

Somatic Transformation:

For the helping professional working with high stress, crisis and trauma

With Sharon A. Stanley, PhD

September 18 & 19, 2010

Vancouver School of Theology, UBC campus



Dr. Stanley has educated hundreds of psychotherapists in Canada, the US and Israel in the principles and practices of Somatic Transformation. She has been practicing as a psychotherapist in Washington State and British Columbia since 1985. Formerly a teacher of secondary education in social sciences, Dr. Stanley has taught in the graduate studies departments at the University of Victoria and the University of Washington. Her work has centered in the formation and mentoring of practitioners of psychotherapy. Her teaching with Indigenous peoples and on-going research has led her to the exploration of cross cultural and indigenous practices of healing “soul wounds”. Dr. Stanley currently

has a private practice on Bainbridge Island, Washington. For more information about Dr. Stanley ~ www.sharonstanley.org.

Participants in this workshop will experience;

- ⊗ Lecture and presentation, group process, and specific exercises designed to enhance skill development of professionals who work with clients impacted by high stress, crisis and trauma
- ⊗ An understanding of the basis of trauma and the processes of empathic attunement, resonance and connection
- ⊗ How unreleased trauma manifests in the body
- ⊗ Understanding how working with the eyes, mouth and face can support the release of stress
- ⊗ Utilizing the use of sound
- ⊗ Exploring spiritual trauma and the restoration of embodied spirituality
- ⊗ Working with high stress and trauma has the ability to evoke similar states in the helper. Learn the skills necessary to remain calm, grounded and attuned.

Somatic Transformation

Taught and developed by Sharon A. Stanley, PhD

Somatic Transformation assists in the development of a highly creative approach to elicit the wisdom of the body and transformational change. Somatic Transformation, combines research in the fields of attachment, empathy, brain development, autonomic regulation of the nervous system, trauma studies as well as ancient practices of healing.

Somatic Transformation is a lifespan approach to the healing of acute and chronic stress trauma. With a neurobiological research base, this model accesses sensory input from the body to shape and change the structure and function of the brain, while concurrently allowing the brain to shape and alter the body.

With Somatic Transformation acute and chronic stress and trauma are understood in the context of development throughout the life span, including interactive relational experiences of the unborn fetus, infancy, childhood, adolescence and adulthood. Other sources of acute and chronic stress, such as medical procedures, falls, accidents, assaults, natural disasters, terrorism and culturally sanctioned stresses such as poverty are addressed.

Recent theories and research on brain-body physiology and memory mechanisms have expanded our understanding of the possibilities of somatic transformative processes in the resolution of conditioned reflexes of trauma. Specific processes of Somatic Transformation are utilized with individuals who present with emotional and physical symptoms. Basic therapeutic processes are combined in specific patterns to address complex forms of trauma, shifting the conditioned pattern of adaptation to a higher level of resilience.

Somatic psychotherapy builds on the use of the principles of positive psychology and insights gleaned from neurobiology to attend to the subtle, right brain injuries of insecure and disorganized attachment. As Allan Schore, PhD points out, all lasting therapeutic change for people suffering from trauma requires right brain healing strategies. In this course we will explore the art of sensory integration with awareness and consciousness, motor capabilities, feelings and emotions, images and archetypes. Advanced insights into the practice of somatic empathic attunement allow the practitioners to individualize the treatment to the specific and precise needs of the individual under treatment.

WHERE: Vancouver School of Theology at the University of British Columbia, room 309
6000 Iona Drive Vancouver, BC V6T 1L4
Student accommodation is available. Phone: 1 866 822 9031

WHEN: Saturday and Sunday, September 18 and 19th, 9:30-4:30 PM
Beverages and light snacks will be provided.

REGISTER: Workshop Fee is \$325 CND. Early bird rate of \$295 if received by August 18, 2010.
We regret that we do not accept credit cards. Refunds available if notification is received within 10 days in advance of September 18, minus a \$50 administrative fee.

Name: _____
Address: _____
Phone and email: _____

Please mail check payable to; Debi Hartwell 406 - 3 Renaissance Square, New Westminster, B.C. V3M 6K4

For more information please contact:

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