored and effective therapeutic approach; outline ethical considerations related to somatic therapy.

## Teacher:



Vincentia Schroeter

Dr. Vincentia Schroeter is a licensed psychotherapist in the USA, specializing in Bioenergetic Analysis. She was the coordinating trainer of the Southern California Institute for Bioenergetic Analysis (SCIBA) for many years and past editor (2008-2018) of the clinical journal of Bioenergetics.

As a member of the international faculty, she has taught in Europe, South America, Canada, and Asia.

Vin has written three books: Bend Into Shape, Techniques for Bioenergetic Therapists (co-author: Barbara Thomson) (2011); Communication Breakthrough, How Using Brain Science and Listening to Body Cues Can Transform Your Relationships (2018); and Tilt: Seeking Balance in Troubled Times (2021).

# Integrating Somatic Techniques in Therapy

2nd Edition



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**LIFE ARCHITECT**  
MICHAŁ PASTERSKI  
SPÓŁKA KOMANDYTOWA  
Narcyzowa 11  
60-175 Poznan, Poland  
hello@life architect.com  
+48 507 521 501  
www.life architect.com