

**Bodywork and Somatic Education™ (BASE™)
For Trauma Practitioners**

4, 4-day modules.

24 CE hours each module.

96 CE hours total, for all 4 modules.

BASE 1: 24 ce hours total for BASE module 1

Topics: *Therapeutic Attunement *Clinically and ethically appropriate use of touch *Polyvagal theory and clinical application *Bodywork/touch as a relational process *"Listening" with Hands *Strategies to affect the wandering nerve—the vagus: abdominal viscera, GI system, breathing apparatus (heart, lungs and more)

Objectives

By the end of this module students will:

Describe different types of touch

Identify appropriate and ethical types of touch for trauma healing

Identify anxiety or chronic distress postures

Develop clear intention to enhance the use of appropriate touch

the ethics of including touch in practice

List basic principles of Bodywork and Somatic Education to shift from trauma to ease

Describe phases of threat/survival response cycle

Describe the relationship between the gastrointestinal biome and system, emotions and affect regulation

Describe Polyvagal Theory and Name structures of the polyvagal system

Describe the bodyphores (body metaphors) of several visceral organs

Locate structures innervated by the dorsal vagus

Describe the function the HPA axis and of kidney-adrenal complex in traumatic stress and anxiety

Deduce the relationship between the polyvagal theory and the abdominal cavity

Identify the esophagus

Describe the bodyphore of the esophagus

Demonstrate strategies to release the esophagus

Identify structures innervated by the ventral vagus nerve

Identify structures involved with breathing

Describe the bodyphores of the thoracic cavity

Describe the role of social engagement in trauma renegotiation

Demonstrate strategies to affect structures of social engagement

Discover the relationship between therapeutic attunement, attachment and bonding, and physiology

Schedule

Friday 9:30-5:30 6 hours

- 1.5 hour 9:30-11 Lecture, Experiential Exercises and Demo: Basic Concepts of BASE, Ethics of Touch, Types of Touch. Therapeutic and Developmental Attunement, What is trauma? Coupling (Association) dynamics and trauma. Polyvagal Theory, HPA axis.
- 11-11:15 Break
- 1.25 hour 11:15-12:30 Practice Time: Polyvagal exercises
- 12:30-2 Lunch
- 1.5 hour 2-3:30 Lecture, Experiential Exercises and Demo: Threat/Survival Response cycle, PTSD, neuroception and HPA axis: psychology, anatomy, psychophysiology.
- 3:30- 3:45 Break
- 1.5 hour 3:45-5:15 Practice Time: Dorsal Vagal tone and strategies to support autonomic regulation.
- .25 hour 5:15-5:30 Q & A, wrap up, review

Saturday 9:30-5:30 6 hours

- 1.5 hour 9:30-11 Lecture, Experiential Exercises and Demo. Attunement as a physiological process developmentally and clinically, Interoception, Dorsal Vagal/Abdominal Structures, human biome and autonomic regulation: psychology, anatomy, psychophysiology.
- 11-11:15 Break
- 1.25 hour 11:15-12:30 Practice Time: Touch readiness, dorsal vagal strategies continued

12:30-2 Lunch

1.5 hour

2-3:30 Lecture, Experiential Exercises and Demo: Understanding digestion as it relates to emotions and affect regulation, GI track anatomy and processes: psychology, anatomy, psychophysiology.

3:30-3:45 Break

1.5 hour

3:45-5:15 Practice Time: Attunement and strategies related to the GI tract

.25 hour

5:15-5:30 Q & A, wrap up, review

Sunday 9:30-5:30 6 hours

1.5 hour

9:30-11 Lecture, Experiential Exercises and Demo: Functions and strategies of the GI system in autonomic regulation (continued); Psychology, anatomy, psychophysiology.

11-11:15 Break

1.25 hour

11:15-12:30 Practice Time: Strategies related to the GI tract and therapeutic attunement

12:30-2 Lunch

1.5 hour

2-3:30 Lecture, Experiential Exercises and Demo: Introduction to breathing, autonomic regulation and affect; psychology, anatomy, psychophysiology.

3:30-3:45 Break

1.5 hour

3:45- 5:15 Practice Time: touch and non-touch strategies to regulate breathing, Respiratory diaphragm.

