Manuela Mischke-Reeds

Trauma Sensitive and Somatically Savvy: Clinical Tools for Effective Trauma Treatment

24-25 February 2020 | Sydney

Workshop Overview

“There is no such thing as an isolated trauma, trauma effects all of us. It impacts all relations to self and others and our bodies.”

Working with trauma clients is a challenge to the contemporary Clinician. The complexity of trauma symptoms coupled with systemic and intergenerational traumas requires a multi-layered approach to treating trauma successfully. The contemporary therapist understands that trauma is interconnected, rooted in psychobiological changes and has lasting impact on the body’s health and mental well-being. Talk therapy is limited when treating trauma symptoms. The body has memories of trauma that can only be understood through the language of the soma itself. Clinicians need to learn to be savvy learning the silent language of the body to fully comprehend what the trauma experience truly is for our clients.

This workshop looks at trauma sensitive interventions and the key somatic tools that will help both the client and therapists to work effectively. The focus in not just on the trauma techniques for the clients but how the therapist stays in their therapists “seat” to be grounded, self-regulated and emotionally well, while working with trauma states in the client.
Trauma activates the body’s nervous system and creates dysregulated emotional states as well as body symptoms that can be debilitating for the client. The “trauma activations” that are experienced by the clients can range from subtle aggression to violence, from emotional withdrawal to self-sabotage. These dysregulated emotional states need to be understood from a various angles: how the body and nervous system has been changed through trauma, how unhealed trauma will continue to inflict harm on self and others, how trauma is an “illness” of the heart, mind and body and that trauma of the individual is not separate from community trauma. And most importantly: how trauma is experienced in the body and thus needs to be treated including the somatic experience of client as well as the health care practitioner.

Trauma is not an isolated phenomena of the individual. The systemic, historic and repetitive traumas create psycho-physiological effects on the individual, family and community. Trauma experiences that are not healed become “contagions” for any caretaker. This often is not recognized and can result in lower job satisfaction, emotional burnout and compassion fatigue.

Somatic Psychotherapy tools are a powerful and direct route into the clients present moment experience. Through the “soma” the client gains, confidence, control as well as a way to process traumatic memories in a safe way. This workshop highlights key techniques, sets a frame of how to looks at trauma from a somatic perspective and places the intricate healing relationship between client, therapist and the bodies wisdom at the center. Becoming somatically savvy means adding to any existing therapeutic framework and clinical repertoire.

**Objectives**

- Becoming trauma sensitive from a somatic perspective
- Identify common trauma arousal patterns in clients
- Realize the variety of trauma clients and their emotional impact of staff
- Recognize vicarious trauma symptoms in professional self
- Removing the stigma of what it means to suffer from vicarious trauma, burn out and compassion fatigue towards an integrative model of mental health
- Learn concrete somatic awareness techniques for stress regulations
- Apply on the job mindfulness and somatic practices to keep calm and emotionally grounded in difficult work situations
- Build on existing inner somatic resources for emotional wellbeing
- Understand trauma as a psychobiological phenomena that is interconnected between all human beings and is not defined to a job description
- Explore experiential somatic techniques that can be applied to any existing therapy technique
- Understand the importance of self-care when working with trauma populations
Detailed Workshop Outline

DAY 1 - MORNING SESSION: SOMATIC PSYCHOTHERAPY SKILLS OVERVIEW

Introduction and Overview of the two days
- Overview of Somatic Psychotherapy
- Specific tools to incorporate into your existing therapy practice
- Somatic tools can be used in trauma sensitive treatment

Learning Focus of Workshop
- Experiential workshop learning
- Didactic and video presentations of actual client sessions
- Group Discussion and small group experiences
- Group Agreements: Go at our own pace, slow down, make sure you are in the realm of your own comfort zone but also challenge yourself. Adapt an experiential attitude, become a scientist. Safety first!

# 1 Somatic Group Exercise

Presentation:
The Essentials of Trauma, Stress, PTSD and Complex PTSD
- Differentiate acute stress, PSTD and complex PTSD
- Stress-Trauma Continuum
- Symptoms and cues of stress and trauma

Somatic Psychotherapy Fundamentals
- Safety guidelines when working somatically
- Trauma sensitive awareness
- Assess for client readiness to apply somatic tools
- Therapeutic attitude when working somatically
- Key body reading Techniques to read stress/trauma cues
- Indicators for somatic therapy interventions

Somatic Perspective of Trauma and Stress Symptoms
- What is Soma?
- Polyvagal theory application
- Arousal Theory and emotional dys-regulation
- Somatic View of Window of tolerance
- Intergenerational and Community trauma influences

