SOMA-Embodiment® Training

with Sonia Gomes, PhD

Sonia Gomes is a professor at SETI: Somatic Experiencing & Trauma Institute and a Senior Staff Clinician at SETI Professional Training. She also teaches her own SomaScope, Intuitive Embodiment workshops and retreats in the USA, Europe, South America, and Asia. With over 40 years of clinical work, she has PhD in Clinical Psychology, advanced training in Trauma & Somatics, Certifications in Spiritual Intimacy by the Rolf Institute, as well as numerous trainings and experiences related to Body-Oriented 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

What is SOMA- Embodiment®?
SOMA-Embodiment®, ideally developed by psychologist Sonia Gomes, is an advanced tool complementing Peter Levine's Somatic Experiencing® work and effective for professionals working with trauma in other therapeutic approaches. The program includes technical and theoretical aspects of Peter Levine’s Structural and Movement Integration, “Tonic Function and Movement Analysis” by Hubert Gendler, and supported by Stephen Porges’ view of the Autonomic Nervous System functions presented in his Polyvagal Theory and, lately, the contributions of the ecological psychology of perception of James Gibson, who has recovered the ontological knowledge of the humanaptic perception. That is, we inhabit in our body innate capacities in the sensorimotor 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 Bullogher.

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 support and guidance protocols for the three-dimensional body in relation to the space around it and in relation to gravity. In this way, the patient stays more confident to facilitate resourceful experiences that lead to an internal organization of the different repetitive cues. By traumatic memory, the SOMA seeks 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 include the withdrawal of the client 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 classes 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, free 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 somatosensory layers that are internalized and repressed in the past. This becomes 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 feel that internal conditions, perceptions, 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 illnesses 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 life!

Requirements for the Training
The SOMA Embodiment® program is aimed at professional therapists who have completed their first year of training. It is also accessible to professionals trained in various trauma therapies through therapeutic approaches. Full certification requirements include five personal sessions by qualified providers and two supervision sessions.

www.soniagomesphd.com