

Healing Shock & Developmental Trauma

A Weekend of Workshops on Increasing Resiliency through Somatic Therapy

April 22 & 23, 2016

Sacramento Friends Meeting House

890 57th St., Sacramento, CA

Fundamentals of Somatic Experiencing: Healing Trauma & Increasing Resiliency

FRIDAY April 22 - 10 am – 5:30 pm

This day-long, interactive workshop is designed for professionals working with trauma to learn the theory and basic skills of Somatic Experiencing (SE), a revolutionary body-focused method for the resolution and prevention of trauma. Supported by cutting-edge neuroscience, as well as studies into animal behavior, SE offers a model of building resilience to stress in the aftermath of overwhelming experiences such as violence, accidents, natural disasters and grief. Focusing on the nervous system, SE enhances clients' capacities to fully enjoy a wide spectrum of human experience.

Working with Developmental Trauma: Working with Complex Trauma - Demo Day

SATURDAY April 23 - 10 am – 5:30 pm

This day-long experiential workshop will consist of live demonstration sessions. From a framework of an Interpersonal-Somatic approach to working with complex trauma, the sessions will rely mainly on the approaches of Somatic Experiencing (SE) and NeuroAffective Relational Model (NARM). This is a special opportunity to observe how these Somatic approaches look in real clinical sessions – including recognizing the challenges and pitfalls we get into in introducing these therapeutic models to new clients, and the tricks to applying a basic Interpersonal-Somatic approach in healing shock & developmental trauma

These educational and experiential workshops are designed to provide relevant theory and skills to:

- Therapists and counselors
- Social workers, agency providers
- Doctors and nurses
- Educators and school staff
- Alternative health professionals
- Coaches
- Parents
- Anyone working with others

CEUs available for Counselors, Social Workers and Marriage/Family Therapists



To Register & More Information on Classes:

www.body-mindtherapy.com/register

Local Contact:

Katie Uemura

kuemura@sbcglobal.net, (916) 799-0387

Instructor: Brad Kammer

Brad is a Somatic Psychotherapist in Northern California, and a psychology professor at Mendocino College, National University and Sonoma State University. Brad is also a Somatic Experiencing (SE) practitioner and teacher, and has been involved in bringing SE to various communities around the world. Brad's current teaching interests lie in the integration of somatic psychology and interpersonal neurobiology, the intersection of working with shock and developmental trauma. His passion lies in supporting people in building resiliency, experiencing secure relationships and enjoying the pleasures of being alive.

To Contact: bradkammer@body-mindtherapy.com

Date/Times/Cost:

Friday April 22, 2016
10:00 am – 5:30 pm

\$130.00

\$105 (early reg by March 1)
\$90 student/intern cost

Saturday April 23, 2016
10:00 am – 5:30 pm

\$130.00

\$105 (early reg by March 1)
\$90 student/intern cost

Location:

Sac Friends Meeting House
890 57th St.
Sacramento, CA