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SOMATIC PSYCHOTHERAPY VIRGINIA BLUE

YASAMCA PSYCHOLOGY 27 October 2019 - 09:00-16:00

This training will cover the basics of somatic psychotherapy as taught at the Sensorimotor Psychotherapy Institute, developed by Pat Ogden. This is a body-based, mindful awareness approach based in neuroscience. Some topics covered will include: working with trauma, hierarchical informational processing, organization of experience, mindfulness and self-study, framing interventions, boundaries, working with child-states, attachment and action systems, working with movement

Participants: Mental health professionals and mental health students

Date/Time: 27 October, Sunday 9:00-16:00

Group size: 10-30 people

Where: Yasamca Psychology - Yenikent Mah.Hüseyin Zeren Cad.No:9 Urla İzmir

Cost: 250 TL (Snacks, tea and coffee included)

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