



Toward a Psychology of Embodiment: Integrating the Practices of Focusing, Mindfulness and Movement in the Healing of Trauma

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Learn key aspects of working with trauma and embodiment. Exercises will include working safely with regressed states, vicarious trauma and resourcing positive emotional states. Mindfulness and movement will ground our learning in both the physical and felt sense body. Handouts will support demonstrations, exercises and personal exploration. Perfect for therapists who want to use their own bodily awareness in sessions.

Presentation format will be both didactic and experiential. A flip chart would be nice.

Objectives:

1. List five key aspects to working with trauma.
2. Summarize a basic mindfulness practice.
3. List two phrases used in tracking memory time zones while working with regression.
4. List two client symptoms that point to vicarious trauma.
5. Apply *grounding the physical body* exercise to emotional regulation and FOT.
6. List the three common symptom clusters found in PTST that self-compassion addresses.

References:

Van der Kolk, B. (2014). *The body keeps the score*. New York, NY: Viking.

McGilchrist, I. (2009). *The master and his emissary*. New Haven and London: Yale University Press.

Follette, V., Briere, J., Rozelle, D., Hopper, J., and Rome, D. (Eds.). (2015). *Mindfulness-oriented interventions for trauma: Integrating contemplative practices*. New York and London: The Guilford Press.

Madison, G. (Ed.). (2014). *The theory and practice of focusing-oriented psychotherapy: Beyond the talking cure*. London and Philadelphia: Jessica Kingsley Publishers.

Madison, G. (Ed.). (2014). *Emerging practice in focusing-oriented psychotherapy: Innovative theory and applications*. London and Philadelphia: Jessica Kingsley Publishers.

Biography:

Jeffrey is a Focusing-Oriented Psychotherapist and Focusing Coordinator who specializes in working with complex trauma and teaching Focusing to therapists and other healing professionals. He has developed a FOT training program, which blends Focusing, mindfulness, and other embodied practices for unwinding trauma and restoring wellbeing. He lives with his family on Vashon Island, Washington. For more information: www.morrisontherapy.com

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Continuing Education

If attended in its entirety, this course qualifies for:



The International Focusing Institute is approved by the **American Psychological Association** to sponsor continuing education for psychologists. **CE Hours/Credits 6.25**
The International Focusing Institute maintains responsibility for this program and its content.

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