.25 hour

5:15-5:30 Q & A, wrap up, review

Monday 9:30-5:30 6 hours

- 1.5 hour** 9:30-11 Lecture, Experiential Exercises and Demo: The role of the esophagus in relational development and in affect regulation; psychology, anatomy, psychophysiology
- 11-11:15 Break
- 1.25 hour** 11:15-12:30 Practice Time: strategies to affect the esophagus and regulation of the GI system
- 12:30-2 Lunch
- 1.5 hour** 2-3:30 Lecture, Experiential Exercises and Demo: Breathing Continued. Introduction to Ventral Vagus and Social Engagement System.
- 3:30-3:45 Break
- 1.5 hour** 3:45-5:15 Practice Time: Strategies to affect social engagement (part 1).
- .25 hour** 5:15-5:30 Q & A, wrap up, review.

BASE 2: 24 ce hours total for BASE 2 module

Topics: Non-verbal communication, Social Engagement and Orienting Structures *Affecting Orienting and Social Engagement *Systems beyond the vagus—Facial, Trigeminal, Accessory, Oculomotor, Eyes and Oral Elements *Social engagement and bonding/attachment dynamics *Posture and emotions—posture and self, containment, capacity, inhibiting distress, and body usage *Fascia and Intrapersonal communication, *Interoception.

Objectives

By the end of this modules students will:

Explain how trauma response manifest bodily, structurally, posturally

Define posture (posture and emotion or attitude)

Define bodyphores

Locate the occiput

Demonstrate hand positions for sensing into the brainstem (reptilian brain)

Name structures of orienting
Name 3 neck muscles used for orienting
Describe tonic immobility in orienting structures.
Name the cranial nerves that innervate the structures of orienting
Name the cranial nerves of social engagement structures
Identify the structures of social engagement and orienting
Identify phases of orienting as they relates to threat/survival response cycle
Describe the behaviors of orienting and social engagement
Describe the relationship between social engagement and breathing
Demonstrate strategies to affect breathing and autonomic regulation
Describe fascia as a global system
Identify functions of fascia
Explain the somatic language of fascia for intrapersonal communication
Identify the relationship between trauma responses and fascia
Define 4 ways to assess where constriction/activation is bodily
Identify where to start working to release constriction/activation from the body
Demonstrate one way to inhibit distress with the physical structure of the body
Demonstrate touch and therapeutic attunement
Define interoception

Schedule

Friday 9:30-5:30 6 hours

1.5 hour	9:30-11 Lecture, Experiential Exercises and Demo: What is social engagement developmentally, functionally and structurally/anatomically. 11-11:15 Break
1.25 hour	11:15-12:30 Practice Time: Strategies to affect Structures of Social Engagement (part 2). Lunch: 12:30-2
1.5 hour	2-3:30 Lecture, Experiential Exercises and Demo: Breathing Apparatus and Social Engagement continued. Breathing apparatus, trauma and dysregulation: psychology, anatomy, psychophysiology--integrating social engagement and breathing). 3:30-3:45 Break

1.5 hour 3:45- 5:15 Practice Time: Working with breathing distress/trauma reduction and social engagement.

.5 hour 5:15-5:30 Q & A, wrap up, review.

Saturday 9:30-5:30 6 hours

1.5 hour 9:30-11 Lecture, Experiential Exercises and Demo: Brain-Body Connection. Thoracic Inlet/Outlet Diaphragm and Trauma: psychology, anatomy, psychophysiology.

Break: 11-11:15

1.25 hour Practice Time: Strategies to affect the Thoracic Inlet/Outlet Diaphragm as it relates to affect regulation

Lunch: 12:30-2

1.5 hour 2-3:30 Lecture, Experiential Exercises and Demo: Heart rate variability and trauma, Pericardium and the heart: psychology, anatomy, psychophysiology.

Break: 3:30-3:45

1.5 hour 3:45- 5:15 Practice Time: Strategies to regulate heart rate variability, the Pericardium/Heart as it relates to breathing and trauma.

.25 hour 5-5:30 Q & A, wrap up, review.

Sunday 9:30-5:30 6 hours

1.5 hour 9:30-11 Lecture, Experiential Exercises and Demo: Neck and Occipital Cradling: Trust, Orienting, Attachment and Bonding.

Break: 11-11:15

- 1.25 hour** 11:15-12:30 Practice Time: Touch, attunement and working with structures of trust, orienting, attachment and bonding.
- 12:30-2 Lunch
- 1.5 hour** 2-3:30 Lecture, Experiential Exercises and Demo: Eyes and relationship—receiving and connecting with others, eye gaze and mirroring developmentally; psychology, anatomy, psychophysiology.
- Break: 3:30-3:45
- 1.5 hour** 3:34-5:15 Practice Time: Strategies to work with relational with eyes, eye gaze and mirroring.
- .25 hour** 5:15-5:30 Q & A, wrap up, review.

