

BASE™ TRAINING

Bodywork And Somatic Education

for trauma therapists

Dave Berger, MFT, LCMHC, PT, MA, SEP

www.daveberger.net

Starting Spring 2012 in Northampton, MA

Lynn Abraham, Organizer: lynnabraham.tulsi@gmail.com

BASE 1	March 9- 11, 2012
BASE 2	June 22- 24, 2012
BASE 3	September 21-23, 2012
BASE 4	December 7 - 9, 2012
BASE 5	TBA Spring 2013

Ceu's *: APA, ASWB, NBCC, CBBS, NCBTMB (18 per module) \$15

The body is where we live. Psychological processes and emotions are physiological states expressed through the structure of the body. The structure gives feedback to the brain about its state of being. Understanding this relationship allows a therapist to work more creatively and with more clarity in helping clients change their lives. It is especially helpful for clients with shock trauma histories, somatic complaints and attachment/relational trauma.

Learning about working with the body enhances skilled intervention. BASE™ Training for trauma therapists addresses this in two ways: first, non-touch somatic learning/body awareness strategies and, second, hands-on somatic skills. For psychotherapists interested in adding hands-on work to their practices (from supportive touch on a client's shoulder, to helping release freeze or shock in specific tissues, organs and body structures), this training will help you transition to become skilled in somatic (body centered) therapy. Bodyworkers will learn how to refine their hands-on work.

BASE™ brings two related aspects of somatic work together—working directly with hands-on work to facilitate and allow change of dysregulation in body tissue, organ and structure, and somatic education, learning from the inside through kinesthetic sense of self. As a practitioner you will learn to refine your 'listening

hands' skills, ability to track the autonomic nervous system and change in the tissues from constriction to flow with and without touch.

BASE™ training builds from the bottom up, literally. We begin with strategies of anchoring or grounding by using the base of the body, the pelvic floor, as the anchor. The pelvic floor is the base of the startle reflex, chronic distress and, conversely, the base of softening, true power and relaxation, allowing flow and movement. From there we will 'build' upward to work with tissues and organs of the body including bone, fascia, abdominal cavity, breathing apparatus and cranium in their own right functionally, structurally and bodyphorically (body metaphor) and how they function together.

From the BASE™ and build we will then explore how emotions are states of physiological structure and how to change this, and how to bring this into working with couples.

BASE™ is intended for practitioners working to help clients through traumatic experiences. This will include psychotherapists and bodyworkers and other healthcare providers who want to refine their skills.

What you will learn:

- ** Appreciate Attachment and Intersubjective (Empathic) Relationship
- ** Learn how the body/physiology (our home) feels; read or track and resonate with a client's internal somatic, affective experience and kinesthetic sense of self
- ** Know about the body structure (anatomy) and physiology to help maintain clear boundaries, the ethical use of touch and changing a client's stance or posture (posture/attitude) in the world
- ** Learn how to facilitate a client's kinesthetic learning about self
- ** Learn functional somatic interventions that clients can use outside the office
- ** Learn a clear way to transition yourself and a client from a typical psychotherapeutic or verbal model to a touch inclusive model so you have choice
- ** Refine "listening hands" skills to track and help release constriction/freeze from specific local, regional and global structures in the body
- ** Understand how to work with emotions as they emerge from the physiology
- ** Feel and help release restricted orienting, flight, fight, tonic immobility posturing

** Learn and develop somatic interventions with couples stuck in a bond of disregulation

** Refine clear, intentional appropriate touch for tracking of subtlety in the ANS (with or without hands on), containment, support, and release/discharge

Each 3-day module will have a functional/contextual component, structural intervention and work with tissues and organs. Throughout the training the following topics will be covered in this approximate order (the order may change depending on the needs of the class)

BASE™ Training for Trauma Therapists

Base 1

- *Listening with Hands/Use of Intention*
- *Scope of Practice*
- *Inhibiting Chronic Distress Patterns*
- *Working with Skin and Muscle*
- *Working with Bone*

Base 2:

- *Sensory Motor Development and Flight, Fight, Immobility*
- *Posture*
- *More Listening; Assessing Constriction and Expansion, Activation and Flow*
- *Fascia, Kidneys, Occipital Cradling*

Base 3

- *Deep and Visceral Fascia*
- *Abdominal and Thoracic Cavities*
- *Working with Congested/ Constricted Breathing Apparatus*

Base 4:

- *Fluids/Fluid Body*
- *Working with what is in the Cranium*
- *Deconstricting Joints*
- *Where to Start: Assessment*

Base 5:

- *Eyes—Distancing and Bonding*
- *Emotions and The Body*
- *Working with Couples*

Pre-requisites: Somatic Experiencing Training through Intermediate. Others will be considered on an individual basis. Training in trauma healing is strongly encouraged. Clinical practice working with traumatized clients. Certification requires completion of all five levels, 4 consultations and 4 bodywork sessions.

For more information and registration: Lynn Abraham, LMHC, SEP

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*** This program is co-sponsored by Commonwealth Educational Seminars (CES) for continuing education credit.**

Psychologists: CES is approved by the American Psychological Association to sponsor continuing education for psychologists. Psychologists completing each of these presentations receive 18 Continuing Education hours of credit. CES maintains responsibility for these programs and their content.

Social Workers: Commonwealth Educational Seminars, provider #1117 is approved as a provider for continuing education by the Association of Social Work Boards 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. www.aswb.org. ASWB Approval Period through October 5, 2012. CES provides Social Workers 18 continuing education hour of credit for completing this programs.

The following state Psychology Boards accept programs offered by APA approved sponsors as part of license renewal: AL, AK, AR, CA, DE, DC, FL, GA, ID, IN, IA, KY, LA, ME, MD, MA, MS, MO, MT, NE, NV, NH, NM, NC, ND, OH, PR, SC, TN, TX, VT, VA, WA, WV, and WY.

The following states/provinces endorse the ASWB program: AI, AK, Alberta, AZ, CT, DE, DC, GA, ID, IL, IN, IA, KY, Manitoba, MA, MD, MI, MN, MS, MO, MT, NE, NH, NM, NC, ND, NJ, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, Virgin Islands, VI, VT, WA, WI, and WY. In addition, CES is an Approved Continuing Education Provider for California Social Workers (Approval # PCE 4693) and Florida Social Workers (CE Provider #50-9633.)

Registered Nurses: As an APA approved provider, CES programs are accepted by the American Nurses Credentialing Center (ANCC). Every state Board of Nursing accepts ANCC approved programs except California and Iowa. However, CES is also an approved Continuing Education Provider by the California Board of Registered Nursing, (Provider Number CEP 15567) which is also accepted by the Iowa Board of Nursing. Registered Nurses receive 18 hour of CE credit after completing each of these programs.

Registration Form Below

BASE™ Training

Dave Berger, PT, LCMHC, MFT, SEP

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Registration

BASE 1 2 3 4 5 circle one 9AM-5PM

Date _____ Location _____

18 CEU'S: APA, ASWB, NBCC, CBBS, NCBTMB, NURSES (\$15)

REGISTRATION FORM (legibly please)

Name: _____

Address: _____

City: _____ State _____, Zip: _____

Phone: cell _____ work _____

email: _____

Profession and prior Trauma Training: _____

Registration Fee: \$650

(\$50 discount if paid in full 3 weeks prior to module date)

Check payable to Dave Berger

Mail to: Lynn Abraham, LMHC, SEP

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