

**The Foundation for Human Enrichment**  
**presents**  
**TOUCH TRAINING FOR PSYCHOTHERAPISTS**  
*A Post Graduate Somatic Experiencing® Training in Victoria, British Columbia*

**Instructor: Kathy L. Kain**

This post-graduate program is designed for students who have graduated from the S.E. training, but is also open to those who have completed the Intermediate level. 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. While the program presumes that participants are open to incorporating touch into their practice in some form, the same skills can be adapted for use in practice settings that do not support actual physical contact with clients.

**Foundation Level:**

This level of the training consists of two modules (of 4 days each), spaced 4-5 months apart. In addition, 2 personal sessions and 2 case consultations are required to be completed during this training level.

These 8 days of training will cover the following topics:

- different types of touch
- monitoring activation via touch
- refining skills for touching different body layers and structures
- legal, ethical and scope of practice issues
- developmental reflexes and their relationship to orienting and defensive responses
- body metaphors
- physically-oriented resourcing
- polyvagal theory and the enteric nervous system

The specific SE categories that we'll work with in this level are:

- surgery/scars
- falls
- high-velocity injury
- poisoning
- physical injury

**Certificate Level:**

This level consists of an additional two modules (of 4 days each). The total of 16 training days (8 from the Foundation Level and 8 from the Certificate level) must be completed to be awarded the Certificate. An additional 2 personal sessions and 2 case consultations must also be completed at this level, (4 personal sessions and 2 case consultations in total).

The 8 days of training at the Certificate Level will include the following topics:

- alignment and the client/practitioner's matrix of attention
- titration and pendulation in physical forms
- coupling dynamics in tissues
- trauma structures
- keystone systems
- visceral systems and deep shock
- body diaphragms and deep shock
- touching the chemistry of traumatic stress
- treatment plans

The specific SE categories that we'll work with in this level are:

- Global High Intensity Activation
- early trauma
- syndromes
- developmental disturbances at the physical level
- complex trauma structures

### **About Kathy Kain**

Kathy has been practicing and teaching bodywork for over 25 years. She teaches in Europe, Australia, Canada and throughout the U.S., and maintains a private practice in Berkeley, California. She is one of the senior trainers in the Somatic Psychotherapy training program based in Sydney, Australia. Kathy co-authored the book, *Ortho-Bionomy; A Practical Manual*. She also teaches in the Advanced level of the SE program.

## **VICTORIA WORKSHOP SCHEDULE**

**Foundation module I: January 31 – February 3, 2008**

**Foundation module II: May 29 – June 1, 2008**

**\_ Certificate module I: October 23 – October 26, 2008**

**\_ Certificate module II: February 26 – March 1, 2009**

**Cost of the 4-Day module is: \$875.00 CDN.**

**This fee represents the early registration price for participants registering at least 30 days prior to the start of each module. A late registration fee of \$50 will apply for all participants registering within 30 days of the start of a module.**

### **Accommodations**

Contact class organizer for a list of hotels near the class space:

**Amanda Sawatzky**, Coordinator  
 Touch Training for Psychotherapists  
 Box 1539  
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