Monday 9:30-5:30 6 hours

- 1.5 hour** 9:30-11 Lecture, Experiential Exercises and Demo: Interoception, proprioception and attunement. Skin as a structure of attachment and bonding, fascia and intrapersonal communication, muscle: psychology, anatomy, and psychophysiology
- 11-11:15 Break
- 1.25 hour** 11:15-12:30 Practice Time: Attunement and strategies to work with intra- and interpersonal communication, posturing and grounding via skin and touch, fascia, muscle.
- 12:30-2 Lunch
- 1.5 hour** 2-3:30 Lecture, Experiential Exercises and Demo: Assessment; Where to start, how to track activation and dysregulation in the body, how to determine what to do next. Posture, emotions and body usage as they relate to non-verbal intrapersonal

communication, interpersonal communication and beliefs about self

Break: 3:30-3:45

1.5 hour 3:45-5:15 Practice Time: Assessment, posture and emotions.

.25 hour 5:1-5:30 Q & A, wrap up, review.

BASE 3: 24 ce hours total for BASE 3 module

Topics: Cranium, Concussions and PTSD *What is a concussion *Relationship between concussions and PTSD *Using appropriate touch to reduce the effects of a concussion *Bone: Working with Structure and a client's history *Posture, shame, joints and emotions

Objectives

By the end of this module students will:

Understand how trauma impacts the cranium and results in global distress

Describe causes of concussions

Describe the symptoms of PTSD

Identify the symptoms of post concussive syndrome

Define concussion

Identify the similarities and differences between post-concussion and PTSD

Demonstrate strategies for boundary renegotiation for concussion and PTSD

Describe basic anatomy of bone

Describe 3 functions of bone

Discern bodyphore function of bone and character structure

Feel changes in bone as it comes out of trauma constriction

Feel the cranium

Understand the relationship between the skull and the brain

Name layers of cranial fascia/meninges

Identify layers of cranial fascia/meninges

Demonstrate strategies to release constriction in the brain

Describe cranial rhythm/craniosacral movement

Describe the affects of chronic distress on joint

Learn the different types of joints

Identify the bodyphores of joints

Identify the function of joints and joint structures

Describe joints release out of autonomic and armoring constriction and into ease and flow

Describe emotions as somatic structures or posture

Identify shifts in posture that suggest increased affect regulation and relational strength
Describe how body usage and emotions are related
Identify how to work with emotions somatically
Describe shame as a body posture
Demonstrate strategies to work with shame
Learn how to develop a treatment plan starting point
Understand concepts of titration, pendulation and tissue change as they relate to assessment
Name 3 techniques for assessing constriction/activation in a client's body
Demonstrate assessment techniques
Demonstrate therapeutic attunement as a physiological process

Schedule

Friday 9:30-5:30 6 hours

1.5 hour 9:30-11 Lecture, Experiential Exercises and Demo: Bone; Working with our support and structure (physical and character structure). Psychology, anatomy, psychophysiology.

11-11:15 Break

1.25 hour 11:15-12:30 Practice Time: Work with Bone and its relationship to support and character structure

12:30-2 Lunch

1.5 hour 2-3:30 Lecture, Experiential Exercises and Demo: Joints and affect regulation; psychology, anatomy and psychophysiology

Break: 3:30-3:45

1.5 hour 3:45-5:15 Practice Time: Joints—touch, non-touch and movement strategies

.5 hour 5:15-5:30 Q & A, wrap up, review.

Saturday 9:30-5:30 6 hours

- 1.5 hour** 9:30-11 Lecture, Experiential Exercises and Demo:
Concussions and PTSD (part 1)
- Break: 11-11:15
- 1.25 hour** 11:15-12:30 Practice Time: Concussions and PTSD
- 12:30-2 Lunch:
- 1.5 hour** 2-3:30 Lecture, Experiential Exercises and Demo: : Cranium,
Concussions and PTSD: Working with trauma and concussions
(part 2).
- Break: 3:30-3:45
- 1.5** 3:45-5:15 Practice Time: Cranium and Concussions.
- .25 hour** 5:15-5:30 Q and A and wrap up

Sunday 9:30-5:30 6 hours

- 1.5 hour** 9:30-11 Lecture, Experiential Exercises and Demo: Other
Diaphragms: Cranium, Pelvic diaphragms and affective
regulation (part 1).
- 11-11:15 Break**
- 1.25** 11:15-12:30 Practice Time: Strategies to affect cranium and
pelvic diaphragms as they relate to affect regulation.
- Lunch: 12:30-2
- 1.5 hour** 2-3:30 Lecture, Experiential Exercises and Demo: Other
Diaphragms: Cranium, Pelvic diaphragms and affective
regulation (part 2).
- 3:30-3:45 Break

1.5 3:45-5:15 Practice Time: Strategies to affect cranium and pelvic diaphragms as they relate to affect regulation.

