



Sensory Processing Differences present in Post-Traumatic Stress Disorder.

“A collaborative approach to the Somatic Experiencing Model”

Presenter: Ana do Valle, OTR, SEP

In this experiential workshop we will review the Sensory Integrative theory, its relationship to fragmentation and trauma, while exploring practical strategies for addressing Trauma Recovery. We will be integrating Sensory Integration and Somatic Experiencing as the core foundation to bring the nervous system into homeostasis regulation.

Theory:

- **Recognize the Sensory components of Attachment, Arousal Regulation, Self Regulation, Auto Regulation and Co-Regulation in the treatment of trauma**
- **Correlate Sensory Modulation Disorder (Over/Under Sensitivity) to the functioning of the Vagal System**
- **Identify the key elements in a sensory system to be incorporated in the Somatic Experiencing process in order to support coherence and promote homodynamic state**
- **Explain the relationship in between Dissociation and Disease**

Practicum goals:

- Learn specific sensory motor based strategies to support down regulating the amygdala and integrating right and left hemispheres in the context of treating traumatic symptoms (emotional and physical).
- Utilize the vestibular and visual systems (spatial and temporal components) to develop coherence in the process of re-negotiating trauma
- Recognize the power of rituals in treating trauma (integrating the cingulated gyrus)

Experimental:

- This workshop will allow participants to experience therapeutic interventions that promote the integration of the senses (oral, touch, proprioception, vestibular, visual and auditory) in order to create a continuum for embodiment, self regulation and healing.
- Interventions are to be applied in conjunction with Somatic Experiencing to strengthen the pathways of transformation
- Explore sensory integration as a gateway into the nervous system and the road map for self regulation.
- Learn intervention techniques for emotional regulation and treatment of physical disabilities (chronic pain, irritable bowel syndrome, migraines, mitral valve prolapsed, thyroid dysfunction and other diseases of freeze)

Workshop outline:

Day one

- Learn and experience ways the senses influence regulation in the autonomic nervous system: oral, auditory, vestibular, visual, touch and proprioception
- Learn the steps to treat states of discomfort: pain, fatigue, overly active mind

Day two:

- Early Childhood Trauma: re-establish coherence in the narrative (body/mind) by utilizing the visual system to de-fragment and create the background for the experience □
- Utilize movement and the vestibular system to encourage orientation , protective responses, arousal regulation along with integration of time and space in the recovery continuum
- Utilize ritual to promote regulation and integration of the Nervous System

Ana do Valle, OTR (303)618-5328

Ana do Valle is an Occupational Therapist and body-centered therapist, who specializes in self regulation related to trauma and sensory integration dysfunction. She is certified in Somatic Experiencing, Sensory Integration and Neuro-developmental Treatment, and has extensive experience working with physical disabilities related to trauma and dissociation.

She has studied cross-cultural perspectives of trauma (Susto) with Indigenous and Shamanic Communities in South America.

She is approved by the Foundation for Human Enrichment to provide individual and supervision sessions for Somatic Experiencing practitioners. She is in private practice in Boulder, Colorado, providing services for infants, children and adults, and contracts with private and public schools in the area.

She teaches internationally (Europe, Canada, US and South America) on the subject of trauma and recovery. She works and teaches with Dr. Robert Scaer (author of the “Body Bears the Burden”) on the subject of diseases related to late states of post traumatic stress.

**Where: Safe Place Community Center
1515 Grove Blvd.
Austin, Texas 78741**

When: February 24-25, 2012

Cost: \$425.00

CEU's- \$15.00

Sensory connect tool kit (mandatory) - \$25.00

(Sensory tools to be integrated in therapy-It helps with the regulation of the centers in the brain responsible for engaging and feeling safe. To be integrated with adults or children).

Early bird registration

30 days prior to training date -\$425.00

At the Door- \$475.00

All registrations must be received 2 weeks prior to the training.

For registration contact:

**Isabell Correa, CNMT, SEP
400 Cocnord Plaza Drive, Suite 130
San Antonio, Texas 78216
Office (210) 804-5534
xicorrea@yahoo.com**

Registration Form
Sensory Processing Differences present in Post-Traumatic Stress Disorder.
Ana Do Valle- Austin, Texas
Safe Place Community Center, 1515 Grove Blvd. Austin, TX 78741
February 24-25, 2012

Name: _____

Address: _____

Phone Number _____ Email: _____

Professional Title/Organization: _____

How did you hear about us? _____

Are you interested in a Group Consultation or Sensory Connect Tool Kit?

Sensory Connect Tool Kit- \$25.00 (Recommended)

Sensory tools to be integrated in therapy, tools help regulate the brain centers responsible for engaging and feeling safe. To be used with children or adults.

**CEU's: 15 Contract hours per module. CEU available for CABRN, CBBS, NBCC
Cue contact hours may apply for other professions, please check your licensing board. Fee- \$15.00**

Please make Checks/ Money orders payable to Ana do Valle and mail Isabell Correa.

Contact Info – Xiomara Isabell Correa, CNMT, SEP

400 Concord Plaza Drive, Ste 130

San Antonio, TX 78216

Office (210) 804-5534 email: xicorrea@yahoo.com

Workshop Cost: \$425 paid in full and postmarked 30 days prior to start of module

\$ 450 paid within 30 days of start of training module

\$475 paid at the door.

CEU's- \$15.00

Sensory Connect Tool Kit- \$25.00

Full payment requested 15 days prior to start of the training.

\$50 is non- refundable if cancellation is within 15 days prior to start of any training.