

## Sensorimotor Psychotherapy for Trauma Themes – Module 1A

### Agenda:

Module	Unit	Title of Item	Time to Complete (hrs)
1A	Module 1A: SP Foundations	Module 1A & 1B Overview	0.25
1A	Module 1A: SP Foundations	Experiential Session & Consultation Suggestions Module 1	0.25
1A	SP Foundations	SP Foundations	1
1A	SP Foundations	Drag the words into the correct boxes	0.25
1A	SP Foundations	Anti-racism & Anti-oppression	0.25
1A	What is SP?	Sensorimotor Psychotherapy	0
1A	What is SP?	Core Concept: Phase Oriented Approach	0.25
1A	What is SP?	Phase Oriented Approach	0.25
1A	What is SP?	Core Concept: Beginning with the Body	0
1A	What is SP?	Beginning with the Body	0.5
1A	What is SP?	Favorite Somatic Words	0.25
1A	What is SP?	Core Concept: Core Organizers	0
1A	What is SP?	Core Concept: Modulation Model	0.25
1A	What is SP?	Core Concept: Stages of the Process	0.25
1A	What is SP?	Stages of the Process	0.25
1A	What is SP?	What is Sensorimotor Psychotherapy	0.25
1A	What is SP?	SP Psychoeducation	0.25
1A	Environmental Considerations	Therapeutic Space	0
1A	Environmental Considerations	Environmental Considerations	0.25
1A	Environmental Considerations	Brainstorm: Props for Working Somatically	0.25
1A	SP Path Toward Healing	SP's Experience Continuum	0
1A	SP Path Toward Healing	Wellbeing & Resiliency	0.5
1A	SP Path Toward Healing	Experiences of Well-being and Resiliency	0.5
1A	SP Path Toward Healing	Trauma : a First Glance	0
1A	SP Path Toward Healing	Post Trauma Path to Healing	0.5
1A	SP Path Toward Healing	Well-being and the Body	0
1A	SP Path Toward Healing	Enrichment Materials	1.5
1A	Tracking	What is tracking?	0

1A	Tracking	SP Skill: Tracking	0.5
1A	Tracking	Core Organizer Word Search	0.25
1A	Tracking	Guided Exploration	0.25
1A	Tracking	General or Specific	0.25
1A	Tracking	Indicators of Well-being & Resiliency	0.25
1A	Tracking	Tracking Somatic Indicators of Well-being & Resiliency	0.25
1A	Contact	Intro video	0
1A	Contact	Contact	0.25
1A	Contact	Evaluating Contact Statements	0.25
1A	Contact	Skill Practice: Contacting Well-being and Resiliency	1.5
1A	Contact	Journal: Contact	0.5
1A	Framing	Intro video	0
1A	Framing	Framing: an Introduction	0
1A	Framing	Frame	0.25
1A	Framing	Video Examples of Framing	0
1A	Framing	Skill Practice: Frame Well-being and Resiliency	1
1A	Framing	Journal: Frame	0.5
1A	Steps to Mindfulness	Dr. Pat Ogden presents org of experience & steps to mindfulness	0
1A	Steps to Mindfulness	Steps to Mindfulness: Introduction	0.25
1A	Steps to Mindfulness	Steps to Mindfulness	0
1A	Steps to Mindfulness	Video Examples of the Organization of Experience	0.5
1A	Steps to Mindfulness	Indicators of Mindfulness	0.5
1A	Steps to Mindfulness	Road Map: Stages of the Process	0
1A	Steps to Mindfulness	Skill Practice: Steps to Mindfulness Well-being	1
1A	Steps to Mindfulness	Journal: Steps to Mindfulness	0.5

## Faculty

In addition to your facilitating faculty (listed in your course and the course listing page), this module features:

Pat Ogden, PhD

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Founder

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## Learning Objectives

### Learning Objectives Module 1A

At the end of Module 1A of this CE activity, participants should be able to:

#### SP Foundations

1. List three facets of the SP foundations.
2. List and describe 6 SP Principles.
3. Describe the purpose of the SP Foundations.
4. Name one way you can promote *The Body as Resource* with clients.

#### What is SP?

5. Describe the main goals of each of the three phrases of treatment.
6. Explain the *Sensorimotor Psychotherapy* approach to two audiences: mental health practitioners and general public.
7. Explain a rationale for working with somatic experience.
8. List the five *Stages of the Process*.
9. List the five *Core Organizers* that comprise the *Organization of Experience*.
10. Explain the role of the *Modulation Model* in the Sensorimotor Psychotherapy approach.

#### Environmental Considerations

11. Name two environmental factors that could impact the therapeutic experience.
12. Name two adaptations that could be made for providing *Sensorimotor Psychotherapy* remotely.
13. Explain one benefit and one risk of using props to explore somatic experience.

#### SP Perspective of Well-being

14. Describe Sensorimotor Psychotherapy's perspective of well-being.

15. Identify the five aspects of well-being that comprise Sensorimotor Psychotherapy's well-being continuum.
16. Explain how racism and oppression impact well-being.
17. Describe Sensorimotor Psychotherapy's definition of trauma.
18. Identify three brain processes that may be compromised as a result of traumatic experience.

#### Tracking

19. Describe the Sensorimotor Psychotherapy skill of *tracking*.
20. Explain a rationale for tracking *Core Organizers* in the present moment rather than just the client's narrative.
21. Explain how implicit bias may impact *tracking*.
22. Name two *somatic indicators* of well-being.

#### Contact

23. Describe the Sensorimotor Psychotherapy skill of *making contact*.
24. List three factors that impact the quality and resonance of *making contact*.
25. Explain the purpose of making more *explicit contact* in the *Container Stage*.

#### Framing

26. Describe the Sensorimotor Psychotherapy skill of *framing*.
27. List the two components of a *frame*.
28. Explain the difference between an *initial frame*, *refined frame*, and *transformation frame*.

#### Steps to Mindfulness

29. List the series of five skills that comprise the *Steps to Mindfulness*.
30. Explain the purpose of the *Steps to Mindfulness* when working with somatic experience.
31. Explain the difference between a *mindfulness directive* and *mindfulness question*.
32. Explain the purpose of *stitching to the frame*.