

SOMA-Embodiment® Training

with
Sônia Gomes, PhD

Sônia Gomes is a professor at SETI - Somatic Experiencing® Trauma Institute and a Senior Staff member at SE™ Professional Training. She also teaches her own Resonance, Intuition, Embodiment workshops in Brazil, Europe, the United States, South Africa and Asia. With more than 40 years of clinical work, she has a PhD in Clinical Psychology, advanced training in Rolfing® Movement and Structural Integration by the Rolf Institute, as well as numerous trainings and experiences related to Body Orientated Psychology.



LOCATION & DATES

Registration and information:

Please visit the website for further information about the program of the modules and the payment plan

www.soniagomesphd.com

soma Embodiment
Hapticity & Movement for Emotional Regulation in Trauma Therapy

>> What is SOMA-Embodiment®?

SOMA-Embodiment®, idealized by psychologist Sônia Gomes, is an advanced tool complementing Peter Levine's Somatic Experiencing® work and effective for professionals working with trauma in other therapeutic approaches. Based on touch and movement, the program includes technical aspects of Ida Rolf's Structural and Movement Integration, Tonic Function and Movement Analysis by Hubert Godard, also supported by Stephen Porges' view of the Autonomic Nervous System functions presented in his Polyvagal Theory and, lastly, the contributions of the ecological psychology of perception of James Gibson, who has recovered the ontological knowledge of the human haptic perception. That is, we inherit in our body innate abilities in the sensory system to adapt to life on Earth. Besides the influence of thinkers on child bond and Tonic Development theory, such as Henri Wallon, Donald Winnicott, and André Bullinger.

>> The contribution of SOMA

When faced with deeply traumatized clients with high levels of dissociation, therapists need to acquire and refine their embodiment, their body awareness. That is, the active recognition and perception of their own living body in the present moment.

With SOMA training, the student learns supportive and guidance protocols for the three-dimensional body in relation to the space around it, and the space in relation to gravity. In this way, participant stays more confident to facilitate rapid pendulations that lead to an internal reorganization of the different repetitive flows caused by traumatic memory. The SOMA seek structural organization so that the person finds stability and grounding, before, during and after the interventions. In addition, participants work on self-regulation and learn to use resonance and intuition in their clinical work to help those who seek to navigate the body with greater confidence.

The support and safety bonds developed through SOMA helps the therapist to initiate the withdrawal of the shock caused by the trauma, which causes the vulnerability of the feelings and sensations that were previously silenced by the freezing response to emerge in the client. SOMA provides clues for the therapist to perceive where and how the body, mind and the nervous system are trapped in the freezing.

In all modules of this training, the participant learns specific protocols to different types of traumas and how to use them. With personal care, love and clear boundaries, the therapist is able to cope with strong emotions, clients' unresolved activations. As well as him/her learns to uncouple the distorted perceptions of the emotional layers that have been internalized and repressed in the past, thus becoming able to express their emotions and gestures. By exploring the haptic system, the professional can assist the person who is in a situation of trauma to exit that internal conditioned environment and explore elements of the external environment through the senses. By touching and being touched by the therapist, in resonance with one another, a natural internal movement of the body's innate intelligence is evoked. Thus, it may transform the symptoms of shock or chronic trauma and/or complex diseases like syndromes, changes in the physiology of freezing, reversing the disease and shifting to a YES to one's body, a YES to the inner child and to LIFE!

>> Requirements for the Training

The SOMA-Embodiment® program is aimed at Somatic Experiencing® practitioners or students who have completed their first year of training. It is also accessible to professionals trained in various trauma healing therapeutic approaches. Full certification requirements include five personal sessions by qualified providers and two supervision sessions.

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