

# *The Foundation for Human Enrichment*

presents

## **TOUCH SKILLS TRAINING FOR PSYCHOTHERAPISTS**

**Instructor: Kathy L. Kain**

This program is specifically developed for practitioners in the mental health fields who want to deepen their understanding of body-based awareness and expand their touch-related skills for use in S.E. and psychotherapy sessions. This program is designed primarily for students who have graduated from the Somatic Experiencing training, but is also open to SE students who have completed the Intermediate level. Therapists without Somatic Experiencing training will also be considered. The primary focus of the program is on developing tactile, body awareness and other touch-related skills in the context of working with the resolution of trauma in a psycho-therapeutic setting. While the program presumes that participants are open to incorporating touch into their practices in some form, the skills that will be learned can be adapted for use in practice settings that do not support actual physical contact with clients.

The course will be offered in two levels, each made up of two modules, of four days each. For those interested in acquiring basic touch skills to be used in the SE and psychotherapy context, Level 1, Modules 1 and 2 (a total of 8 training days) will provide a solid set of skills for using touch-oriented interventions. For those wishing to continue on into a deeper understanding of the use of touch, and to receive a postgraduate SE certificate, Level 2, Modules 1 and 2 are offered (made up of an additional 8 training days, for a total of 16 training days to complete the certificate course). Completion of Level 1 is a prerequisite for admission to Level 2. Each level of the course also requires 2 personal sessions and 2 case consultations with authorized providers for completion.

*“Several researchers report how touch enhances therapeutic alliance...Therapists' congruent, invited, and appropriate non-sexual touch is likely to increase a sense of empathy, sympathy, safety, calm, and comfort for clients...It can also significantly enhance clients' sense of being heard, seen, understood and acknowledged by their therapists.” —(Dr. Ofer Zur)*

### **About Kathy L. Kain, M.Ed.**

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*Kathy has been practicing and teaching bodywork and trauma recovery skills for nearly 30 years. She teaches in Europe, Australia, Canada, and throughout the U.S., and maintains a private practice in Albany, California. She is a senior trainer in the Somatic Experiencing training program and is currently Director of Training and Education for the Foundation for Human Enrichment. Kathy is also an adjunct faculty member of the Santa Barbara Graduate Institute and was a senior trainer for 12 years in the Somatic Psychotherapy training program based in Sydney Australia, where she developed the Touch Training for Psychotherapists that she now teaches in the U.S. She co-authored the book Ortho-Bionomy; A Practical Manual.*



*See second page for training schedule, fees, and locations*

# 2009/2010 Regional Course Schedule and Fees

## FEES AND REGISTRATION

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Tuition cost per module: **\$725**

### Early registration prices:

- When module tuition is paid in full 30 days prior to class date: **\$650**
- When tuition for both modules of a Level are paid in full 30 days prior to the first module date of that level: **\$1,250 (\$625 per module)**

Cancellation policy: Cancellation must be received at least 30 days prior to the start of the class module, otherwise a \$100 cancellation fee is forfeited.

## SANTA BARBARA WORKSHOP SCHEDULE

**Level 1, Module 1: May 22-25, 2009**

(Early registration deadline: April 24, 2009)

**Level 1, Module 2: July 31-August 2, 2009**

**Level 2, Module 1: Oct. 30-Nov. 2, 2009**

**Level 2, Module 2: TBA—early 2010**

### For Santa Barbara class registration:

Make check payable to: **Kathy Kain** and send c/o:

JoAnna Chartrand-Benz

333 Old Mill Rd., #272

Santa Barbara, CA 93110

Email: [joannabenz@cox.net](mailto:joannabenz@cox.net)



## BERKELEY WORKSHOP SCHEDULE

**Level 1, Module 1: May 1-4, 2009**

(Early registration deadline: April 1, 2009)

**Level 1, Module 2: September 25-28, 2009**

**Level 2, Module 1: January 15-18, 2010**

**Level 2, Module 2: April 23-26, 2010**

### For Berkeley class registration, workshop information, directions, accommodations, etc.:

Make check payable to: **Kathy Kain** and send c/o:

Marc Schuler

746 Cleveland St., Oakland, CA 94606

Email: [marcschuler@sbcglobal.net](mailto:marcschuler@sbcglobal.net) (*preferred method*)

Phone: (510) 835-8909 (*if necessary*)

## VICTORIA BRITISH COLUMBIA

A new cycle of the Touch Skills Training Program will begin in late 2009 or early 2010 in Victoria.

For further information, contact Amanda Sawatzky at: [amandasawatzky@shaw.ca](mailto:amandasawatzky@shaw.ca)

# Santa Barbara Training Registration Form Only

## TOUCH SKILLS TRAINING FOR PSYCHOTHERAPISTS



**Training Cycle 2009-2010**  
**Santa Barbara, CA, USA**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State/Province/Country \_\_\_\_\_

Zip/Postal Code \_\_\_\_\_ Phone (H) \_\_\_\_\_

Phone (W or H) \_\_\_\_\_ Cell \_\_\_\_\_

Email \_\_\_\_\_

### **FEES AND REGISTRATION:**

**Tuition cost per Module: \$725**

**Early registration prices:**

- When Module is paid in full, check postmarked at least 30 days prior to class date: **\$650**
- When both Modules of a Level are paid in full, postmarked 30 days prior to the first module date of that level: **\$1,250 total**  
**(\$625 per module)**

**Module/s registering for at this time:**

Insert amount paying per module:

- Level 1, Module 1 (May 22-25, 2009) ..... \_\_\_\_\_
- Level 1, Module 2 (July 31-Aug. 2, 2009) ..... \_\_\_\_\_
- Level 2, Module 1 (Oct.30-Nov. 2, 2009) ..... \_\_\_\_\_
- Level 2, Module 2 (TBA—early 2010) ..... \_\_\_\_\_

**Total enclosed** \_\_\_\_\_

*Registration invalid if not accompanied by payment. Class numbers are limited due to space restrictions and will be on a 'first come' basis.*

**For workshop information, directions, accommodations, etc. and to mail registration:**

JoAnna Chartrand-Benz, (Coordinator)  
 333 Old Mill Rd., #272, Santa Barbara, CA 93110  
 E-mail: joannabenz@cox.net

**Make checks payable to Kathy Kain. Mail to JoAnna Chartrand-Benz.**

Cancellation policy: Cancellation must be received at least 30 days prior to the start of the class module, otherwise a \$100 cancellation fee is forfeited.