

Sensorimotor Psychotherapy Institute



*Only one therapy I know
of reaches as deeply into the
body as it does into the mind,
and by reaching for both,
touches the soul.*

-Ron Kurtz

Why Sensorimotor Psychotherapy?

Do you struggle to help numb, disconnected clients who can't feel emotion or explore inner experience? Do your clients get 'stuck' in overwhelming emotions and self-destructive impulses rather than resolving the trauma?

Sensorimotor Psychotherapy was developed by Pat Ogden, PhD, informed by the works of Ron Kurtz and the Rolf method, and enriched by the contributions from the research on attachment, trauma, neuroscience and dissociation.

This introductory presentation is a glimpse of the theory and techniques gained in the Training for the Treatment of Trauma - including the Window of Tolerance, Tracking the Body, and Vocabulary for Sensorimotor Experiencing, Bottom-Up Processing, and Mindfulness.

Introductory Presentation to Sensorimotor Psychotherapy

Ashe House, Center for MindBody Integration
North County Dublin

K45 TK 85

www.ashehouse.ie



Anne Kirwan
SP Organizer, Ireland

Presenter

Registration:

Register and pay online at www.ashehouse.ie including your name and Ref: INTRO SEPT on payment details.

Contact Anne directly at info@ashehouse.ie if preferred payment is by bank transfer.

CPD Certs for 5.5 Contact hours

Workshop Information:

21st September 2019
Hours 10.00-5.00 PM
Registration 9.15-10.00 AM
Lunch 1.00-2.00 PM

Location:

Ashe House
Center for MindBody Integration
North County Dublin
K45 TK 85

Cost:

€75 Including light lunch,
tea & coffee breaks
Receipts Issued on Site

Local Organizer: Anne Kirwan, Ashe House: info@ashehouse.ie

Visit us at www.sensorimotor.org