

Touching Trauma

A Touch Skills Training for Trauma Therapists

A Post Graduate Somatic Experiencing Training in Saskatoon, Saskatchewan

Instructors: Kathy L. Kain & David De Rosenroll

The primary focus of this program is on developing tactile skills, somatic awareness, and other touch-related skills in the context of working with the resolution of trauma. Mental health providers, touch therapists, and other somatic practitioners will find this training useful for increasing their skills for more directly including the body in the resolution of traumatic stress symptoms.

The program is designed to progressively build the participants' understanding and confidence in being able to incorporate different types of touch, different body systems and tissues, and different somatic practices into their trauma recovery practice.

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. It is designed primarily for Somatic Experiencing providers who have completed the Intermediate year or beyond, but other types of practitioners will be considered for the training.

The format of the Saskatoon training has been adjusted to make it more accessible to the anticipated attendees: it will be presented in three modules of five days each. In addition to completion of the three modules, each participant is required to receive four personal sessions and four case consultations in order to receive the Post-graduate Certificate for the training.



Touch Skills Training Registration

Name

Organization

Mailing Address Home School

City Province Postal Code

Phone Email

Payment Options: Cash/Debit Cheque Complimentary
 Visa MasterCard

Credit Card Number

Expiry CVV/CVC Code* Date

Signature

* This 3-digit number is found on the signature strip on the back of your card and is required to process your payment. Please submit this code in the space provided or call the Saskatchewan Teachers' Federation office with the number. The STF does not keep credit card information on file. This section will be destroyed after your registration is processed.

The above information will be used for the purposes of processing your registration, course administration, and generating statistical information related to the administration of this program.

Complete and return form and payment to:
 Saskatchewan Professional Development Unit
 2317 Arlington Avenue
 Saskatoon SK S7J 2H8
 Phone 306-373-1660 Fax 306-374-1122

- Module One: June 21-25, 2012
- Module Two: October 11-15, 2012
- Module Three: April 4-8, 2013



Modules One to Three

The following topics will be covered in the course of the training, in this approximate order:

- Different types of touch
- Monitoring activation via touch
- Refining skills for touching different body layers and structures
- Legal, ethical and scope of practice issues
- Physically-oriented resourcing, building capacity for self-regulation
- Polyvagal theory and the enteric nervous system
- Body metaphors
- Sensory Motor Development and its relationship to orienting and defensive responses
- 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 will include:

- Surgery/scars
- Falls/High-velocity injury
- Poisoning
- Physical injury
- Global High Intensity Activation
- Early trauma
- Syndromes
- Developmental disturbances at the physical level
- Complex trauma structures

Location: STF Building, 2317 Arlington Avenue, Saskatoon, SK, Canada

Dates:

Module One: June 21 - 25, 2012

Module Two: October 11-15, 2012

Module Three: April 4-8, 2013

Cost: \$940/Module



About Kathy Kain

Kathy has been practicing and teaching bodywork and trauma recovery skills for over 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 faculty member with the Somatic Experiencing training program and the past Director of Training and Education for the Somatic Experiencing Trauma Institute (formerly FHE). Kathy is also an adjunct faculty member of Sonoma State University, and was a senior trainer for 12 years in the Somatic Psychotherapy training program based in Sydney Australia. She co-authored the book *Ortho-Bionomy; A Practical Manual*.



About David DeRosenroll

David is a Faculty member with Somatic Experiencing Trauma Institute (formerly FHE), and is Academic Coordinator for the Community-based Graduate Counselling Psychology programs at the University of Victoria. He lives and works on Vancouver Island. In his counselling practice, David's focus is trauma healing, and he has incorporated both SE and SE Touch into his practice.