

BASE™ TRAINING

Bodywork And Somatic Education

for trauma therapists

(formerly Bodywork for Trauma Therapists)

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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 dysregulation
- ** 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

Level 1

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

Level 2:

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

Level 3

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

Level 4:

- *Working with what is in the Cranium*
- *More on Fascia*
- *Deconstricting Joints*

Level 5:

- *Where to Start: Assessment*
- *Emotional Trauma 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.

Austin, Texas

Level 4 October 29-30, 2011
Level 5 May 4-6, 2012
Contact: Isabell Correa, CNMT,SEP
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San Antonio, Texas 78216
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New York

Level 3 Sept.30-Oct.2, 2011
Level 4 December 9-11, 2011
Level 5 March 23-25, 2012
Contact: Carole Katz for more information
dori12@aol.com

North Hampton, MA

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

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