

SOMATIC TRAUMA THERAPY COURSE CONTENT & SYLLABUS



The accredited course is delivered over 6 weekends at two-month intervals and includes:

- In class practical learning
- 3 personal somatic trauma sessions
- 6 group supervisions
- Course workbook
- A copy of Peter Levine's Waking the Tiger

Students are expected to attend all weekends and complete & record 40 sessions of practice over the period of the course (approximately 8 per 2 months).

The class ratio is 1 tutor/class assistant to 3 students. Tutors/assistants will assess students at course weekends and provide feedback on student's practice and development throughout.

Summary of course content & syllabus

Subject	Objective / learning outcome
Autonomic Nervous System (ANS)	To understand the physiology of trauma, it's effects and release on the body
Mindfulness Meditation	To learn how to feel and work with subtle sensations in our own bodies
Taking a case history and note keeping	To learn how to keep professional notes, the need for confidentiality and supervised practice
Causes of Trauma	Understanding different ways to work and different responses to trauma
Keeping the client safe	Knowing how to prevent feelings of overwhelm and how to deal with panic
Relationship with client	Learning how to be empathetic and understanding the value of the therapeutic relationship
Working with clients with a diagnosis of mental illness	Learning when to refer to GP, working with supervision
Observation of clients	Recognising when to intervene and how to respond
Observation of self	Learning to recognise what's happening in therapist's own body, working with resonance
Working with client's movements	Learning how to work slowly at client's pace
Working with anger	Recognising anger and client's/therapists fear of it
Working with different types of trauma	Knowing how to work with gender, cultural differences; different types of 'attack'; pre-verbal trauma; sexual abuse
Insurance, workplace, client agreement	To understand the need for insurance and client agreements