.25 5:15-5:30 Q & A, wrap up, review.

Monday 9:30-5:30 6 hours

1.5 hour 9:30-11 Lecture, Experiential Exercises and Demo: Emotions, Posture and Body Usage

Break: 11-11:15

1.25 11:15-12:30 Practice Time: Emotions, Posture and Body Usage

12:30-2 Lunch: 12:30-2

1.5 hour 2-3:30 Lecture, Experiential Exercises and Demo: Shame as a body experience.

3:30-3:45 Break

1.5 hour 3:45-5 Practice Time: Working with Shame

.25 hour 5-5:30 Q & A, wrap up, review.

BASE 4: 24 ce hours total for BASE 4 module

Topics: The Body and Relational Work *Social Engagement Behaviors *Eyes— Bonding/Distancing, Emotions and the Body *Somatic Couples Work, Working with Couples, Attachment and Bonding *Somatic Tools for Sensory Motor Renegotiation

Objectives

By the end of this module students will:

Describe types of muscle

Identify basic anatomy of muscle

Define functions of muscle

Identify posture as expressed muscularly

Identify changes in muscle tissue as it eases out of constriction/trauma/anxiety

Demonstrate somatic attunement

Describe how attunement is a physiological process developmentally and clinically

Describe implicit memory as it relates to eyes
Describe eyes and mirroring developmentally and relationally
List developmental somatic aspects of attachment and bonding
Explain components of working with couples somatically (or refer as appropriate)
Explore working with and tracking multiple nervous systems simultaneously
Identify anatomy of eyes
Understand bodyphore functions of eyes
Learn how to release eyes from constriction/activation
Describe the relationship between eyes, attachment and bonding
Demonstrate strategies to work with attachment and bonding using eyes
Understand emotions as somatic structures or posture
Describe the similarities between threat/survival response cycle, Gottman, Tronick and cycles of violence
Demonstrate somatic/relational couples work
Describe functions of five sensory motor tools for affect and autonomic regulation

Schedule

Friday 9:30-5:30 6 hours

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| 1.5 hour | 9:30-11 Lecture, Experiential Exercises and Demo: Social Engagement Behaviors: Eyes, Bonding, Distancing.

11-11:15 Break |
| 1.25 hour | 11:15-12:30 Practice Time: Strategies to work with Social Engagement Behaviors of eyes, bonding and distancing

12:30-2 Lunch |
| 1.5 hour | 2-3:30 Lecture, Experiential Exercises and Demo: Inhibiting Chronic Distress. Bringing together body usage and social engagement behaviors, assessment and body structures.

3:30-3:45 Break |
| 1.5 hour | 3:45-5:15 Practice Time: Body Usage and Inhibiting Chronic Distress for attachment and bonding. |
| .25 hour | 5:15-5:30 Q & A, wrap up, review. |

Saturday 9:30-5:30 6 hours

1.5 hour 9:30-11 Lecture, Experiential Exercises and Demo: Somatic Relational Couples work.

11-11:15 Break:

1.25 hour 11:15-12:30: Demo: Somatic Couples work.

12:30-2 Lunch

1.5 hour 2-3:30 Deconstruction of Demo.

Break: 3:30-3:45

1.5 3:45-5:15 Practice Time: Somatic Couples work.

.25 hour 5-5:30 Q & A, wrap up, review.

Sunday 9:30-5:30 6 hours

1.5 hour 9:30-11 Lecture, Experiential Exercises and Demo: Somatic Couples work Continued.

11-11:15 Break

1.25 hour 11:15- 12:30 Demo: Somatic Couples work.

12:30-2 Lunch

1.5 hour 2-3:30 Large group discussion: Deconstruction of somatic couples demo.

3:30-3:45 Break

1.5 hour 3:45-5:15 Practice Time: Somatic Couples work.

.25 hour 5-5:30 Q & A, wrap up, review.

Monday 9:30-5:30 6 hours

1.5 hour 9:30-11 Lecture, Experiential Exercises and Demo: Somatic
Tools: Sensory Motor tools to promote sensory awareness and
affect regulation

Break: 11-11:15

1.25 hour 11:15-12:30 Practice Time: Experiment with sensory motor
tools.

12:30-2 Lunch

1.5 hour 2-3:30 Lecture and discussion: Review of BASE training, future
directions.

3:30-3:45 Break

1.25 hour 3:45-5 Q & A, wrap up, review.

.5 hour 5-5:30 Completion