# 2 Exercise: Backbody Tool for Therapist

Break
# 1 Video vignette

Discussion of Video and Demonstration of Somatic Interventions

DAY 1 - AFTERNOON SESSION: TRACKING AND CONTACTING SKILLS

Somatic Group Exercise

Presentation: The Somatic Psychotherapy Toolbox
- Interventions for Enhanced Effectiveness in Trauma Treatment
- Evidence-Based Therapeutic Approaches That Work with the Body
- Facilitating the somatic therapy process
- Therapeutic tools: tracking for body indicators and contacting the clients present moment experience

# 3 Exercise: Tracking for Somatic Trauma Cues

# 4 Exercise: Five Kinds of Tracking

Group Discussion

Debrief/Closure

DAY 2 - MORNING SESSION: PUT IT TO PRACTICE: DEMONSTRATIONS OF SOMATIC THERAPY SKILLS

Somatic Group Exercise

Presentation: Trauma Sensitive Mindfulness and Somatic Trauma Techniques
- Two Kinds of Mindfulness inductions
- Trauma Sensitive Focus
- The role of compassion and kindness in trauma therapy
- The Mindful Therapist

# 5 Exercise: Trauma Sensitive Mindfulness induction

Debrief and Discussion

Presentation: Part 2: Trauma Sensitive Mindfulness and Somatic Trauma Techniques
- Self-regulation
- The role of deep relaxation
- Build trust in the body
Presentation: Regulating the “freeze” state in clients

- Use of mindfulness and the trauma sensitive needed
- Slowing down to have dissociation interrupted and allow for safe expression and relationship

Video vignette: Freeze example

Presentation: The Importance of Boundary Setting Skills

- Establishing inner safety
- Understanding breached boundaries
- Tools and tips in how to develop somatic practices to build boundaries

# 6 Exercise: Extending Physical Boundaries

**DAY 2 - AFTERNOON SESSION: HIGH AROUSAL STATES AND DISSOCIATION**

**Somatic Group Exercise**

Presentation: The complexity of treating traumatic high arousal states

- Use of mindfulness in high actuated states
- Facilitate safe emotional expressions
- Trauma memory facilitation through the body

Video vignette: High Arousal State example

Presentation: Breath Awareness and Techniques

- The truth about deep breathing
- Breathing towards calm, regulate your breath
- Self-regulation skills through breath awareness

# 7 Exercise: Trauma Sensitive breathing tools

Break

Presentation: Working with Dissociation in the Body

# 8 Exercise: Somatic Resourcing

Presentation: Vicarious Trauma: What Clinicians Need to Know when working somatically

Group Discussion | Closure

Book Reference: Manuela Mischke-Reeds, Somatic Psychotherapy Toolbox. 125 Worksheets and Exercises to treat Trauma and Stress. PESI, (2018)
About Manuela Mischke-Reeds, LMFT-CA, USA

Manuela is a licensed Somatic Psychotherapist, International teacher of Somatic Psychology, Writer, Consultant and Meditation teacher. She is training health professionals in California, Australia, New Zealand, Israel and Europe and China. She co-directs and teaches at the Hakomi Institute of California and Sydney that hosts her Trauma training: “From Trauma to Dharma”. This training integrates current Neuroscience of Trauma Theory, Somatic and Mindfulness-based Interventions with Dharmic Teachings and embodied Meditation Practices.

Manuela lectures, consults and trains professionals in somatic psychotherapy, embodied mindfulness, attachment, trauma, and movement therapy at Conferences, Clinical Agencies, and Universities. She has counseled victims of political torture, veterans, first responders and other trauma victims of extreme trauma. In her work she focuses on how we can live from a deep place of knowing in own bodies. She believes that every person can access their own inherent body health and wisdom despite any stressors, traumas of the past. She maintains a private psychotherapy practice for individuals and couples in Menlo Park, CA.

Manuela’s Publications:

- Somatic Psychotherapy Toolbox. 125 Worksheets and Exercises to treat Trauma and Stress. PESI, (2018)

www.manuelamischkereeds.com
www.linkedin.com/in/manuelamischkereeds

CPD Endorsements

The AASW Endorsed CPD logo is a trade mark of the Australian Association of Social Workers Ltd used under license. The AASW is not responsible for the course content.
Registration Details

24-25 February 2020 | 9.30am-5pm

Sydney Mechanics School of Arts
Mitchell Theatre, First Floor
280 Pitt St, Sydney CBD

Standard: $495
Concession: $345

Register at: www.startts.org.au

Proudly presented by STARTTS

About STARTTS

STARTTS is a specialist, non-profit organisation that for more than 30 years has provided culturally relevant psychological treatment and support, and community interventions, to help people and communities heal the scars of torture and refugee trauma and rebuild their lives in Australia. STARTTS also fosters a positive recovery environment through the provision of training to services and educational institutions, advocacy and policy work.

www.startts.org.au | (02) 9646 6700

NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors